## CONTENTS

1.	INTRODUCTION	1
2.	THE DILEMMA OF CHANGE	6
	What Is a System?	6
	Symptom Formation	9
	The Dilemma of Change	11
	Belief System	14
3.	FORMING A HYPOTHESIS	17
	The Behavioral Level	20
	The Emotional Level	22
	The Ideational Level	23
4.	SETTING THE TERMS FOR THERAPY	27
	Classification of Interventions	29
	Direct Interventions: Compliance Based	32
	Paradoxical Interventions: Defiance Based	33
	Designing a Paradox	35
	Reversals: Compliance and Defiance Based	37
5.	NEGOTIATING CHANGE	46
	Negotiating Change through a Greek Chorus	46
	Negotiating Change within Different Frameworks	57
6.	CASE PRESENTATION:	
	THE DAUGHTER WHO SAID NO	67
	Stage I: Forming a Hypothesis	68
	Stage II: Setting the Terms for Therapy	75
	Stage III: Putting the Therapeutic Contract into Operation	78
	Stage IV: Coping with the Forces of Change	81
	Stage V: Coping with the Fallout from Change	83

	Stage V1: Enlisting the Sibling Subsystem	89
	Stage VII: Saying No to Therapy	93
	Stage VIII: Solidifying Change	99
	Stage IX: Prescribing a Farewell Ritual	103
	Follow-Up	103
7.	VARIATIONS ON THE STYLE AND FORM	
	OF INTERVENTIONS	104
	Use of a Fairy Tale	105
	Use of Ceremony	109
	Altering the Invisible Triangle	114
8.	THE USE OF PARADOX IN A MEDICAL SETTING	121
	ANDREW G. WEINSTEIN, MD	
	First Session	123
	Second Session	128
	Third Session	133
	Fourth Session	135
	Fifth Session	136
_		
9.	TREATING COUPLES	138
	Couples Choreography	142
	The Structure and Use of the Group	143
	Prechange Tests	144
	David and Goliath	146
	The Phantom and the Rock	154
	Danger in the Forest: The Fox and the Satyr	160
	Summary	163
	Use of the Extended Family in Couples Therapy	164
10.	CASE PRESENTATION: ANATOMY OF VIOLENCE	173
	JOEL BERGMAN, PHD, AND GILLIAN WALKER, MSW	
	First Session	174
	Second Session	179
	Third Session	185
	Fourth Session	191
	Fifth Session	198
	Sixth Session	205
	Ninth Session	207
	Tenth Session	208
	Eleventh Session	210

11. FAILURES AND PITFALLS	215
Coping with Outside Therapists	217
Absent Family Members	219
The Golden Thread	220
The Great Mother Tradition	228
BIBLIOGRAPHY	241
INDEX	

.