Contents

Foreword	xiii
Preface	XV
PART I THE CONTEXT OF FAMILY THERAPY	
Chapter 1 Historical Context of Family Therapy Introduction Discouragement of Contact with Families Effects of Patient Improvement on the Family and Impact of Family Visits on Hospitalized Patients Studies of Small Group Behavior The Child Guidance Movement Research on Family Dynamics and the Etiology of Schizophrenia Marriage Counseling From Research to Treatment: The Pioneers of Family Therapy Summary	3
Chapter 2 The Contemporary Context of Family Therapy Introduction Enduring Concepts of Family Therapy Fundamentals of Family Treatment Family Therapy and Individual Psychotherapy Proliferation of Rival Schools of Family Therapy Classifying the Field of Family Therapy The Family Therapy Establishment Research in Family Therapy Summary	79
Chapter 3 The Theoretical context of Family Therapy	123

viii Contents

179

229

Introduction
General Systems Theory and Circular Casuality
Individual Development and Family Life Cycle
The Family Unit
Summary

PART II		
SYSTEMS OF	FAMILY	THERAPY

Chapter 4
Psychoanalytic Family Therapy
Introduction
Sketches of Leading Figures
Theoretical Formulations
Normal Family Development
Development of Behavior Disorders
Goals of Therapy
Conditions for Behavior Change
Techniques
Evaluating Therapy Theory and Results
Summary

Chapter 5
Group Family Therapy
Introduction
Sketches of Leading Figures
Theoretical Formulations
Normal Family Development
Development of Behavior Disorders
Goals of Therapy
Conditions for Behavior Change
Techniques
Evaluating Therapy Theory and Results
Summary

Chapter 6
Experiential Family Therapy 261
Introduction
Sketches of Leading Figures
Theoretical Formulations

Contents

Normal Family Development Development of Behavior Disorders Goals of Therapy Conditions for Behavior Change Techniques Evaluating Therapy Theory and Results Summary	
Chapter 7	
Behavioral Family Therapy	295
Introduction	
Sketches of Leading Figures	
Theoretical Formulations Normal Family Development	
Development of Behavior Disorders	
Goals of Therapy	
Conditions for Behavior Change	
Techniques	
Evaluating Therapy Theory and Results	
Summary	
Chapter 8	
Extended Family Systems Therapy	345
Introduction	
Sketches of Leading Figures	
Theoretical Formulations	
Normal Family Development	
Development of Behavior Disorders	
Goals of Therapy	
Conditions for Behavior Change	
Techniques Evaluating And Verifying Therapy Theory and Results	
Summary	
· · · · · · · · · · · · · · · · · · ·	
Chapter 9	
Communications Family Therapy	393
Introduction	
Sketches of Leading Figures	
Theoretical Formulations	
Normal Family Development Development of Rehavior Disorders	
Development of Behavior Disorders	

Conditions for Behavior Change Techniques Evaluating Therapy Theory and Results Summary	
Chapter 10 Strategic Family Therapy Introduction Sketches of Leading Figures Theoretical Formulations Goals of Therapy Normal Family Development Development of Behavior Disorders Conditions for Behavior Change Techniques Evaluating Therapy Theory and Results Summary	425
Chapter 11 Structural Family Therapy Introduction Sketches of Leading Figures Theoretical Formulations Normal Family Development Development of Behavior Disorders Goals of Therapy Conditions for Behavior Change Techniques Evaluating Therapy Theory and Results Summary	469
Chapter 12 Comparative Analysis Introduction Theoretical Formulations Normal Family Development Development of Behavior Disorders Goals of Therapy Conditions for Behavior Change Techniques	507

Contents

Context and Applicability of the Schools of Family Therapy
Selection of a Theoretical Position: Rational and Irrational Factors
Summary

Appendix A Recommended Reading	575
Appendix B Glossary	583
Name Index	591
Subject Index	601