

Family Therapy: Models and Techniques

By Janice M. Rasheed, Mikal N. Rasheed, James A. Marley

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This text offers a straightforward, comprehensive overview of both traditional and evolving theoretical models of family therapy and intervention techniques as well as a discussion of clinical issues unique to family therapy practice. Aiming to prepare students to develop beginning proficiency in family therapy, the authors outline major family therapy models in detail, including a step by step description of concepts, theories, skills, and techniques as well as a history of each model and its conceptual and theoretical underpinnings. The text also provides extensive case illustrations of family interviews that identify the specific stages, clinical issues, concepts, theories and techniques associated with each model.

This core text is designed for graduate level courses such as Family Therapy, Marriage and Family Therapy, Marriage and Family Counseling, Family Systems Theory, and Family Counseling in departments of social work, psychology, nursing, education, or human services.

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Editorial Review

About the Author

Janice Matthews Rasheed is an Associate Professor of Social Work at Loyola University Chicago, School of Social Work. She received her Masters degree in social work from the University of Michigan (Ann Arbor) and a Doctorate degree in social welfare from Columbia University. She was the co-principal investigator for a multiyear research grant funded by the John D. and Catherine T. MacArthur Foundation for the study of poor, non-custodial African American fathers. She has published articles in the Journal of Community Practice, Journal of Human Behavior and the Social Environment, Journal of African American Men and the Journal of Evaluation and Program Planning. She is also the author of several chapters in books on the subjects of African American men and families. She is the coauthor of two Sage publications, *Social Work Practice with African American Men: the invisible presence* (1999) and *Family Therapy with Ethnic Minorities* (2003). She is a licensed clinical social worker in the state of Illinois and has maintained a (part-time) private practice since 1978 that specializes in practice with people of color and with couples and families. She has served as an Approved Supervisor (in training) at the Northwestern Family Institute.

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