

# Contents

## I. HISTORICAL PERSPECTIVES 1

- Ernest W. Burgess*      The Family as a Unity of Interacting Personalities      4
- John Bowlby*      The Study and Reduction of Group Tensions in the Family      16
- John E. Bell*      Family Group Therapy—A Treatment Method for Children      24
- Nathan Ackerman*      Interpersonal Disturbances in the Family: Some Unsolved Problems in Psychotherapy      34

## II. THEORETICAL BACKGROUND 49

- Jay Haley*      The Family of the Schizophrenic: A Model System      51
- Don D. Jackson*      Family Rules: Marital Quid Pro Quo      76
- Albert E. Schefflen*      Human Communication: Behavioral Programs and Their Integration in Interaction      86
- Stephen Fleck*      An Approach to Family Pathology      103
- Robert Liberman*      Behavioral Approaches to Family and Couple Therapy      120

## III. MODELS OF PRACTICE 135

- John Elderkin Bell*      A Theoretical Position for Family Group Therapy      138
- Robert MacGregor*      Multiple Impact Psychotherapy with Families      150
- Carl A. Whitaker*      Psychotherapy with Couples      164
- Nathan W. Ackerman*      Family Psychotherapy—Theory and Practice      170
- Jay Haley*      Marriage Therapy      180
- Virginia Satir*      Family Systems and Approaches to Family Therapy      211

#### **IV. A VARIETY OF TECHNIQUES 223**

- Gerald H. Zuk* Family Therapy 226
- Kalman Flomenhaft, David M. Kaplan, and Donald G. Langsley* Avoiding Psychiatric Hospitalization 241
- Norman L. Paul* Effects of Playback on Family Members of Their Own Previously Recorded Conjoint Therapy Material 251
- Paul Watzlawick* A Structured Family Interview 265
- Kenneth K. Berman* Multiple Family Therapy: Its Possibilities in Preventing Readmission 279
- Manfred I. Behrens* Brief Home Visits by the Clinic Therapist in the Treatment of Lower-Class Patients 285
- Salvador Minuchin* Conflict-Resolution Family Therapy 293
- Vivian Rakoff, John J. Sigal, and Nathan B. Epstein* Working-Through in Conjoint Family Therapy 306
- Richard Engeln, John Knutson, Linwood Laughy, and Warren Garlington* Behaviour Modification Techniques Applied to a Family Unit—A Case Study 316

#### **V. RECENT DEVELOPMENTS IN FAMILY THERAPY 325**

- Elsa Leichter and Gerda L. Schulman* Emerging Phenomena in Multifamily Group Treatment 327
- Walter Kempler* Experiential Psychotherapy with Families 336
- Michael D. LeBow* Behavior Modification for the Family 347
- William M. Bolman* Preventive Psychiatry for the Family: Theory, Approaches, and Programs 337

#### **INDEX 403**