



# Family Therapy: Concepts, Process and Practice (Wiley Series in Clinical Psychology)

*Alan Carr*

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"Alan Carr has once more demonstrated his unique ability to combine an encyclopaedic breadth of knowledge with clear pragmatic ideas about how to apply this knowledge in clinical practice. The 2<sup>nd</sup> edition of this book is more than just an update with new sections on common factors in therapy and on integrative models of family therapy which are particularly welcome."

—Ivan Eisler, Institute of Psychiatry, Kings College London, UK  
Editor, *Journal of Family Therapy*

"Carr's style of comprehensively considering different theories and approaches in a practical manner and demonstrating their integrative and cohesive properties is exceptionally helpful and grounding for the reader. There is little doubt that this volume will well serve students, trainees and experienced practitioners for sometime to come."

—Eddy Street, Former Editor of *Journal of Family Therapy*

Now in its second edition, *Family Therapy: Concepts, Process and Practice* has been fully updated to cover recent advances in theory and practice. It offers a critical evaluation of the major schools of family therapy, provides an integrative model for the practice of marital and family therapy, and demonstrates how this model can be used in everyday practice with a range of common child-focused and adult-focused problems. It also provides a thorough, up-to-date review of research on the effectiveness of family therapy and outlines implications for evidence-based practice.

This popular text now includes exercises that can be used by trainers and trainees to foster family therapy skills development. Other key features from the first edition are retained, including:

- Chapter plans at the start of each chapter and a helpful summary of key points at the end
- Suggestions for further reading
- Glossary of key terms in theoretical chapters
- Case examples
- Full details of resources for professionals, including useful web sites.

*Family Therapy: Concepts, Process and Practice* is a must-have resource for all students and mental health professionals training in family therapy. It will also be of interest to experienced practitioners, and those who are involved in delivering training programmes.

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