

Contents

Major Events in the History of Family Therapy xiii

Foreword, by Salvador Minuchin, M.D. xix

Preface xxi

PART ONE

The Context of Family Therapy

Introduction **THE FOUNDATIONS OF FAMILY THERAPY 1**

The Myth of the Hero	4
Psychotherapeutic Sanctuary	5
Family versus Individual Therapy	6
Psychology and Social Context	7
Thinking in Lines, Thinking in Circles	8
The Power of Family Therapy	8
Recommended Readings	9

1

THE EVOLUTION OF FAMILY THERAPY 11

The Undeclared War	11
Small Group Dynamics	13
The Child Guidance Movement	17
The Influence of Social Work	18
Research on Family Dynamics and the Etiology of Schizophrenia	19
Gregory Bateson—Palo Alto	20
Theodore Lidz—Yale	23
Lyman Wynne—National Institute of Mental Health	23
Role Theorists	25
Marriage Counseling	26

From Research to Treatment: The Pioneers of Family Therapy 27

John Bell	28
Palo Alto	28
Murray Bowen	32
Nathan Ackerman	34
Carl Whitaker	36
Ivan Boszormenyi-Nagy	37
Salvador Minuchin	38
Other Early Centers of Family Therapy	39

The Golden Age of Family Therapy 41

Summary	43
Recommended Readings	44
References	45

2

LESSONS FROM THE EARLY MODELS: GROUP PROCESS AND COMMUNICATIONS ANALYSIS 49

Sketches of Leading Figures	50
Theoretical Formulations	50
Normal Family Development	52
Development of Behavior Disorders	53
Goals of Therapy	53
Conditions for Behavior Change	54
Techniques	55
Lessons from the Early Models	58
Systems Anxiety	61
Recommended Readings	62
References	62

3

BASIC TECHNIQUES OF FAMILY THERAPY 65

Getting Started	65
The Initial Telephone Call	65
The First Interview	66
The Early Phase of Treatment	70
The Middle Phase of Treatment	72
Termination	74
Family Assessment	75
The Presenting Problem	75
Understanding the Referral Route	78
Identifying the Systemic Context	78
Stage of the Life Cycle	78

Family Structure	79
Communication	79
Drug and Alcohol Abuse	79
Domestic Violence and Child Abuse	80
Extramarital Involvements	80
Gender Issues	81
Cultural Factors	83
The Ethical Dimension	84
Family Therapy with Specific Presenting Problems	87
Marital Violence	87
Sexual Abuse of Children	91
Working with Managed Care	93
Summary	94
Recommended Readings	95
References	95

4

THE FUNDAMENTAL CONCEPTS OF FAMILY THERAPY

97

Cybernetics	98
Systems Theory	101
General Systems Theory	102
Social Constructionism	104
Constructivism	104
The Social Construction of Reality	106
Attachment Theory	108
Conclusions	110
The Working Concepts of Family Therapy	110
Interpersonal Context	110
Complementarity	111
Circular Causality	111
Triangles	112
Process/Content	113
Family Structure	113
The Meaning (Function) of Symptoms	114
Family Life Cycle	115
Resistance	117
Family Narratives	118
Gender	119
Culture	120
Recommended Readings	122
References	122

PART TWO

The Classic Schools of Family Therapy

5

BOWEN FAMILY SYSTEMS THERAPY 125

Sketches of Leading Figures	126
Theoretical Formulations	127
Differentiation of Self	127
Emotional Triangles	127
Nuclear Family Emotional Process	128
Family Projection Process	129
Multigenerational Transmission Process	129
Sibling Position	130
Emotional Cutoff	130
Societal Emotional Process	131
Normal Family Development	131
Development of Behavior Disorders	133
Goals of Therapy	136
Conditions for Behavior Change	136
Therapy	137
Assessment	137
Therapeutic Techniques	140
Evaluating Therapy Theory and Results	147
Summary	150
Recommended Readings	152
References	152

6

STRATEGIC FAMILY THERAPY 155

Sketches of Leading Figures	155
Theoretical Formulations	158
Normal Family Development	160
Development of Behavior Disorders	161
Goals of Therapy	162
Conditions for Behavior Change	163
Therapy	164
Assessment	164
Therapeutic Techniques	165
Evaluating Therapy Theory and Results	177
Summary	178
Recommended Readings	180
References	180

7

STRUCTURAL FAMILY THERAPY 183

Sketches of Leading Figures	184
Theoretical Formulations	185
Normal Family Development	188
Development of Behavior Disorders	189
Goals of Therapy	193
Conditions for Behavior Change	193
Therapy	196
Assessment	196
Therapeutic Techniques	197
Evaluating Therapy Theory and Results	206
Summary	208
Recommended Readings	208
References	209

8

EXPERIENTIAL FAMILY THERAPY 211

Sketches of Leading Figures	212
Theoretical Formulations	213
Normal Family Development	215
Development of Behavior Disorders	215
Goals of Therapy	216
Conditions for Behavior Change	217
Therapy	219
Assessment	219
Therapeutic Techniques	219
Evaluating Therapy Theory and Results	231
Summary	233
Recommended Readings	233
References	233

9

PSYCHOANALYTIC FAMILY THERAPY 237

Sketches of Leading Figures	238
Theoretical Formulations	239
Freudian Drive Psychology	240
Self Psychology	241
Object Relations Theory	241
Normal Family Development	243

Development of Behavior Disorders	245
Goals of Therapy	248
Conditions for Behavior Change	250
Therapy	251
Assessment	251
Therapeutic Techniques	253
Evaluating Therapy Theory and Results	259
Summary	260
Recommended Readings	261
References	261

10

COGNITIVE-BEHAVIORAL FAMILY THERAPY 265

Sketches of Leading Figures	265
Theoretical Formulations	267
Normal Family Development	268
Development of Behavior Disorders	269
Goals of Therapy	271
Conditions for Behavior Change	272
Therapy	274
Behavioral Parent Training	274
Behavioral Couples Therapy	279
The Cognitive-Behavioral Approach to Family Therapy	283
Treatment of Sexual Dysfunction	288
Evaluating Therapy Theory and Results	290
Summary	291
Recommended Readings	293
References	293

PART THREE*Recent Developments
in Family Therapy*

11

FAMILY THERAPY IN THE TWENTY-FIRST CENTURY 299

Erosion of Boundaries	299
Postmodernism	300
The Feminist Critique	301
Feminist Family Therapy	303

Social Constructionism and the Narrative Revolution	309
Family Therapy's Answer to Managed Care: Solution-Focused Therapy	311
Family Violence	311
Multiculturalism	312
Race	312
Poverty and Social Class	314
Gay and Lesbian Rights	315
Spirituality	316
Tailoring Treatment to Populations and Problems	316
Single-Parent Families	317
African American Families	321
Gay and Lesbian Families	323
Home-Based Services	326
Medical Family Therapy and Psychoeducation	328
Psychoeducation and Schizophrenia	329
Medical Family Therapy	331
Relationship Enrichment Programs	332
Summary	336
Recommended Readings	336
References	337

12

SOLUTION-FOCUSED THERAPY 345

Sketches of Leading Figures	345
Theoretical Formulations	347
Normal Family Development	348
Development of Behavior Disorders	349
Goals of Therapy	349
Conditions for Behavior Change	350
Therapy	350
Assessment	350
Therapeutic Techniques	353
Evaluating Therapy Theory and Results	368
Summary	370
Recommended Readings	371
References	371

13

NARRATIVE THERAPY 375

Sketches of Leading Figures	376
Theoretical Formulations	378
Normal Family Development	379

Development of Behavior Disorders	380
Goals of Therapy	382
Conditions for Behavior Change	382
Therapy	383
Assessment	383
Therapeutic Techniques	385
Evaluating Therapy Theory and Results	394
Summary	395
Recommended Readings	396
References	397

14

INTEGRATIVE MODELS 399

Eclecticism	400
Selective Borrowing	401
Specially Designed Integrative Models	402
Comprehensive, Theoretically Inclusive Models	402
Models That Combine Two Distinct Approaches	405
Models Designed for Specific Clinical Problems	413
Community Family Therapy	416
Summary	417
Recommended Readings	418
References	418

PART FOUR*The Evaluation of Family Therapy*

15

COMPARATIVE ANALYSIS 421

Theoretical Formulations	421
Families as Systems	421
Stability and Change	423
Process/Content	423
Monadic, Dyadic, or Triadic Model	424
The Nuclear Family in Context	425
The Personal as Political	427
Boundaries	428
Normal Family Development	429
Development of Behavior Disorders	430
Inflexible Systems	431
The Function of Symptoms	431

Underlying Dynamics	432
Pathologic Triangles	433
Goals of Therapy	434
Conditions for Behavior Change	435
Action or Insight?	435
Resistance	436
Therapy	437
Assessment	437
Decisive Interventions	438
Summary	441
Recommended Readings	443
References	443

16

RESEARCH ON FAMILY INTERVENTION: FAMILY TREATMENT AND PREVENTION PROGRAMS 445

George W. Howe, Kristin Olson, and Erin Kelley

The Evolution of Family-Focused Interventions	445
Family Therapy for Patients with Diagnosable Psychopathology	445
Children with Behavior and Conduct Problems	446
Troubled Marriages	446
Families Faced with Challenges	446
Characterizing Family-Focused Interventions	446
The Emergence of Scientific Methods for Studying Program Effectiveness	448
Scientific Methods for Testing the Effectiveness of Family-Focused Interventions	448
Specifying the Intervention	449
Choosing the Sample	449
Choosing the Comparison Condition	450
Assignment to Condition	450
Measurement of Outcomes	451
Assessing Change	451
Combining Results from Multiple Studies	451
Research Findings on the Effectiveness of Family-Focused Intervention	452
Family Interventions for Individual Disorders	452
Child and Adolescent Disorders	452
Adult Disorders	458
Family Interventions for Relationship Disorders	461
Disorders of Attachment	461
Child Maltreatment	463
Couples Conflict	465

Interventions to Help Families Weather Adversity and High-Risk Transitions	467
Programs to Help Families Make Normative Developmental Transitions	467
Effectiveness of Programs Helping Families Cope with Severe Stress or Adversity	469
Summary	473
Family Intervention Process Research	474
Process Research Methods	474
The Therapeutic Alliance	474
Critical Events and Change Points	476
Summary	477
Conclusions and Future Directions	477
Recommended Readings	478
References	479

Appendix A RECOMMENDED READINGS 487

Appendix B GLOSSARY 489

Appendix C CAREERS AND TRAINING 497

Credits 505

Name Index 507

Subject Index 519

Name Index

Ackerman, N. W., 18, 28, 34–36, 39, 156, 184, 237, 238, 244, 422
 Adams-Wescott, J., 377
 Adler, A., 17, 130
 Ahrons, C., 316
 Ainsworth, M. D. S., 108, 109
 Ajmal, Y., 368
 Alden, L., 232, 476
 Alexander, E. R., 149
 Alexander, J. F., 177, 178, 273, 279, 291, 412, 457, 474, 475
 Alexander, P. C., 149
 Allen-Eckert, H., 474
 Allport, G., 326
 Amador, N. A., 469
 Amato, P. R., 149, 469
 Anastopoulos, A., 207
 Andersen, T., 177, 310
 Anderson, C. M., 302, 316, 329–331, 412, 431
 Anderson, E. R., 470
 Anderson, H., 105–106, 309–310, 377, 432, 436
 Anderson, P., 89
 Anderson, W. T., 300
 Andolfi, M., 40, 197
 Andreas, S., 220
 Aponte, H., 19, 184
 Apostol, R. A., 149
 Arad, D., 225
 Arend, R., 109
 Arnold, C. M., 276
 Arrington, A., 275
 Ashby, R., 101
 Atkinson, J. M., 329
 Attneave, C. A., 38, 56, 57
 Auerswald, D., 184
 Austin, A. M., 455
 Avis, J. M., 87, 88, 301, 311
 Ayers, T. S., 473
 Azrin, N. H., 271, 280

Babcock, J. C., 466–467
 Baer, D. M., 274
 Bailey, E., 316
 Baker, L., 193, 206–207, 414, 433
 Bakermans-Kranenburg, M. J., 462
 Baldarin, L. M., 40
 Baldwin, B. A., 282
 Baldwin, M., 220–222, 224
 Baldwin, S. A., 466
 Bales, R. F., 24
 Bandura, A., 267, 274
 Bardhill, D. R., 19
 Barkley, R., 207
 Barnett, D., 462, 464
 Barnhill, L. R., 248
 Barrett, K., 456
 Barrett, M. J., 91–92, 311, 316
 Barth, R., 316
 Barton, C., 273, 474
 Baruth, L. G., 288
 Bateson, G., 20–23, 50–52, 99, 101, 111, 155–158, 176, 346, 376, 426
 Baucom, D. H., 267, 290, 291, 458–459
 Baugher, M., 457
 Beach, S. R. H., 461
 Bean, R. A., 468
 Beatman, F., 18
 Beavers, W., 316
 Beavin, J., 32, 53, 54, 102, 156, 158
 Beck, A. T., 267, 283, 284
 Beck, C. J., 470
 Becker, B. J., 470
 Beels, C., 39
 Begel, A., 185
 Behrens, B. C., 468
 Beldavs, Z. G., 472
 Bell, J. E., 28, 40, 50, 54, 55
 Bell, N. W., 114–115, 245, 431–432
 Bengston, V. L., 149

- Benjamin, M., 470
 Bennett, L., 316
 Bentovim, A., 91–92, 239, 252
 Berg, I. K., 19, 345–350, 353, 354, 357–359, 364,
 368, 369, 422
 Bergman, A., 114, 242, 243, 428
 Bergman, J., 157
 Berkowitz, R., 331
 Berliner, L., 462, 464
 Bertalanffy, L. von, 102–103
 Bertrando, P., 176
 Bibb, A., 120
 Billingsley, A., 321, 322
 Bing, E., 224, 225
 Binswanger, L., 15, 213
 Bion, W. R., 14, 50–51, 54
 Birchler, G. R., 270, 273, 280
 Birley, J. L. T., 329
 Birmaher, B., 457
 Bishop, D. S., 40
 Blanck, G., 259
 Blanck, R., 259
 Blehar, M. C., 109
 Block, S., 473
 Blouin, J., 232
 Blum, H. P., 244
 Blumstein, P., 306
 Boardman, W. K., 266
 Bodin, A. M., 54, 156
 Bograd, M., 87, 88
 Bohlander, J. R., 149
 Boland, M., 317
 Bordon, A., 377
 Borduin, C. M., 323, 327, 413
 Borstein, I., 40
 Boscolo, J., 160–161, 163, 175, 178
 Boscolo, L., 42, 157, 163, 174–176, 178, 436
 Boss, M., 15, 213
 Boszormenyi-Nagy, I., 28, 37–38, 84, 212, 237, 244,
 245, 248, 250, 259, 422
 Bowen, M., 24, 28, 32–37, 39, 41, 108, 112, 125–128,
 130, 131, 133, 135, 137, 141–149, 237, 238, 245,
 300, 399, 422, 425, 426, 428–429, 433
 Bowlby, J., 18, 34, 50, 108, 109, 214, 242, 243,
 326, 461
 Boyd, J. L., 331
 Boyd-Franklin, N., 120, 312, 313–314, 317,
 322, 323
 Boyle, J. T., 149
 Braver, S. L., 472
 Braverman, L., 19
 Bray, J. H., 472
 Brennan, P. A., 457–458
 Brent, D. A., 457
 Breunlin, D., 19, 403
 Broderick, C. B., 24, 26
 Brody, F., 290
 Brooks-Gunn, J., 318
 Brosnan, R., 455
 Brothers, B. J., 316
 Brown, G. W., 329, 467
 Brown, H. S., 316
 Brown, L. S., 324
 Brown, P. D., 88
 Bruner, J. S., 379
 Buckley, W., 101, 103–104
 Buehler, C., 465
 Bullock, B. M., 472
 Burck, C., 474
 Burden, S., 141
 Burlingham, D. T., 108, 238
 Burton, L. A., 316
 Butera, F., 467, 469
 Butler, M. H., 474, 476
 Butler, W., 348
 Byrne, M., 466
 Cain, H., 368
 Calvo, G., 333
 Campbell, D. T., 450
 Campbell, J., 368
 Campbell, T., 207, 332
 Caplan, R. D., 467
 Carl, D., 315
 Carr, A., 455, 466
 Carroll, J. S., 468
 Carroll, L., 149, 466
 Carter, B., 19, 39, 117, 119, 127, 131, 132, 141, 147,
 148, 302, 305–306, 401
 Casimir, G. J., 120
 Cassidy, J., 149
 Catherall, D. R., 257–258
 Cauffman, L., 368
 Cecchin, G., 42, 157, 160–161, 163, 174–176,
 178, 436
 Chabot, D., 149
 Chacko, A., 455
 Chaffin, M., 462, 464
 Chamberlain, P., 207, 290, 452–455
 Chambless, D. L., 290

- Chamow, L., 81, 317
 Chartier, M. R., 333
 Chodorow, N., 119
 Christensen, A., 79, 273, 275, 290–291, 410–412, 465
 Christopher, J., 457–458
 Christopherson, E. R., 276
 Chronis, A. M., 455
 Churchill, W., 130
 Cicchetti, D., 463
 Clark, M., 466
 Clauson, J., 24
 Clements, M., 468
 Cline, V. B., 474
 Coatsworth, J., 207
 Coffin, W., 335
 Cohen, R., 207, 238
 Coia, D. A., 329
 Colapinto, J., 120, 185, 207, 317, 427
 Cole, E., 473
 Collins, N. L., 215
 Collman, J., 445n
 Combrinck-Graham, L., 316
 Combs, G., 377, 379, 380, 427, 434
 Conger, R. D., 149, 467
 Cook, A., 473
 Cookston, J. T., 472
 Corcoran, J., 455
 Corey, G., 303
 Cornelison, A., 23, 246
 Corsiglia, V., 369
 Cose, E., 323
 Cottone, R., 458
 Cowan, C. P., 468, 469, 473
 Cowan, P. A., 468, 469, 473
 Crane, D., 332, 455, 466
 Crits-Christoph, P., 290
 Crohn, H., 316
 Crowe, M., 267, 291

 Daiuto, A. D., 291
 Dakof, G. A., 413, 456, 475
 Darling, R. B., 317
 Darmody, M., 363–364
 Dattalo, P., 455
 Dattilio, F. M., 267, 271, 272, 283, 284–285, 287, 288, 290, 317
 Davidson, M., 102, 103
 Davidson, N., 274
 Davis, B., 149
 Dawson-McClure, S. R., 470

 Day, J., 24, 238–239, 248
 Dean, L., 324
 DeGarmo, D. S., 471, 472
 De Jong, P., 348, 349, 353, 354, 369
 Dell, P. F., 103, 104
 Denton, W., 216
 Derks, J., 346
 Derrida, J., 379n
 DeRubeis, R. J., 284
 de Shazer, S., 19, 311, 345–350, 352, 354, 357–359, 364, 365, 368, 369, 422, 432, 437, 441
 Diamond, G., 413, 475, 477
 Diamond, G. M., 475
 Diamond, G. S., 456, 457, 475
 Dickerson, V., 377, 385, 387, 391, 394, 395
 Dicks, H. V., 27, 238, 244, 247, 260, 422
 Dillon, P., 470
 Dishion, T. J., 290
 Dixon, L., 460
 Dobson, K., 459
 Doherty, W. J., 83, 316, 317, 332, 468
 Dolan, Y., 346–348, 356, 359, 364, 368, 369
 Doleys, D. M., 276
 Donovan, J. M., 317, 387
 Dore, M. M., 327
 Dorgan, P., 157
 Doss, B. D., 465
 Douglas, H.-R., 473
 Dowds, P., 185
 Dreikurs, R., 17
 Dreschler, L., 207
 Dryden, W., 267, 283, 284, 288
 Duberstein, P., 472
 DuBrin, J., 232
 Duhl, B. S., 40, 217, 224, 232, 412
 Duhl, F. J., 40, 217, 224, 232, 412
 Duncan, B., 348
 Duncan, G. J., 318
 Dutton, D., 109
 Duvall, E., 116–117

 Eakes, G., 368
 Easling, I., 472
 Easterbrook, M. A., 109
 Eberlein-Vries, R., 331
 Edleson, J. L., 87, 466
 Edwards, A. G., 473
 Edwards, D. L., 80
 Edwards, M. E., 459
 Efran, J. S., 105, 369

- Efron, D., 369
 Egeland, B., 462, 464
 Ehrenreich, B., 314
 Einstein, A., 300
 Eisengart, S., 370
 Elder, G. H., 149, 467
 Elieson, M. V., 149
 Elizur, J., 188, 317
 Elkin, M., 316
 Ellis, A., 267, 283–284
 Ellman, B., 302
 Elton, A., 91–92
 Emery, R. E., 149, 316, 470
 Engel, T., 316
 Epstein, N. B., 40, 239, 267, 272, 283, 284, 288, 290
 Epston, D., 118, 300, 316, 376–377, 387, 391–392, 422, 427, 436
 Erickson, M., 30–31, 41–42, 55, 60, 155, 156, 160, 346, 347
 Erikson, E., 238
 Eron, J., 158, 178, 394, 405–409
 Evans, J. R., 330
 Ewigman, B., 464

 Fabiano, G. A., 455
 Fairbairn, W. D., 241–242
 Falbo, T., 469
 Falicov, C., 120, 312, 316, 317
 Fallon, P., 316
 Falloon, I. R. H., 266, 267, 272, 291, 329–331
 Favero, D., 476
 Fay, L. F., 127, 141
 Feeney, J. A., 109
 Felder, R., 37, 212, 216
 Feldman, C. M., 88, 109
 Feldman, L., 412
 Fellenberg, S., 476
 Feng, D., 149
 Ferber, A., 39
 Ferreira, A., 248
 Ferster, C. B., 270
 Fields, J. M., 133
 Figley, C., 317
 Fine, M. A., 288
 Finlay, I. G., 473
 Fisch, R., 41, 54, 156, 159, 160, 165, 166
 Fisher, A., 395
 Fisher, S., 12–13
 Fishman, C., 184, 185
 Fishman, H. C., 39, 207, 316
 Fishman, M., 455
 Fleck, S., 23, 246
 Fletcher, K., 207
 Flomenhaft, K., 178
 Floyd, F. J., 468
 Foerster, H. von, 104
 Fogarty, T. F., 39, 126, 127, 136, 143, 144, 147, 148
 Follette, W. C., 291
 Fonagy, P., 109
 Fong, E., 474
 Ford, C. L., 232, 476
 Ford, J. J., 368
 Forehand, R., 267, 276
 Forgatch, M. S., 274, 290, 471, 472
 Foucault, M., 300–301, 376, 379
 Fraenkel, P., 92
 Framo, J. L., 37, 245
 Frank, E., 290
 Franklin, C., 368
 Freedman, J., 377, 379, 380, 395, 427, 434
 Freeman, J., 316
 Freeman, W. B., 329
 Freud, A., 108
 Freud, S., 5–6, 17, 20, 26, 34, 50, 61, 137, 139, 211, 238, 241, 245, 246, 378
 Friedlander, M. L., 149, 475, 476, 478
 Friedman, S., 355, 369
 Friedrich, W., 316
 Friesen, B. J., 327
 Fromm, E., 238
 Fromm-Reichmann, F., 17, 18
 Frosh, S., 474
 Fruzzetti, A. E., 459
 Fry, W., 20, 156
 Frye, N., 149
 Furniss, T., 91

 Gambescia, N., 288, 289
 Gameroff, M. J., 455
 Gardner, C. O., 467, 469
 Garfield, R., 475
 Gates, B., 130
 Gaulier, B., 171
 Geddes, M., 224
 Gehring, T. M., 149
 Gehrke, S., 215
 Genijovich, E., 185
 George, C., 109
 Gerard, J. M., 465
 Gergen, K., 107, 310–311

- Gershuny, B. S., 149
 Gerson, R., 138n, 150
 Gfeller-Strouts, L., 148
 Giarrusso, R., 149
 Gil, E., 80, 226–227, 316
 Gilderman, A. M., 331
 Gilkey, J. K., 149
 Gilliam, C., 458
 Gingerich, W. J., 369, 370
 Ginsberg, B. G., 333
 Ginsburg, S. W., 17
 Giordano, J., 83, 131, 312, 317
 Giovacchini, P., 244
 Glade, A. C., 468
 Glynn, S. M., 329–330
 Godley, M. D., 455
 Goffman, E., 376
 Goldman Sher, T., 458–459
 Goldner, V., 70, 88, 88n, 90, 301, 311, 414–415, 427
 Goldstein, M. J., 316–317, 330
 Gondolf, E. W., 87
 Goodrich, T. J., 302, 308
 Goodwin, D. M., 473
 Goolishian, H. A., 56, 105–106, 309–310, 377, 436
 Gordon, S. B., 274
 Gottman, J., 110, 268, 282
 Grauf-Grounds, L., 81, 317
 Graziano, A., 267
 Green, C. E., 466–467
 Green, R. J., 313–315, 317, 324–326
 Greenan, D., 185, 317, 324, 326
 Greenberg, L. S., 211, 213, 214, 229, 231–232, 412, 476, 478
 Greene, S. M., 470
 Greenson, R. R., 250
 Greenstein, S., 184
 Gremillion, H., 395
 Grief, G., 207
 Griffin, J. M., 149
 Griffin, W. A., 472, 473
 Gritzer, P. H., 56
 Gross, S. J., 249, 271
 Grunebaum, H., 239
 Grunebaum, J., 245
 Guerin, P. J., 28, 39, 70, 126, 127, 136, 141, 143, 144, 147, 148, 150
 Guerney, B. G., Jr., 38–39, 184, 312, 333
 Guevremont, D., 207
 Guntrip, H., 246
 Gurman, A. S., 27, 291, 412, 413
 Haber, J. E., 149
 Haine, R. A., 470, 473
 Haley, J., 20–23, 27, 28, 30–31, 37–39, 41, 42, 50, 55, 57, 58, 60, 76, 108, 155–157, 159–171, 173, 178, 184, 316, 422, 425, 433
 Halford, W., 468
 Halstead, K., 302
 Hammen, C., 457–458
 Hammond, R., 476
 Hampson, R., 316
 Hansen, D. J., 467
 Hansen, J. C., 316
 Hansen, M., 87, 88
 Hanson, R. E., 462, 464
 Hardy, K., 312, 313
 Hare-Mustin, R. T., 301, 303, 427
 Harlow, H., 108
 Harris, G., 149
 Harris, T. O., 467
 Harvill, R., 149
 Hazan, C., 109
 Healy, W., 17
 Heatherington, L., 475, 476, 478
 Heims, S., 99
 Heming, G., 469
 Henggeler, S. W., 323, 327, 413, 455
 Hepworth, J., 317, 332
 Herman, J. L., 91
 Herschell, A. D., 464
 Hervis, O., 207
 Herz, F., 147
 Hettema, J. M., 467, 469
 Heyman, R. R., 461
 Hickman, M. E., 282
 Hiebert, W. J., 333
 Higginson, I. J., 473
 Hildebrand, J., 91–92
 Hill, D. W., 276
 Hill, R., 116–117, 323
 Hillin, H., 455
 Hines, P. M., 322
 Hipke, K., 470
 Hirsch, S., 24, 238–239, 248
 Hobbs, S. A., 276
 Hoffman, L., 19, 32, 52–53, 103, 104, 174–176, 309–310, 425, 436
 Hogan, D. R., 291
 Hogarty, G. E., 316, 329–331
 Hogue, A., 475
 Holder, D., 457

- Holm, R., 185
 Holtzworth-Munroe, A., 90
 Hood, K., 473
 Hops, H., 270, 283
 Hopwood, L. E., 369
 Horvath, A. O., 475
 Howe, G. W., 467, 478
 Howells, J. G., 40
 Hoyt, D., 149
 Hoyt, M. F., 365, 368
 Hubble, M., 348
 Huber, C. H., 288
 Huck, S., 149
 Hudson, P., 368
 Humphrey, L. L., 457–458
 Hunsley, J., 229, 232
 Huss, M. T., 467

 Imber-Black, E., 317, 426–427
 Ingoldsby, B., 312
 Irving, H. H., 470
 Irwin, E., 224, 225
 Isaac, J., 268
 Isay, R. A., 326
 Isebaert, L., 368, 369
 Israel, A. C., 473
 Iyengar, S., 457

 Jackson, D. D., 12, 21–23, 27–30, 32, 34–35, 37, 39,
 41, 50–55, 57, 60, 99, 102, 114, 156, 158, 161,
 212, 237, 422, 423, 430
 Jackson-Gilfort, A., 475
 Jacobson, E., 238, 245
 Jacobson, N. S., 27, 79, 268, 269, 280–282, 290–291,
 410–412, 459
 Jakubowski, S., 455
 James, K., 301
 Jean-Gilles, M., 207
 Jefferson, T., 130
 Jensen, P. S., 455
 Joan of Arc, 130
 Johnson, A., 238
 Johnson, B., 476
 Johnson, B. A., 457
 Johnson, L. N., 100, 148
 Johnson, M. P., 88
 Johnson, S. M., 108, 110, 148, 211, 213, 214, 216,
 228, 229, 231–232, 412, 476
 Johnson, T., 315–316
 Johnson, V. E., 266, 288, 289

 Johnston, C., 455
 Jones, L. C., 149
 Jones, M. C., 265
 Jones, R., 271, 280
 Jones, S., 329
 Jordan, J., 325
 Jordan, P. L., 335
 Juffer, F., 462

 Kagan, R., 426–427
 Kahn, M., 316
 Kanfer, F. H., 274
 Kant, I., 104
 Kantor, D., 40, 224
 Kaplan, A., 325
 Kaplan, H. S., 288, 289
 Kaplan, M. L., 215, 217
 Kaplan, N. R., 215, 217
 Karp, J. F., 290
 Karrer, B., 312
 Kaslow, F. W., 28, 35, 469
 Kaslow, N. J., 461
 Katz, B., 249
 Kautto, J. G., 127, 141
 Kazdin, A. E., 455
 Keim, J., 157, 171–172, 174, 300
 Keith, B., 469
 Keith, D. V., 212, 214–216, 223
 Keller, J., 316
 Kelley, H. H., 268, 430
 Kelly, G. A., 104–105
 Kelly, J., 316
 Kempler, W., 16, 216, 217, 219–220, 224, 227, 232
 Kendler, K. S., 467, 469
 Kennedy, J. F., 200
 Keren, M., 315–316
 Kermeen, P., 468
 Kernberg, O. F., 243
 Kerr, M., 127, 131, 137, 144–145
 King, C., 184
 Kinston, W., 239, 252
 Kirschenbaum, M., 215
 Kirschner, D., 260, 412
 Kirschner, S., 260, 412
 Kissane, D. W., 473
 Kitchens, J. M., 80
 Klein, M., 239, 241, 245
 Kluckhohn, F. R., 25
 Kniskern, D. P., 291
 Knobloch-Fedders, L. M., 475

- Knox, D., 282
 Kogan, S. M., 475
 Kohut, H., 241, 243–244, 254n
 Kolb, D. A., 274
 Kolko, D., 457
 Koroloff, N. M., 327
 Kramer, C., 40
 Kramer, J., 40
 Kreider, R. M., 133
 Krestan, J., 315
 Kriege, G., 473
 Krishnakumar, A., 465
 Krokoff, L., 268, 282
 Kubicki, A., 347, 368
 Kuipers, L., 331
 Kurtines, W., 207
 Kwiatkowska, H. Y., 225
 Kwok, O.-M., 473

 La Court, M., 346
 Laing, R. D., 26, 215, 431
 Laird, J., 315–317
 Lamb, M. E., 109
 Langs, R., 260
 Langsley, D., 178
 Lappin, J., 19, 171–172, 185
 Laqueur, H. P., 56
 Larus, J. M., 458–459
 LaSala, M., 315, 325–326
 Lasch, C., 244
 LaTaillade, J., 290
 Laumann-Billings, L., 470
 Laurent, J., 457–458
 Law, D. D., 332, 466
 Lazarus, A. A., 288
 Lebow, J., 148
 Le Brocque, R. M., 457–458
 Lee, E., 120, 317
 Lee, T., 89
 Lee, W.-Y., 121, 185, 196–197, 207, 323
 Leff, J., 329, 331
 Lehr, R., 318–319
 Lein, L., 469
 Lenin, V., 130
 Lerner, H. G., 147
 Leslie, L. A., 284
 LeTourneau, E., 462, 464
 Levy, D., 17, 18
 Levy, J., 394
 Levy, M. L., 467

 Lewin, K., 13–14, 51
 Lewis, K. G., 316
 Liberman, R. P., 266, 267, 272, 422
 Licht, C., 149
 Liddle, H. A., 412, 413, 456, 474, 475, 477
 Lidz, T., 23, 246
 Lieberman, A. F., 109
 Lieberman, M. A., 232
 Liebman, R., 207
 Lillie, F. J., 272, 291
 Limbaugh, R., 130
 Lin, K., 473
 Lindblad-Goldberg, M., 327
 Lipchik, E., 346–348, 351, 355–356, 368, 369
 Lisa, S.-C., 474
 Livingston, R., 457–458
 Lobitz, N. C., 288
 Lobovits, D., 316
 Locke, H. J., 279
 Locke, J., 104
 Longo, D., 248
 LoPiccolo, J., 288
 Lorenz, F., 149
 Lorenz, K. E., 108
 Lovibond, S. H., 266
 Luborsky, L., 466
 Luckstead, A., 460
 Luepnitz, D., 114, 304
 Lukens, E., 460
 Lukens, M. D., 105
 Lukens, R. J., 105
 Lund, T., 158, 178, 394, 405–409
 Lundahl, B. W., 463
 Luo, Y., 450
 Lyon, T., 462, 464

 Macgowan, M. J., 455
 MacGregor, R., 39, 56
 Machotka, P., 178
 MacKinnon, L., 301
 Mac Kune-Karrer, B., 401, 403
 Macleod, J., 463
 MacMillan, P., 318–319
 Madanes, C., 41, 42, 157, 160, 165, 170, 172–173,
 178, 184, 316
 Maddeaux, C., 232
 Madden, B., 363–364
 Madigan, S., 377, 391
 Madsen, W. C., 377, 386–387, 389, 395
 Mahler, M. S., 114, 242, 243, 245, 259, 428

- Mahoney, M. J., 268
 Mahrer, A. R., 232
 Main, M., 109, 461
 Maisel, R., 377
 Malloy, E., 224, 225
 Malone, T. P., 15, 36, 37, 212, 216, 222
 Mann, B. J., 475
 Marcus, S. C., 455
 Marcuse, H., 215
 Margerum, J., 171
 Margolin, G., 267, 273, 280
 Markman, H. J., 268, 335, 468
 Markowitz, L., 313, 315, 416–417
 Markowski, M., 368
 Marshall, A. D., 90
 Marti, D., 149
 Maruyama, M., 52, 160
 Marx, K., 26, 130, 300
 Mash, E. J., 455
 Masters, J. C., 274
 Masters, W. H., 266, 288, 289
 Matas, L., 109
 Mattison, A. M., 326
 Maturana, H. R., 104
 May, P. R., 330
 May, R., 15
 McAdoo, H., 321
 McAuley, R., 267
 McClure, E. B., 457–458
 McCollum, E. E., 347, 368
 McConville, M. T., 249, 271
 McDaniel, S., 317, 332
 McDonald, E. C., 56
 McDougall, W., 13
 McFarlane, W. R., 56, 330–331, 460
 McGill, C. W., 331
 McGoldrick, M., 19, 39, 83, 117, 127, 131, 132,
 138n, 148, 150, 312, 317
 McGowen, B. G., 327
 McKenzie, D. P., 473
 McKenzie, M., 473
 McNeil, C. B., 464
 McTaggart, P., 469
 McWhirter, D. P., 326
 Mead, M., 20
 Medway, J., 224
 Meehan, J. C., 90
 Meezan, W., 327
 Meissner, W. W., 239
 Melton, G. B., 455
 Mendell, D., 12–13
 Mendelsohn, M., 39
 Metcalf, L., 348
 Meyer, I. H., 324
 Meyrowitz, J., 106
 Micucci, J., 316
 Midelfort, C., 28, 40
 Miklowitz, D. J., 316–317, 329, 460
 Miles, D., 476
 Miles, M. B., 232
 Miller, J. B., 308, 325
 Miller, R. B., 148
 Miller, S. D., 346–348, 363–364, 368, 369
 Miller-Perrin, C., 462, 464
 Millsap, R. E., 470
 Milman, L., 207
 Minuchin, P., 120, 317, 427
 Minuchin, S., 12, 28, 36, 38–39, 41, 42, 88, 106, 108,
 113–114, 120, 121, 157, 184–185, 187–190, 193,
 196–197, 200, 201, 204–207, 237, 238, 312, 316,
 317, 323, 394, 399, 414, 422, 426–430, 432, 433,
 435, 436–437
 Mirkin, M. P., 312, 317
 Mitchell, S., 310
 Mitchell, V., 324–326
 Mitrani, V., 207
 Mittleman, B., 26–27, 238
 Molnar, A., 369
 Montalvo, B., 19, 38–39, 184–185, 312, 416–417
 Moore, D., 268
 Moore, S., 149
 Morawetz, A., 316
 Moreno, J. L., 16
 Morgan, K., 474
 Morris, S. B., 273, 291
 Moskowitz, C., 473
 Moss, H. B., 331
 Muck, R., 455
 Mudd, E. H., 26
 Muesser, K. T., 291, 329–330
 Munson, C. E., 283
 Murphy, B., 315
 Murray, C. E., 368, 467
 Murray, E., 207
 Murray, T. L., 368
 Napier, A. Y., 212, 216, 217, 222–223, 232
 Naster, J. B., 271, 280
 Neal, J., 377, 387, 390–391
 Nelson, G., 463

- Nelson, T., 347, 368
 Newell, R. M., 474
 Newman, E., 462, 464
 Nichols, M. P., 79, 87, 88, 107, 113–114, 130–132,
 185, 189–190, 196–197, 207, 227, 232, 237, 239,
 239n, 251, 260, 291, 316, 323, 334–335, 412,
 435, 474, 476
 Nichols, T., 462, 464
 Nichols, W. C., 412
 Nicholson, J. M., 472
 Nimer, J., 463
 Nogueira, J., 149
 Normand, C. E., 473
 Northey, W. F., 291
 Notarius, C., 268
 Nunnally, E., 346, 369
 Nylund, D., 316, 369

 Oberndorf, C. P., 26, 238
 O'Hanlon, W., 346–348, 368, 369
 Okum, H. S., 56
 Okun, B., 312, 317
 O'Leary, D., 267
 O'Leary, K. D., 88, 466
 O'Leary, S., 267
 Olfson, M., 455
 O'Neill, I., 473
 Orbach, S., 305
 Orfanidis, M. M., 147

 Padesky, C. A., 290
 Padgett-Jones, S., 473
 Papp, P., 19, 39, 119, 157, 176–177, 302
 Parker, K., 456
 Parsons, B. V., 177, 178, 273, 279, 412, 463
 Parsons, T., 24, 52
 Patterson, G. R., 266–268, 270, 272–274, 283, 290,
 291, 422
 Patterson, J. E., 81, 207, 317, 370
 Paul, N., 40
 Pavlov, I. P., 265
 Pearce, J., 83, 131, 312, 317
 Pelham, W. E., Jr., 455
 Peller, J., 346, 347, 349, 351, 369
 Pendergrass, V. E., 276
 Penn, P., 19, 157, 174–176, 311, 414
 Perez, G. A., 475
 Perez-Vidal, A., 207
 Perls, F., 16
 Peterson, L., 149, 464

 Phillips, J. S., 274
 Pichot, T., 347, 368
 Pierce, R., 232
 Pierce, R. M., 282
 Pietrzak, J., 316
 Pinderhughes, E., 313–314
 Pine, F., 114, 242, 243, 428
 Pinquart, M., 472
 Pinsof, W. M., 404–405, 475
 Pittman, F., 316
 Pleck, J. H., 307
 Plummer, B. A., 470
 Pollack, W. S., 307
 Popenoe, P., 26
 Posada, V., 207
 Powers, K., 348
 Prata, G., 42, 157, 160–161, 163, 175, 178
 Premack, D., 275
 Prescott, C. A., 467, 469
 Prest, L., 316
 Price, J. A., 157, 169, 171, 316
 Protinsky, H., 149

 Quilitch, H. R., 276

 Rabinowitz, C., 184
 Rabkin, R., 158
 Ralph, A., 469
 Ramier, M., 316
 Rampage, C., 302, 303
 Ramsey, R. N., 332
 Rand, A., 130
 Raskin, G., 149
 Ray, W., 178
 Raynor, R., 265
 Razani, J., 331
 Read, S. J., 215
 Rehman, U., 90
 Reid, J., 270
 Reiss, D., 316, 329–331, 461, 478
 Reitz, M., 317
 Renick, M. J., 468
 Resnick, P. A., 276
 Rhodes, J., 368
 Richards, E. R., 149
 Richie, A. M., 56
 Richmond, M. E., 19
 Ricoeur, P., 310, 378
 Ridley, C., 88, 109
 Rimm, D. C., 274

- Rinn, R. C., 279
 Rio, A., 207
 Riskin, J., 156
 Risley, T. R., 266
 Rivas-Vazquez, A., 207
 Robbins, M. S., 474, 475
 Roberts, J., 317
 Roberts, M. W., 276
 Robertson, J., 108
 Robie, C., 466–467
 Rodgers, R., 117
 Rodnick, E. H., 330
 Rodstein, E., 316
 Roehrle, B., 470
 Rogers, C. R., 5, 6, 15, 215, 219, 411
 Rogers, R., 316
 Rohrbaugh, M. J., 165, 370
 Rojano, R., 323, 416–417
 Rolland, J., 317, 332
 Root, M., 316
 Rosenfield, B. D., 466
 Rosicky, J., 207, 452–455
 Rosman, B., 38–39, 184, 193, 206–207, 312, 414, 433
 Roth, C., 457
 Roth, S. A., 315, 377, 387
 Rousseau, J.-J., 130
 Rubenstein, D., 37
 Rubin, L. J., 149
 Ruesch, J., 20, 158
 Ruevini, U., 56
 Ryckoff, L., 24, 238–239, 248
 Rynn, M., 457

 Saba, G., 312
 Sager, C. J., 239, 244, 247, 316
 Saldana, L., 464
 Sales, B. D., 470
 Salusky, S., 459
 Sandberg, J. G., 148
 Sander, F. M., 238, 239, 244, 260, 412
 Sanders, G., 315
 Sanders, M. R., 468, 469, 472
 Sandler, I. N., 470, 472, 473
 Santisteban, D., 207
 Sartin, R. M., 467
 Sartre, J. P., 51
 Satir, V. M., 15, 19, 28, 31–32, 50, 54, 55, 57, 60, 156,
 211–218, 220–224, 300, 404, 422, 423, 430
 Saunders, B. E., 19, 462, 464
 Sbarra, D. A., 470

 Schaalje, G., 466
 Schafer, R., 310, 378
 Scharff, D., 237, 239, 247, 252, 260
 Scharff, J., 237, 239, 247, 260, 412
 Schenker, M., 369
 Schindler, D., 229, 232
 Schlesinger, S. E., 267, 283, 284, 288
 Schlosberg, S., 426–427
 Schmailing, K. B., 459
 Schrader, S. S., 24, 26
 Schumer, F., 38–39, 184, 312
 Schuster, F. P., 56
 Schwartz, P., 306
 Schwartz, R. C., 16, 92, 107, 211, 213, 229–232, 291,
 316, 403, 437
 Schwartzman, J., 317
 Schwebel, A. I., 288
 Schwebel, R., 455
 Schwitzgebel, R., 274
 Scopetta, M., 207
 Segal, H., 241
 Segal, L., 156
 Selekman, M., 316
 Seligman, M., 317
 Sells, S., 316
 Selvini, M., 163, 175
 Selvini Palazoli, M., 40–42, 155, 157, 160–161, 163,
 175, 178, 425, 431, 433
 Semans, J. H., 289
 Serrano, A. C., 56
 Sexton, T. L., 457
 Shadish, W. R., 459–460, 466
 Shapiro, R. L., 239, 245, 247
 Sharry, J., 363–364
 Shaver, P. R., 109
 Sheinberg, M., 92, 311, 414
 Shelef, K., 475
 Sher, K. J., 149
 Sherif, M., 15
 Sherman, J. A., 274
 Sherman, S. N., 18
 Shoham, V., 165, 291, 370
 Silliman, B., 335
 Silverstein, O., 19, 119, 157, 302
 Simon, D., 348
 Simon, G. M., 121, 185, 193
 Simons, R., 149
 Simpson, L. E., 465
 Singer, B., 466
 Singer, J. L., 368

- Singer, M. T., 25
 Siqueland, L., 457
 Skinner, B. F., 266, 268, 269, 272
 Skowron, E. A., 149, 476
 Skynner, A. C. R., 21, 40, 239, 249
 Slipp, S., 237, 239, 260, 412
 Smith, C., 316
 Smith, L. A., 455
 Smith, S., 312
 Smith-Daniels, V., 472
 Snyder, K. S., 329
 Sobel, R., 18, 35
 Solomon, J., 461
 Sorensen, S., 472
 Spark, G. L., 37, 84
 Speck, R. V., 38, 56, 57, 426
 Speer, D. C., 103
 Spence, D., 310, 378
 Spiegel, J. P., 25–26
 Spinks, S. H., 273
 Spitz, R., 242
 Spratt, E. G., 462, 464
 Sprengle, D., 316
 Sroufe, L. A., 109
 Stahmann, R. F., 333
 Stanley, J. C., 450
 Stanley, S. M., 335, 468
 Stanton, M. D., 178, 207, 316, 412, 459–460
 Staples, R., 321
 Stark, K. D., 457–458
 Stathakos, P., 470
 Stein, M., 244
 Steinberg, M., 330
 Steiner, G., 317
 Steinglass, P., 316, 332, 459
 Stern, D., 244
 Stern, L., 327
 Stewart, S., 412
 Stickle, T. R., 291
 Stierlin, H., 40, 239, 248
 Stiver, I., 325
 Stone, A., 26
 Stone, H., 26
 Storm, C., 369
 Streeter, C. L., 368
 Stringer-Seibold, T. A., 148
 Stroudbeck, F. L., 16
 Stuart, R. B., 19, 266, 267, 274, 280, 282, 422
 Sturgeon, D., 331
 Sullaway, M., 275
 Sullivan, H. S., 20, 184, 215, 238, 242
 Sulloway, F., 130
 Surrey, J. L., 308, 325
 Suter, J., 473
 Swanson, M., 368
 Symonds, D., 475
 Szapocznik, J., 207
 Szasz, T. S., 248
 Szurek, S., 238
 Taibbi, R., 317, 412
 Teichman, Y., 283, 288
 Tein, J.-Y., 473
 Tejeda, M. J., 456, 475
 Terry, D., 23
 Thibaut, J., 268, 430
 Thomas, F., 348
 Titus, J. C., 455
 Todd, T. C., 178, 207, 316
 Tolman, R. M., 87, 466
 Tolstoy, L., 9
 Toman, W., 130
 Tomm, K., 157–158, 176
 Toohey, M. L., 25
 Toth, S. L., 463
 Tranter, M., 91–92
 Treadway, D., 316
 Tremblay, G. C., 464, 473
 Trepper, T. S., 91–92, 311, 316, 347, 368
 Troll, L., 149
 True, F., 92
 Tunnell, G., 317, 324, 326
 Turner, C. W., 474, 475
 Tuyn, L. K., 348, 368
 Twohey-Jacobs, J., 473
 Ugazio, V., 107
 Ulrich, D. N., 245, 248
 Umana, R. F., 249, 271
 Umbarger, C., 184
 van Ijzendoorn, M. H., 462
 Varela, F. J., 104
 Vaughn, C. E., 329
 Veenendaal, K., 369
 Vega, E. M., 466
 Viaro, M., 178
 Vincent, J. P., 270
 Vira, R., 468
 Visher, E., 316

- Visher, J., 316
 Vizard, E., 91–92
 Vogel, E. F., 114–115, 245, 431–432
 Vuchinich, S., 149

 Wachtel, E., 316
 Wagner, E. F., 455
 Waite, L. J., 450
 Waldron, H. B., 268, 273, 291, 474
 Waldron, M. C., 470
 Walker, G., 88n, 90, 311, 316, 317, 414–415
 Walker, L., 316
 Wall, S., 109
 Wallace, K. M., 279
 Wallerstein, J., 316
 Walsh, F., 19, 315–317, 322
 Walsh, S., 368
 Walter, J., 346, 347, 349, 351, 369
 Walters, E., 109
 Walters, M., 119, 184, 302
 Walters, R., 267
 Wamboldt, M. Z., 461
 Wampler, K. S., 474, 476
 Warkentin, J., 37, 212, 216, 222
 Washington, G., 130
 Watanabe, S., 40
 Waters, E., 109
 Watkins, J. B., 149
 Watson, J. B., 265
 Watson, K., 317
 Watson, N., 474
 Watzlawick, P. A., 32, 41, 53, 54, 60, 102, 104,
 156–159, 166
 Weakland, J. H., 20–23, 28–29, 41, 53, 54, 57, 155,
 156, 159, 161, 165–167, 178
 Weekes, G. R., 288, 289
 Weiner-Davis, M., 346–348, 368
 Weingarten, K., 377, 395
 Weiss, R. L., 267, 268, 270–273, 280, 283
 Weisz, J. R., 455
 West, J. D., 149
 West, M., 109
 West, S. G., 470
 Weston, D., 109
 Westover, S., 470
 Weyer, J. L., 473
 Whitaker, C. A., 15, 28, 36–37, 40, 197, 211–213,
 215–217, 219, 220, 222–223, 227, 232, 237, 422,
 436–437
 Whitbeck, L., 149
 White, C., 376
 White, J., 321
 White, M., 19, 42, 70, 118–119, 158, 300, 376, 379,
 381, 383, 386, 392–395, 411, 422, 427, 431, 432,
 436, 441
 Whitehouse, P. J., 149
 Whiteside, M. F., 470
 Whiting, R., 317
 Wiener, N., 20n, 99
 Williams, J., 472
 Williams, L., 81, 317
 Wills, T. A., 268
 Windell, J., 171
 Winer, R., 239
 Wing, J. K., 329
 Winnicott, D. W., 243, 246
 Winslow, E., 472
 Wippman, J., 109
 Wittgenstein, L., 348
 Wolchik, S. A., 470, 472, 473
 Wolf, K., 242
 Wolf, M. M., 266
 Wolin, S. J., 316
 Wollstonecraft, M., 130
 Wolpe, J., 266, 288
 Wood, B., 149
 Wood, N. D., 466
 Woolf, V., 130
 Woolley, S. R., 476
 Wright, L., 332
 Wyer, M. M., 470
 Wylie, M. S., 369, 392
 Wymbs, B. T., 455
 Wynne, L. C., 23–25, 28, 34–35, 238–239, 245,
 248, 431

 Yalom, I. D., 54, 232
 Yuh, J., 478

 Zarski, J. J., 149
 Zax, M., 227
 Zeanah, C., 462, 464
 Zempolich, K. A., 455
 Zilberstein, K., 461
 Zimand, E., 149
 Zimmerman, J., 377, 385, 387
 Zinner, J., 239, 244, 245, 247
 Zwerling, I., 39

Subject Index

- A-B-C theory, 283–284
Acceptance, in integrative couples therapy, 410
Accommodation
 in experiential family therapy, 215
 in structural family therapy, 187, 188, 194, 197–198
Ackerman Institute (New York), 34–36, 157, 177, 185
Action, insight versus, in comparative analysis, 435–436
Adolescence
 behavior disorders in, 453
 depression in, 97, 453
 single-parent families and, 320
 as stage of family life cycle, 116, 132
 substance abuse in, 453, 455–457, 475–476
Adolescent group therapy (AGT), 457
Adoption, 317
Adulthood
 aging process, 472–473
 depression and anxiety in, 453, 458–459
 later life stage, 116, 132–133, 472
 substance abuse in, 453, 459–460
Adversarial relationships, 115
Adversity, family therapy research on, 467–474
Advocacy, indoctrination versus, 305
Affective intensity, in structural family therapy, 200–201
African Americans
 cultural factors in family therapy, 83–84, 120–121
 cultural factors in treatment engagement, 475–476
 family therapy with, 83–84, 120–121, 321–323
 race/ethnicity as issue in family therapy, 312–314
 substance use and abuse by, 207, 475–476
Agent provocateur role, 36–37
Aging process
 end-of-life care, 472–473
 later-life care, 472
 later life stage of family life cycle, 116, 132–133
Agoraphobia, 266
Ahistorical approach, 51
AIDS, 316–317
Albert Einstein College of Medicine, Family Studies Section, 39
Alcohol abuse. *See* Substance use and abuse
American Association for Marriage and Family Therapy (AAMFT), 85–86, 291
American Association of Marriage Counselors, 26
American Institute of Family Relations, 26
American Orthopsychiatric Association, 17, 34–35
American Psychiatric Association (APA), 26, 28, 40, 461
American Psychological Association, code of ethics, 84, 85
Anaclitic depression, 242
Anger
 in behavioral couples therapy, 282
 in gay male couples, 326
Anglo-Saxon Protestants
 cultural factors in family therapy, 120
 race/ethnicity as issue in family therapy, 312–314
Animal attribution storytelling technique, 225–226
Animal behavior, research on, 20, 108
Anorexia nervosa. *See* Eating disorders
Anxiety
 emotional triangles and, 127–128
 in sexual dysfunction, 288
 stress and, 75–76
Anxious attachment, 108–109, 126, 461
Arbitrary inference, 271
Arizona State University, 470–471
Arousal disorders, 288–289
Asian Americans
 cultural factors in family therapy, 120–121
 race/ethnicity as issue in family therapy, 312–314
Assertiveness training, 288

- Assessment, 75–84
 in behavioral couples therapy, 279–280, 281
 in behavioral parent training, 274–275
 in Bowen family systems therapy, 137–140
 of change, 451
 in cognitive-behavioral family therapy, 274–275, 279–280
 communication in, 79
 in comparative analysis, 437–438
 cultural factors in, 83–84
 in early models of family therapy, 66–70
 ethical dimension of, 84–87
 in experiential family therapy, 219
 extramarital involvements in, 80–81
 family structure in, 79, 192–193, 196–197
 family violence in, 80
 gender in, 81–83
 genograms in, 68
 identifying systemic context in, 78–79
 in narrative therapy, 383–384
 presenting problem in, 67, 71, 75–77, 196–197
 in psychoanalytic family therapy, 251–253
 sexual abuse in, 80, 91–93
 in solution-focused family therapy, 350–353
 stage of life cycle in, 78–79
 in strategic family therapy, 164–165
 in structural family therapy, 192–193, 196–197
 structured family interviews in, 164–165, 167–168
 substance abuse in, 79–80
 understanding referral route in, 78
- Asylums, 11
- Atlanta Psychiatric Clinic, 37, 212
- Attachment disorders, 454
 anxious attachment, 108–109, 126, 461
 avoidant attachment, 108–109
 insecure attachment, 109–110, 461–462
 resistant attachment, 108–109, 461
- Attachment injuries, 216
- Attachment theory, 108–110
 in Bowen family systems therapy, 132, 145, 148
 in experiential family therapy, 214–215, 229
 interventions for attachment disorders, 461–463
 in psychoanalytic family therapy, 242, 243
- Attention-deficit hyperactivity disorder (ADHD).
 See also Behavior disorders
 interventions, 453, 455, 458
 structural family therapy and, 207
- Attunement, 244
- Automatic thoughts, 268, 287
- Average expectable environment, 243
- Aversive control, 270
- Avoidant attachment, 108–109
- Bandwagon effect, 100
- Bay Area Family Therapy Training Associates, 377
- Becoming a Parent program, 468
- Behavioral couples therapy (BCT), 273, 279–283, 410–412
 assessment in, 279–280, 281
 communications in, 268, 282, 411
 evaluating, 290–291
 research on efficacy of, 466
 therapeutic techniques in, 273, 280–283, 290–291
- Behavioral marital therapy (BMT), 458–459, 466
- Behavioral parent training, 267, 274–279
 assessment in, 274–275
 evaluating, 290–291
 therapeutic techniques in, 267, 275–279, 290–291
- Behavioral redundancy, 29
- Behavioral therapy. *See* Behavioral couples therapy (BCT); Cognitive-behavioral family therapy; Cognitive-behavioral therapy (CBT)
- Behavior change
 assessment of, 451
 in Bowen family systems therapy, 136–137
 in cognitive-behavioral family therapy, 272–273, 290–291
 in comparative analysis, 435–437
 in early models of family therapy, 54–55
 in experiential family therapy, 217–219
 identifying mechanisms of, in family therapy, 474
 in narrative therapy, 382–383
 in psychoanalytic family therapy, 250–251
 in solution-focused family therapy, 350
 in strategic family therapy, 163–164
 in structural family therapy, 193–195
- Behavior disorders
 adolescent, 453
 and Bowen family systems therapy, 133–136
 and cognitive-behavioral family therapy, 269–271
 and comparative analysis, 430–434
 and early models of family therapy, 53
 and experiential family therapy, 215–216

- family-based interventions for child and adolescent, 452–458
- family therapy research on, 446
- interventions, 453
- and narrative therapy, 380–381
- and psychoanalytic family therapy, 245–248
- and solution-focused family therapy, 349
- and strategic family therapy, 161–162
- and structural family therapy, 189–193
- Behavior exchange, in behavioral couples therapy, 280, 411
- Beliefs, in cognitive-behavioral family therapy, 284–285
- Birth order, in Bowen family systems therapy, 130
- “Black box” concept, 51–52, 60, 102
- Blacks. *See* African Americans
- Blaming, 8, 17–18, 30, 58, 71, 168, 216, 302, 431
- Blended families, 191–192, 316
- Boston Family Institute, 40
- Boundaries, 113–114. *See also* Disengagement; Enmeshment
 - in comparative analysis, 428–429, 440–441
 - making, 202–204
 - in narrative therapy, 379–380
 - nature of, 79
 - between schools of family therapy, 299–300
 - in structural family therapy, 184, 186–187, 188, 189–193, 197, 199, 202–204
 - undifferentiated family ego mass and, 33, 43, 128–129
- Bowen family systems therapy, 125–151
 - assessment in, 137–140
 - conditions for behavior change in, 136–137
 - development of behavior disorders and, 133–136
 - evaluating, 147–149
 - goals of, 136
 - leading figures in, 126–127, 422
 - normal family development in, 131–133
 - summary of, 422
 - theoretical formulations in, 127–131
 - therapeutic techniques in, 140–147, 422
- Box score review, 451, 455
- Breaks, in solution-focused family therapy, 363–365
- Brief Family Therapy Center (BFTC; Wisconsin), 345–347, 369
- Brief integrative marital therapy, 412–413
- Brief therapy, 30–31, 41
- Brief Therapy Project, 156
- Bulimia. *See* Eating disorders
- Calmness, in therapeutic alliance, 73
- Case managers
 - in home-based services, 327
 - in managed care, 93–94
- Cathartic therapy, 1, 40
- Catskill Family Institute (New York), 405–406
- Cause-and-effect explanations, 77
- Center for Family Learning (New Rochelle, New York), 39, 126
- Center for the Study of the Family (Milan), 157
- Central ego, 241
- Chabot's Emotional Differentiation Scale (CED), 149
- Challenging unproductive assumptions, in structural family therapy, 205–206
- Change. *See* Behavior change
- Change event analysis, 476–477
- Charity movement, 18–19
- Child-centered stage, of family therapy, 55, 188
- Child guidance movement, 17–18, 34–35
- Child maltreatment, 463–465
- Child protective approach, 91
- Child subsystem, 188–189
- Circular causality, 8, 77, 112, 120
- Circular questions, 69, 176
- Classical conditioning, 265–266
- Clinical case series, 450
- Closed systems, 60, 103–104, 177
- Coaching, in Bowen family systems therapy, 151
- Coalitions
 - cross-generational, 165, 168, 190–191, 379–380, 433
 - defined, 31
- Coauthoring alternative explanations, in narrative solutions approach, 409
- Cognitive-behavioral family therapy, 265–293
 - assessment in, 274–275, 279–280
 - conditions for behavior change in, 272–273, 290–291
 - development of behavioral disorders and, 269–271
 - evaluating, 290–291
 - goals of, 271–272
 - leading figures in, 265–267, 422
 - moving beyond stimulus and response, 265

- Cognitive-behavioral family therapy (*continued*)
 normal family development in, 268–269
 summary of, 422
 theoretical formulations in, 267–268
 therapeutic techniques in, 274–290, 422
- Cognitive-behavioral therapy (CBT), 457–458
- Cognitive distortion, 271
- Cognitive mediation, 283
- Collaborative family health care, 332
- Collaborative language-based systems approach, 105–106
- Collaborative relationships, 115, 330
- Collaborative style of therapy, 175–176, 309–311, 369, 389–390
- Command function, 158
- Commonwealth Fund, 17
- Communication(s)
 in assessment process, 79
 in behavioral couples therapy, 268, 282, 411
 clarifying, 440
 destructive forms of, 216
 development of behavior disorders and, 161
 in strategic family therapy, 177
- Communication deviance, 24–25, 43
- Communications family therapy, 41, 50–61. *See also* Strategic family therapy
 in comparative analysis, 440
 concepts in, 51–52
 development of behavior disorders and, 53
 in early models of family therapy, 50–52, 59–60
 lessons from, 59–60
 need for structure and, 57
 reframing, 58, 105–106
 systems anxiety and, 61
 third person role, 57–58
- Communications theory. *See also* Strategic family therapy
 therapy
 origins of, 20–23, 155
 research on, 20–23, 155–156, 158–159
- Community care, 327
- Community family therapy, 416–417
- Community mental health, 157
- Comparative analysis, 421–443
 assessment in, 437–438
 boundaries in, 428–429, 440–441
 conditions for behavior change in, 435–437
 decisive intervention in, 421–423, 438–441
 development of behavior disorders and, 430–434
 goals of therapy and, 434
 normal family development in, 429–430
 theoretical formulations in, 421–427
 therapeutic techniques in, 421–423, 438–441
- Comparison groups, 450
- Complainants, in solution-focused family therapy, 352–353
- Complementarity
 complementary counterroles, 51
 complementary relationships, 30, 51, 307–308
 gender and, 120
 in structural family therapy, 187, 203–204
 as working concept of family therapy, 111
- Compliments, in solution-focused family therapy, 359–363
- Concurrent therapy, 26, 238
- Conditioned stimulus (CS), 265
- Conduct disorder (CD). *See* Behavior disorders
- Confidentiality, 84
- Conflict avoidance, 36
 in structural family therapy, 190, 203, 206–207
- Conflict-detouring triads, 433
- Conflict engagement
 in behavioral couples therapy, 268, 282
 in structural family therapy, 190–191
- Conflict resolution, in psychoanalytic family therapy, 249, 256–257
- Confrontation, 207, 218–219, 222–224, 439, 474
- Conjoint therapy, 26, 32, 224, 446
- Conscious contracts, 244
- Constructivism
 nature of, 104–106, 309–311
 social constructionism versus, 106–107, 309–311
- Content. *See* Process/content distinction
- Context
 cultural, 395
 of nuclear family, 425–427
 social/interpersonal, 7–8, 110
- Contextual therapy, 244–245, 250
- Contingencies of reinforcement, 266
- Contingency contracting
 in behavioral couples therapy, 279, 282–283
 in behavioral parent training, 267, 274
- Contingency management, 274, 282
- Conversational approach to family therapy, 377–378, 385–387
- Coping questions, 356–357

- Cost-benefit analysis, 451
- Cotherapy, 37, 56, 222
- Counterparadoxical approach, 41, 42
- Counterplots, in narrative therapy, 382
- Countertransference, 144, 222, 255
- Couples therapy. *See* Marital and couples therapy
- Creedmore State Hospital (New York), 56
- Crisis intervention, 327
- Crisis referrals, 94
- Crisis resolution, 249
- Cross-generational coalitions
 - in comparative analysis, 433
 - in narrative therapy, 379–380
 - in strategic family therapy, 165, 168
 - in structural family therapy, 190–191
- Cultural factors
 - in assessment process, 83–84
 - culture, defined, 120
 - in family life cycle, 117
 - multiculturalism and, 312
 - in narrative family therapy, 395
 - in treatment engagement, 475–476
 - as working concept of family therapy, 120–121
- Cultural sensitivity, 83, 120–121
- Curiosity, in therapeutic alliance, 73
- Customers, in solution-focused family therapy, 353
- Cybernetics, 42, 61, 98–101
 - evolution of, 99
 - family rules in, 100
 - feedback loops in. *See* Feedback loops
 - feminist critique of family therapy and, 301
 - narrative therapy and, 405
 - second-order, 25
 - self-fulfilling prophecy in, 100
 - synthesizing, 20–23
 - as term, 20n
- Dads for Life program, 472
- “Death ceremony,” in network therapy, 56
- Deconstruction, 106–107, 300–301, 382, 383, 392, 394
- Defenses, 29, 36, 167, 231, 241–242, 249, 326
- Deinstitutionalization, 327
- Delineations, 239, 245, 247
- Delinquent behavior, 38, 446
- Dependency
 - in Bowen family systems therapy, 127, 148
 - in experiential family therapy, 214–215
 - family violence and, 109
 - independence versus, 27, 246
- Dependency reaction (Bion), 14, 50–51
- Depression
 - adolescent, 97, 453
 - adult, 453, 458–459
 - anaclitic, 242
 - interventions, 453
 - in narrative therapy, 382–383
- Desensitization, 265–266, 288, 289
- Despair, in attachment theory, 108
- Detachment, in attachment theory, 108
- Detriangulation, 34, 136, 138–139, 143–144
- Diathesis–stress model, 433
- Dichotomous thinking, 271
- Differentiation of self, 32–33, 34, 246
 - in Bowen family systems therapy, 125, 127, 129, 131–132, 133–135, 137, 144, 148–149, 150
 - in comparative analysis, 428, 429, 434
 - defined, 127
 - functional level of, 132
 - fusion versus, 126, 128–129, 133–135, 144–145, 149, 150
 - in psychoanalytic family therapy, 249
- Differentiation of Self Inventory (DSI), 149
- Diffuse boundaries, 428–429
- Directives
 - in brief therapy, 31
 - in comparative analysis, 440
 - in strategic family therapy, 167
- Disabilities, 317, 448
- Discussion, in narrative solutions approach, 410
- Disengagement, 38–39, 79, 114, 186–187, 189–193, 197, 199, 301–302, 428
- Disorders of desire, 288–289
- Displacement story, in Bowen family systems therapy, 143
- Divorce, 316
 - blended families and, 191–192, 316
 - in family life cycle, 133
 - fear of, 306–307
 - helping families cope with, 469–472
 - preparation for marriage and, 468
 - remarriage and, 191–192, 472
 - single-parent families and, 317–321
 - in strategic family therapy, 171
- Dodo bird effect, 466
- Domestic violence. *See* Family violence

- Double bind, 21–23
 - complementary/symmetrical, 30, 51
 - defined, 21
 - in early models of family therapy, 25, 54, 60
- Drug abuse. *See* Substance use and abuse
- Dulwich Centre Publications, 376
- Dyadic model, 424–425. *See also* Marital and couples therapy
- Early models, of family therapy, 49–61
 - assessment in, 66–70
 - conditions for behavior change in, 54–55
 - development of behavior disorders and, 53
 - goals of, 53–54
 - leading figures in, 50, 422
 - lessons from, 58–61
 - managed care and, 93–94
 - normal family development in, 52–53
 - specific presenting problems and, 87–93
 - stages of family therapy and, 65–75
 - systems anxiety and, 61
 - theoretical formulations in, 50–52
 - therapeutic techniques in, 55–58
- Eastern Pennsylvania Psychiatric Institute, 37–38
- Eating disorders
 - family-based interventions for, 206–207, 381
 - narrative therapy for, 377, 381, 391, 395
 - structural family therapy and, 206–207
- Eclecticism, 400–401
- Effects of behavior, in narrative solutions approach, 407–408
- Ego psychology, 238
- Emory University, 37, 212
- Emotional cutoff
 - avoiding, 440
 - in Bowen family systems therapy, 127, 128–129, 130–131, 135, 137, 138–139, 145, 149
- Emotional deadness, 216
- Emotionally focused couples therapy, 213, 214–215, 227–229, 231–232
- Emotional reactivity, 33
- Emotion focused therapy (EFT), 466
- Empathy
 - in experiential family therapy, 221–222
 - in psychoanalytic family therapy, 244, 251, 253–254
 - in structural family therapy, 201
 - in therapeutic alliance, 73
- Empirically supported therapy, 448
- Empowerment, 307–308, 323
- Empty chair technique, 227
- Enactments
 - in comparative analysis, 440–441
 - in structural family therapy, 184, 194–195, 198–199
- Encopresis, narrative family therapy for, 392–394
- Encounter groups, 56, 231, 232
- End-of-life care, 472–473
- Enmeshment, 38–39, 79, 108, 114, 129, 187, 189–193, 197, 199, 301–302, 379–380, 428, 429
- Entitlements, 250
- Equifinality, 103
- Erectile disorders, 289
- Esalen Institute, 212–213
- Ethics
 - ambiguous aspects of, 86–87
 - in assessment process, 84–87
 - in family relationships, 248
 - red flags concerning, 86–87
- Ethnicity, 120. *See also* Cultural factors; *specific ethnic groups*
- Evaluation
 - of behavioral couples therapy, 290–291
 - of Bowen family systems therapy, 147–149
 - of cognitive-behavioral family therapy, 290–291
 - of experiential family therapy, 231–232
 - of narrative therapy, 394–395
 - of psychoanalytic family therapy, 259–260
 - of solution-focused family therapy, 368–370
 - of strategic family therapy, 177–178
 - of structural family therapy, 206–208
- Evidence-based practice, 448
- Evolution, of family therapy, xiii–xvii, 7–8, 11–44
 - child guidance movement and, 17–18, 34–35
 - golden age of, 41–42
 - marital and couples therapy and, 26–27
 - pioneers in, 27–41, 422
 - schizophrenia research and, 17, 18–26
 - small group dynamics and, 13–17, 53
 - social work influence on, 18–19
 - undeclared war in families and, 11–13
- Exception questions, in solution-focused family therapy, 345, 355–356, 368
- Exceptions, 107

- Exciting ego, 241–242
- Existential approach, experiential group therapy and, 15–16
- Existential encounters, in experiential family therapy, 213, 217
- Experiential family therapy, 211–233
 assessment in, 219
 conditions for behavior change in, 217–219
 development of behavior disorders and, 215–216
 evaluating, 231–232
 existential approach and, 15–16
 goals of, 216–217
 leading figures in, 212–213, 422
 normal family development in, 215
 summary of, 422
 theoretical formulations in, 213–215
 therapeutic techniques in, 219–231, 422
- Expressed emotion (EE), 329–330
- Expressive leaders, 52
- Extended family
 African American, 321–322
 in Bowen family systems therapy, 137–138, 145, 146, 149
- Externalization, 107, 379, 385–387, 436, 441
- Externalizing disorders, 452–457
- Extinction, in cognitive-behavioral family therapy, 267
- Extinguishing, 266
- Extramarital involvements
 in assessment process, 80–81
 gender and, 119
- False self, 26
- Families of choice, 315–316
- Family art therapy, 225
- Family assessment. *See* Assessment
- Family Bereavement Program, 473
- Family casework, 19
- Family-centered stage, of family therapy, 55
- Family choreography, 220
- Family cohesion, 19
- Family consultation, for schizophrenia, 460
- Family drawing, 225
- Family education, for schizophrenia, 460–461
- Family-focused therapy (FFT), 445
 research findings on effectiveness of, 452
 scientific study of effectiveness, 448–451
 types of, 446–448
- Family group therapy, 28
- Family homeostasis, 28–29, 53, 423
 in strategic family therapy, 158
 in systems theory, 98, 102, 115
- Family Institute, Northwestern University, 404
- Family Institute of Chicago, 40
- Family intervention process research, 474–477. *See also* Family therapy research
 critical change events in, 476–477
 intervention methods, 474
 therapeutic alliance formation, 474–476
- Family life cycle
 in assessment process, 78–79
 in Bowen family systems therapy, 127, 132–134
 concept of, 52–53
 medical family therapy and, 332
 nature of, 115
 solution-focused family therapy and, 348
 stages of, 116
 in strategic family therapy, 171
 transitions in, 68–69, 454, 467–469
 as working concept of family therapy, 115–117
- Family Life Educators, 467
- Family Mental Health Clinic of Jewish Family Services, 35
- Family myths, 215, 248
- Family narratives
 narrative therapy and, 106–107
 as working concept of family therapy, 118–119
- Family of origin, fusion in, 126, 128–129, 133–135, 144–145, 149, 150
- Family projection process, 245
- Family puppet interviews, 225
- Family roles
 importance of, 58
 rigidity of, 53
 schizophrenia and, 22–23
- Family rules
 in cybernetics, 100
 in strategic family therapy, 158
- Family sculpting, 40, 220, 224–225
- Family structure, 185–188. *See also* Structural family therapy
 in assessment process, 79, 192–193, 196–197
 boundaries in. *See* Boundaries

- Family structure (*continued*)
 in Bowen family systems therapy, 136
 defined, 79, 185
 hierarchical, 159–160, 161, 188, 190
 shaping of, 185–186
 in strategic family therapy, 159–160
 subsystems in, 79, 113–114, 119, 184, 186, 187, 188–189, 199
 as working concept of family therapy, 117–118
- Family support services, 327
- Family system, 43. *See also* Bowen family systems therapy; Systems theory
 in early models of family therapy, 61
 understanding, in assessment process, 78–79
- Family systems approach, 91
- Family therapy. *See also* Family intervention process research; Family therapy research
 with African American families, 83–84, 120–121, 321–323
 Bowen family systems therapy. *See* Bowen family systems therapy
 cognitive-behavioral. *See* Cognitive-behavioral family therapy
 early models of. *See* Early models, of family therapy
 evolution of. *See* Evolution, of family therapy
 experiential. *See* Experiential family therapy
 feminist, 303–309
 feminist critique of, 88, 119–120, 190, 301–302, 414–415, 427–428
 foundations of, xiii–xvii, 1–9
 fundamental concepts of. *See* Fundamental concepts, of family therapy
 with gay and lesbian families, 323–326
 group therapy versus, 13–17
 history of, xiii–xvii
 home-based services for, 19, 326–328
 individual therapy versus, 6–7
 linear versus circular approach to, 8, 111–112
 medical, 328–329, 331–332
 medical model and, 8, 76, 111–112
 myth of the hero in, 4–5
 narrative. *See* Narrative therapy
 postmodern critique of, 300–301, 309–310
 power of, 8–9
 psychoanalytic. *See* Psychoanalytic family therapy
 psychoeducation, 328–331, 460–461
 as psychotherapeutic sanctuary, 5–6
 with single-parent families, 317–321
 social context and, 7–8, 110, 116–117
 solution-focused. *See* Solution-focused family therapy
 stages of, 65–75
 strategic. *See* Strategic family therapy
 structural. *See* Structural family therapy
- Family Therapy Institute (Washington, D.C.), 41, 157
- Family therapy research, 445–478. *See also* Family intervention process research
 on adversity and high-risk transitions, 467–474
 combining results from multiple studies, 451–452
 on diagnosable psychopathology, 445–446
 on family therapy process, 474–477
 on marital and couples therapy, 446, 465–467
 program evaluation research, 448–451
 on schizophrenia, 17, 19–26
 studying program effectiveness, 448–451
- Family violence, 311–312
 in assessment process, 80
 attachment theory and, 109
 child maltreatment, 463–465
 cognitive-behavioral family therapy for, 272
 fear of divorce and, 307
 integrative approach to, 414–415
 interventions, 454
 as presenting problem, 87–91
 research on, 466–467
- Father-absent households, 322–323
- Fathers
 disengaged, 190–192, 301–302
 family violence and, 80, 87–91, 109
 pathological fathering, 23
 postdivorce relationships with children, 472
 sexual abuse of children and, 80, 91–93, 463–465
 single-parent families and, 317–321, 472
- Feedback loops
 in narrative therapy, 380–381, 394
 negative feedback in, 52, 60, 98–101, 158–159, 160
 positive feedback in, 52–53, 98–101, 158–159, 160, 161
 in solution-focused family therapy, 363–365
- Feminist critique, of family therapy, 88, 119–120, 190, 301–302, 414–415, 427–428
- Feminist family therapy, 303–309

- Fidelity checks, 449
- Field theory (Lewin), 13, 51
- Fight-flight reaction (Bion), 14, 51
- First-order change, 38, 159, 164
- Fixation, 248
- Formula first-session tasks, 364
- Freudian drive psychology, 240–241, 242
- Friendly visitor, caseworker as, 19, 326–328
- Functional analysis of behavior, 266, 410, 439
- Functional family therapy (FFT), 177, 273
- Function of the symptom, 53, 114–115, 161, 431–432
- Fundamental concepts, of family therapy, 97–121
 - attachment theory. *See* Attachment theory
 - circular causality, 8, 77, 112, 120
 - complementarity. *See* Complementarity
 - culture. *See* Cultural factors
 - cybernetics. *See* Cybernetics
 - family life cycle. *See* Family life cycle
 - family narratives, 106–107, 118–119
 - family structure. *See* Family structure
 - gender. *See* Gender
 - interpersonal context, 116–117
 - meaning (function) of symptoms, 53, 114–115, 161, 431–432
 - process/content. *See* Process/content distinction
 - resistance. *See* Resistance
 - social constructionism, 104–107, 309–311, 427
 - symmetry, 30, 51, 308
 - systems theory. *See* Systems theory
 - triangles. *See* Triangulation
 - working concepts, 110–121
- Fusion
 - in Bowen family systems therapy, 126, 128–129, 133–135, 144–145, 149, 150
 - in comparative analysis, 428, 429
- Future, in narrative solutions approach, 408–409
- Gay and lesbian families, 317
 - family therapy with, 323–326
 - rights of, as issue in family therapy, 315–316
- Gender
 - in assessment process, 81–83
 - extramarital involvements and, 119
 - and feminist critique of family therapy, 88, 119–120, 190, 301–303, 414–415, 427–428
 - and feminist family therapy, 303–309
 - as working concept of family therapy, 119–120
- Gender roles, 303–309
- General systems theory, 51–53, 102–104, 160–161
- Genograms
 - in Bowen family systems therapy, 138–140, 150
 - nature of, 68
- Georgetown University, 126, 127
- Gestalt therapy, 14, 16, 227
- Goals of therapy
 - for Bowen family systems therapy, 136
 - for cognitive-behavioral family therapy, 271–272
 - for comparative analysis, 434
 - for early models of family therapy, 53–54
 - for experiential family therapy, 216–217
 - for narrative therapy, 378, 382
 - for psychoanalytic family therapy, 248–250
 - for solution-focused family therapy, 349, 353–355
 - for strategic family therapy, 162–163
 - for structural family therapy, 193
- Good-enough mothering, 243
- Good faith contracting, 283, 411
- Grandiose self, 244
- “Greek chorus” effect, 177
- Grievance procedures, 94
- Group dynamics, 13–17, 53, 58
- Group for the Advancement of Psychiatry (GAP), 25
- Group process, 14–15
- Haitians, cultural factors in family therapy, 120
- Haley-Madanes approach, to strategic family therapy
 - assessment in, 165
 - conditions for behavior change in, 164
 - described, 157
 - development of behavior disorders and, 161–162
 - evaluating, 178
 - goals of, 163
 - normal family development in, 161
 - theoretical formulations, 159–160
 - therapeutic techniques in, 167–174
- Here-and-now experience, 429
 - in early models of family therapy, 51, 59
 - in experiential family therapy, 211
- Hermeneutics, 310
- Hero, myth of the, 4–5
- Hierarchical family structure, 159–160, 161, 188, 190
- Highlighting interactions, in structural family therapy, 200–202

- Hispanic Americans. *See* Latinos
- Home-based services, 19, 326–328
- Homeostasis
 change versus, 423
 in comparative analysis, 423
 defined, 21
 family, 28–29, 53, 98, 102, 115, 158, 423
 rigid, 431
 in systems theory, 98, 102, 431
- Homework, 71–72
- Homophobia, 324
- Hospital family, 20
- Humanism, 173–174, 216–217
- Hypnotherapy, 55, 156
- Hypothesis, of therapist in first interview, 66, 252
- Idealization, in psychoanalytic family therapy, 241, 244, 246
- Identification
 in Bowen family systems therapy, 130
 with group leader, 50
 with mother, 243
 projective, 239, 244, 245, 246–247, 257–258
- Identified patients (IP), 22, 40, 53
 in initial phase of family therapy, 66
 in psychoanalytic family therapy, 247–248
 role of symptoms and, 431–432
- Illinois State Psychiatric Institute, 212
- Independence, dependency versus, 27, 246
- Indiana University, 395
- Individuality
 agency mandate to serve individuals, 426–427
 in Bowen family systems therapy, 125, 133–135
 psychoanalytic family therapy and, 237
- Individual self-expression, in experiential family therapy, 213–215
- Indoctrination, advocacy versus, 305
- Induction of therapist
 in experiential family therapy, 222
 into family culture, 328, 437
- Insecure attachment, 109–110, 461–462
- Insight, action versus, in comparative analysis, 435–436
- Instincts, 241, 244
- Institute for Juvenile Research (Chicago), 17, 40, 403
- Institute of Family Therapy (London), 40
- Instrumental leaders, 52
- Integrative models, 40, 399–417. *See also* Bowen family systems therapy
 couples therapy, 410–413
 eclecticism, 400–401
 family therapy, 39–40
 narrative therapy, 405–410
 problem-centered therapy, 404–405
 selective borrowing, 271, 400, 401–402
 specially designed integrative models, 400, 402–417
- Intensity, in structural family therapy, 200–201
- Intent-to-treat design, 451
- Intermittent reinforcement, 266, 270
- Internal family systems therapy, 229–232
- Internalization, 247
- Internalizing disorders, 452, 457–458
- Internal objects, 241–242
- Interpersonal context, as working concept of family therapy, 116–117
- Interpretation
 in comparative analysis, 438–439
 in psychoanalytic family therapy, 253–259
- Interruptions, in therapy sessions, 67, 199
- Interventions. *See* Therapeutic techniques
- Interviews
 first, in family therapy, 66–70, 164–165, 167–168, 222–223, 251–253
 structured family, 164–165, 167–168
 typical day interview, 226–227
- In-therapy outcomes, 232
- Introjections, 243
- Invariant prescription, in strategic family therapy, 175
- Invisible loyalties, 248
- In vivo desensitization, 266, 289
- “I-position”
 in Bowen family systems therapy, 128, 149, 151
 content in, 423
 emotional triangles and, 128
 in integrative couples therapy, 411
 process in, 423
- Irrational role assignments, 245
- Isomorphic sequences, 186
- Italian Society for Family Therapy, 40

- Joining, 39
 of families stage, of family life cycle, 116, 132
 in structural family therapy, 194, 197–198, 327
- Jokester role, 58
- Judge Baker Guidance Center (Boston), 17
- Kauffman Best Practices Project, 464
- Labeling, 271
- Latent level, of group function, 50–51
- Later life stage
 care in, 472
 of family life cycle, 116, 132–133
- Latinos
 cultural factors in family therapy, 83–84, 120
 preventing substance use and abuse by, 207
 race/ethnicity as issue in family therapy, 312–314
- Launching stage, of family life cycle, 116, 132
- Leading figures
 in Bowen family systems therapy, 126–127, 422
 in cognitive-behavioral family therapy, 265–267, 422
 in early models of family therapy, 50, 422
 in evolution of family therapy, 27–41, 422
 in experiential family therapy, 212–213, 422
 in narrative therapy, 376–378, 422
 pioneers of family therapy, 27–41, 422
 in psychoanalytic family therapy, 238–239, 422
 in solution-focused family therapy, 345–347, 422
 in strategic family therapy, 155–158, 422
 in structural family therapy, 184–185, 422
- Leaving home stage, of family life cycle, 116, 132
- Lesbian families. *See* Gay and lesbian families
- Letter writing, 391–392
- Level of Differentiation of Self (Haber), 149
- Life space, 51
- Linear causality, 8, 52, 111–112
- Listening, importance of, 71, 72, 253, 415, 439
- “Little Albert” (case), 265
- “Little Hans” (case), 43, 238
- Locke-Wallace Marital Adjustment Scale, 279
- Long-term follow-ups, 451
- Macy Foundation, 21
- Managed care
 early models of family therapy and, 93–94
 social class of patients and, 314
 solution-focused family therapy and, 311
- Manifest level, of group function, 50–51
- Marital and couples therapy, 465–467
 behavioral couples therapy (BCT), 273, 279–283, 410–412
 behavioral marital therapy (BMT), 458–459, 466
 with Bowen family systems therapy, 136, 142–145
 brief integrative marital therapy, 412–413
 critical skills for functioning as a couple, 334–335
 emotionally focused, 213, 214–215, 227–229, 231–232
 evolution of, 26–27
 family therapy research on, 446, 465–467
 goal of, 136
 integrative, 410–412
 interventions, 454
 psychoanalytic, 253–259
 relationship enrichment programs, 332–335
 sexual dysfunction, treatment of, 266, 288–290
 for substance abuse, 459–460
 therapeutic alliance in, 475
- Marital choice, 246
- Marital collusion, 244
- Marital contracts, 247
- Marital schism, 23, 43
- Marital skew, 23, 43
- Marital violence. *See* Family violence
- Marriage Council of Philadelphia, 26
- Marriage counseling. *See* Marital and couples therapy
- Marriage encounter weekends, 333
- Maternal overprotectiveness, 17
- McMaster University, 40
- Mediating variables/mediators, 451
- Mediation analysis, 451
- Medical family therapy, 328–329, 331–332
- Medical model, in family therapy, 8, 76, 111–112
- Menninger Clinic, 32, 34, 126
- Mental Research Institute (MRI; Palo Alto, California), 41, 42, 50, 155–157, 212, 377, 425–426. *See also* MRI approach, to strategic family therapy
- Merging, 245
- Meta-analysis, 452–455
- Meta-analytic review, 451–452
- Metacommunication, 20, 60, 101

- Metaframeworks model, 403–404
- Metaphor, in strategic family therapy, 169–170
- Midlife crisis, 122, 306–307
- Milan Associates approach, to strategic family therapy, 41, 42
- assessment in, 165
 - conditions for behavior change in, 164
 - described, 157–158
 - development of behavior disorders and, 161–162
 - evaluating, 178
 - goals of, 163
 - normal family development in, 160–161
 - theoretical formulations, 159
 - therapeutic techniques in, 174–176
- Mind reading, 271
- Minimization, 271
- Minuchin Center for the Family (New York), 39, 185
- Miracle questions, in solution-focused family therapy, 354–355, 368–369
- Mirroring, 244
- Mobilization phase, of network therapy, 56
- Modeling, 202, 267
- Modifying interactions, in structural family therapy, 200–202
- Monadic model, 424. *See also* Psychotherapy
- Morphogenesis, 104
- Mother–child symbiosis, in Bowen family systems therapy, 126
- Mothers
- domineering, 23
 - enmeshed, 190–192, 301–302
 - good-enough, 243
 - schizophrenogenic, 17
 - sexual abuse of children and, 92–93
 - single-parent families and, 317–321
- MRI approach, to strategic family therapy, 41
- assessment in, 164–165
 - conditions for behavior change in, 164
 - described, 155–157
 - development of behavior disorders and, 161–162
 - evaluating, 178
 - goals of, 162–163
 - integrative model for, 405–410
 - normal family development in, 160
 - solution-focused family therapy and, 346–347, 364–365
 - theoretical formulation, 159
 - therapeutic techniques in, 166–167
- Multiculturalism, 312
- Multidimensional family therapy (MDFT), 413, 455–457, 475, 477
- Multifamily approach. *See* Network therapy
- Multigenerational approach, 117, 129
- Multiple family group therapy, 56, 59
- Multiple impact therapy, 39, 56, 59
- Multisystemic therapy (MST), 413
- Mutual adaptation, 244
- Mutual projective identification, 244
- Mutual trap, in integrative couples therapy, 410
- Mystery questions, in narrative solutions approach, 409
- Mystification, 26, 215, 431
- Narcissism, 244, 246
- Narrative Conferences, 377–378
- Narrative therapy, 106–107, 158, 311, 375–396
- assessment in, 383–384
 - conditions for behavior change in, 382–383
 - development of behavior disorders and, 380–381
 - evaluating, 394–395
 - family narrative, 106–107, 118–119
 - goals of, 378, 382
 - integrative model for, 405–410
 - leading figures in, 376–378, 422
 - normal family development in, 379–380
 - summary of, 422
 - theoretical formulations in, 378–379
 - therapeutic techniques in, 385–394, 422
- National Association of Social Workers (NASW), code of ethics, 84–85
- National Council on Family Relations, 467
- National Institute of Mental Health (NIMH), 23–25, 32, 126, 150, 238
- Negative feedback, 52, 60, 98–101, 158–159, 160
- Negotiation, in strategic family therapy, 171–172
- Network therapy, 32–33, 38, 56–57, 59, 330–331
- Neurotic complementarity, 244
- Neutrality, 304
- gender-, 120
 - in psychoanalytic family therapy, 253
 - in strategic family therapy, 160–161, 175
- New Beginnings Program, 470–471
- New York Psychoanalytic Institute, 26–27

- Normal family development
 - in Bowen family systems therapy, 131–133
 - in cognitive-behavioral family therapy, 268–269
 - in comparative analysis, 429–430
 - in early models of family therapy, 52–53
 - in experiential family therapy, 215
 - in narrative therapy, 379–380
 - in psychoanalytic family therapy, 243–245
 - in solution-focused family therapy, 348
 - in strategic family therapy, 160–161
 - in structural family therapy, 188–189
- Northwestern University, 40, 404
- Nuclear family
 - in Bowen family systems therapy, 128–129, 136, 139
 - in comparative analysis, 425–427
- Object relations theory, 27, 237, 238, 241–242
- Observation, as therapeutic technique, 439, 474
- Oedipus complex, 238, 245
- One-down stance
 - nature of, 83
 - in strategic family therapy, 167
- Open systems, 60, 103–104, 425–426
- Operant conditioning, 266, 272
- “Operational mourning” approach, 40
- Oppositional behavior, 118, 157, 174, 446
- Oppositional defiant disorder (ODD). *See* Behavior disorders
- Ordeals, in strategic family therapy, 160, 173
- Oregon Social Learning Center, 471–472
- Orgasm disorders, 289–290
- Overgeneralization, 271
- Pairing reaction (Bion), 14, 51
- Palliative care, 472–473
- Palo Alto group, 20–23, 28–32, 41, 156, 425–426. *See also* Mental Research Institute (MRI; Palo Alto, California)
- Panic attack, 100
- Paradoxical interventions, 41, 58
 - in strategic family therapy, 156, 166–167
 - in structural family therapy, 206
- Parental models, schizophrenia and, 22–23
- Parental subsystem, 119, 188–189
- Parent-centered stage, of family therapy, 55
- Parent-child interaction therapy (PCIT), 464–465
- Parenting styles, 188–189
- Parenting Through Change Program, 471–472
- Parts, language of, 230
- Past and present stories, in narrative solutions approach, 408
- Patriarchal terrorism, 88
- Patriarchy, 119
- Patterns of interaction, 54
- Personal construct theory (Kelly), 104–105
- Personal disclosure, of therapist, 439
- Personalization, 271
- Personification, 385
- Perverse triangles, 31
- “Peter” (case), 265
- Phenomenology, 16
- Philadelphia Child Guidance Clinic, 38–39, 41, 157, 184
- Phobias, 238, 265–266
- Placating, 216
- Play therapy, in experiential family therapy, 225–227
- Pluralism. *See* Multiculturalism
- Polarization process
 - in couples therapy, 410
 - network therapy and, 56
- Positive connotations. *See* Reframing
- Positive feedback, 52–53, 98–101, 158–159, 160, 161
- Positive reinforcement, 266, 348
- Positive reinforcement control, 268
- Possibility therapy (O’Hanlon), 346
- Postmodern critique, of family therapy, 300–301, 309–310
- Poverty, 317
 - community family therapy and, 416–417
 - cultural factors in family therapy and, 120
 - as issue in family therapy, 314–315
 - single-parent families and, 318
- Power
 - in Bowen family systems therapy, 130
 - empowerment and, 307–308, 323
 - of family therapy, 8–9
 - one-down stance and, 83, 167
 - poverty and, 416–417
 - in strategic family therapy, 160, 165, 167, 169, 170, 175
- Preferences, in narrative solutions approach, 406–407

- Preferred provider organizations, 93–94
- Preferred view, in narrative solutions approach, 405–406
- Premack principle, 275–276
- Premarital enrichment program (PREP), 468
- Premarital Personal and Relationship Inventory (PREPARE), 333
- Premature ejaculation, 289
- Presenting problems
- assessment of, 67, 71, 75–77, 196–197
 - in early models of family therapy, 87–93
 - marital violence, 87–91
 - sexual abuse of children, 91–93
- Pretend techniques, in strategic family therapy, 172–173
- Prevention and Relationship Enhancement Program (PREP), 333–335
- Privacy, 84
- Problem-centered therapy, 404–405
- Problem description, in solution-focused family therapy, 353
- Problem-maintaining, 29–30
- Problem-saturated stories, 381, 436
- Problem-solving subgroups, in network therapy, 57
- Problem-solving therapy. *See* Strategic family therapy
- Problem-solving training, 283
- Problem talk, 348, 349
- Process/content distinction
- in Bowen family systems therapy, 136, 144
 - in comparative analysis, 423–424
 - described, 14, 51
 - in early models of family therapy, 54, 58–59
 - of interaction, 113
 - as working concept of family therapy, 113
- Process questions, 69, 140–141, 151, 176
- Program evaluation research, 448–451
- Program manuals, 449
- Projection, 29, 129
- Projective identification, 239, 244, 245, 246–247, 257–258
- Protest, in attachment theory, 108
- Pseudohostility, 24–25
- Pseudomutuality, 24–25, 238–239, 248, 431
- Psychoanalytic family therapy, 15, 237–261
- assessment in, 251–253
 - boundaries in, 114
 - conditions for behavior change in, 250–251
 - development of behavior disorders and, 245–248
 - evaluating, 259–260
 - goals of, 248–250
 - leading figures in, 238–239, 422
 - normal family development in, 243–245
 - psychoanalysis as game of one-upmanship, 157
 - psychodynamics and, 40, 237–238
 - summary of, 422
 - theoretical formulations in, 239–242
 - therapeutic techniques in, 253–259, 422
- Psychodrama, 16, 56
- Psychodynamic family therapy, 40, 237–238. *See also* Psychoanalytic family therapy
- Psychoeducational family therapy, 328–331, 460–461
- Psychosomatic illness, in structural family therapy, 206, 207
- Psychotherapy, 5–6
- Bowenian therapy with one person, 145–147
 - concepts in, 4–6, 50–51
 - constructivism in, 104
 - individual versus family, 6–7
- Punctuated communication, 51–52
- Punishment, 266, 269, 272
- Pursuer-distancer dynamic, 43, 144, 151, 183
- Quasi-stationary social equilibrium (Lewin), 14
- Questions
- circular, 69, 176
 - coping, 356–357
 - exception, 345, 355–356, 368
 - miracle, 354–355, 368–369
 - mystery, 409
 - process, 69, 140–141, 151, 176
 - relative influence, 387–388
 - scaling, 352, 357–359
- Quid pro quo contracting, 282–283, 411, 430
- Race. *See also* Cultural factors; Ethnicity; *specific ethnic groups*
- as issue in family therapy, 312–314
- Random assignment, 449, 450
- Randomized clinical trials, 448, 459, 474
- Rapport, establishing, in first interview, 66
- Rational-emotive therapy, 284
- Reactive attachment disorder, 461–462

- Reading between the lines, in narrative therapy, 388–390
- Reality, social constructionism of, 106–107
- Real self, 26
- Reauthoring, in narrative therapy, 390–391, 393
- Reciprocal inhibition, 266
- Reciprocal reinforcement, 267, 270
- Redundant behavior patterns, 29
- Reentry into family of origin, in Bowen family systems therapy, 147
- Referral route, understanding, 78
- Reflecting team, 310
- Reframing, 58, 105–106, 220
 in comparative analysis, 440
 in family intervention process research, 474
 in narrative therapy, 375–376
 in strategic family therapy, 159, 164, 166, 174, 177
 in structural family therapy, 194
- Regression, 29, 248
- Reinforcement
 in cognitive-behavioral therapy, 266
 contingencies of, 266
 intermittent, 266, 270
 in narrative therapy, 391–392
 positive, 266, 268, 348
 reciprocal, 267, 270
 schedules of, 268
 social, 269–270
- Rejecting ego, 241
- Relabeling
 mystification and, 26
 in strategic family therapy, 177
- Relationship enrichment programs, 332–335
- Relationship experiments, in Bowen family systems therapy, 141–142, 151
- Relative influence questions, 387–388
- Remarriage, 191–192, 472
- Report function, 158
- Repression, 249, 258
- Resilience, 68
- Resistance
 in comparative analysis, 436–437
 in early models of family therapy, 50, 60
 in psychoanalytic family therapy, 258–259
 in strategic family therapy, 164
 as working concept of family therapy, 117–118
- Resistant attachment, 108–109, 461
- Respect
 cultural sensitivity and, 120–121
 in therapeutic alliance, 73–74
- Restraining technique, in strategic family therapy, 167
- Restructuring, 39, 194, 205
- Rigid boundaries, 428–429
- Rituals
 in experiential family therapy, 215–216
 in strategic family therapy, 175
- Rockefeller Foundation, 20–23, 156
- Role-playing, in experiential family therapy, 16, 227
- Role reciprocity, 23
- Role rehearsal, 267
- Role theory
 described, 14–15
 importance of family roles and, 58
 schizophrenia and, 22–23, 25–26
 stereotypes and, 15
- Rubber fences, 24–25, 431
- Rules hypothesis, 29
- Scaling questions, in solution-focused family therapy, 352, 357–359
- Scapegoating, 30, 50, 215, 245, 430
- Schedules of reinforcement, 268
- Schemas, in cognitive-behavioral family therapy, 268, 271, 284, 285–287
- Schizophrenia
 in Bowen family systems therapy, 126
 communication and, 20–23, 28–29, 155
 etiology of, 17
 family therapy research on, 17, 19–26
 guidelines for families and friends of schizophrenics, 331
 inflexible family systems and, 431
 interventions for, 61, 453, 460–461
 psychoanalytic family therapy and, 238–239, 248
 psychoeducational family therapy and, 329–331
 in strategic family therapy, 165
 tailoring treatment to, 316–317
 three-generational hypothesis of, 150–151
- Schizophrenogenic mother, 17
- Scientific experiments, 448–449
- Second-order change, 38, 159, 164
- Secure attachment, 461
- Secure base, 108–109, 216

- Selection effects, 450
- Selective abstraction, 271
- Selective borrowing, 271, 400, 401–402
- Self-actualization, 6, 215
- Self as catalyst for change, 223
- Self-disclosure, 232
- Self-doubt, in narrative therapy, 382–383, 386–387
- Self-esteem, 31, 109, 216, 217, 220, 430
- Self-fulfilling prophecy, 100
- Self-hatred, 387
- Selfobjects, 243–244
- Self psychology, 237, 241
- Self-reliance, 246, 314
- Self-restraint, in Bowen family systems therapy, 127
- Sensate focus, in treatment of sexual dysfunction, 289
- Separation anxiety, in Bowen family systems therapy, 126
- Separation-individuation, 114, 242, 243, 244, 249, 428
- Sexism
 - nonsexist therapists and, 303
 - solution for, 307–309
- Sexual abuse
 - in assessment process, 80, 91–93
 - family interventions for, 463–465
 - as presenting problem, 91–93
- Sexual dysfunction, treatment of, 266, 288–290
- Sexual orientation, as issue in family therapy, 323–326
- Shaping
 - in behavioral parent training, 274
 - of competence, in structural family therapy, 202
 - of family structure, 185–186
- Sibling position, in Bowen family systems therapy, 130
- Silence, as therapeutic technique, 71, 72, 253, 415, 439
- Single-parent families, 316
 - family therapy with, 317–321
 - father-absent households, 322–323
 - narrative therapy with, 380–381
 - structural family therapy and, 189
- Small group dynamics, family therapy and, 13–17, 53
- Social class. *See also* Poverty
 - as issue in family therapy, 314–315
- Social constructionism, 104–107, 427
 - constructivism and, 104–106, 309–311
 - narrative therapy and, 311
 - of reality, 106–107
- Social context, of family therapy, 7–8, 110, 116–117
- Social exchange theory, 268, 430
- Social learning theory, 267
- Social reinforcers, 269–270
- Social work, influence on family therapy, 18–19
- Societal emotional process, in Bowen family systems therapy, 127, 131
- Solution-Focused Brief Therapy Association, 347
- Solution-focused family therapy, 106–107, 177–178, 345–371
 - assessment in, 350–353
 - conditions for behavior change in, 350
 - development of behavior disorders and, 349
 - evaluating, 368–370
 - goals of, 349, 353–355
 - leading figures in, 345–347, 422
 - managed care and, 311
 - normal family development in, 348
 - summary of, 422
 - theoretical formulations in, 347–348
 - therapeutic techniques in, 353–368, 422
- SORKC model of behavior, 274–275
- Specially designed integrative models, 400, 402–417
 - community family therapy, 416–417
 - comprehensive, theoretically inclusive models, 402–405
 - for family violence, 414–415
 - metaframeworks model, 403–404
 - models designed for specific clinical problems, 413–415
 - models that combine two distinct approaches, 405–413
- Spirituality, as issue in family therapy, 316, 322
- Splitting, 241–242
- Spontaneous behavior, in structural family therapy, 194–195
- Squeeze technique, 289
- Stages of family therapy, 65–75
 - child-centered stage, 55, 188
 - early phase of treatment, 70–72
 - family-centered stage, 55
 - first interview, 66–70, 164–165, 167–168, 222–223, 251–253
 - initial telephone call, 65–66
 - middle phase of treatment, 72–74

- parent-centered stage, 55
- termination, 74–75
- Stepparents, 316, 472
- Stereotypes
 - gender, 82
 - role theory and, 15
- Strategic family therapy, 41, 155–179
 - assessment in, 164–165
 - conditions for behavior change in, 163–164
 - development of behavior disorders and, 161–162
 - evaluating, 177–178
 - goals of, 162–163
 - Haley-Madanes approach to. *See* Haley-Madanes approach, to strategic family therapy
 - leading figures in, 155–158, 422
 - Milan Associates mode of. *See* Milan Associates approach, to strategic family therapy
 - MRI approach to. *See* MRI approach, to strategic family therapy
 - normal family development in, 160–161
 - summary of, 422
 - theoretical formulations in, 158–160
 - therapeutic techniques in, 165–177, 422, 474
- Strategic humanism, 173–174
- Strength-based approach, 327
- Stress
 - anxiety and, 75–76
 - expressed emotion and, 319–320
 - family therapy research and, 446, 467–474
- Structural family therapy, 39, 41, 183–208
 - assessment in, 192–193, 196–197
 - conditions for behavior change in, 193–195
 - development of behavior disorders and, 189–193
 - for eating disorders, 206–207
 - evaluating, 206–208
 - goals of, 193
 - leading figures in, 184–185, 422
 - normal family development in, 188–189
 - summary of, 422
 - theoretical formulations in, 185–188
 - therapeutic techniques in, 197–206, 422
- Structural mapping, 199–200, 384
- Structure. *See* Family structure
- Structured exercises, 439
- Structured family interviews, 164–165, 167–168
- Substance use and abuse, 316
 - adolescent, 453, 455–457, 475–476
 - adult, 453, 459–460
 - African American, 207, 475–476
 - in assessment process, 79–80
 - interventions, 207, 453, 455–457, 459–460
 - in solution-focused family therapy, 369–370
 - in structural family therapy, 207
- Subsystems
 - nature of, 79, 113–114
 - parental, 119, 188–189
 - in structural family therapy, 184, 186, 187, 188–189, 199
- Superego lacunae, 238
- Symbiosis
 - in Bowen family systems therapy, 126
 - in psychoanalytic family therapy, 245
- Symmetrical relationships, 30, 51, 308
- Symptoms, function of, as working concept of family therapy, 53, 114–115, 161, 431–432
- Systematic desensitization
 - in treatment of phobias, 266
 - in treatment of sexual dysfunction, 288, 289
- Systemic behavioral family therapy (SBFT), 457
- Systems purists, 52
- Systems theory, 41, 101–104, 273
 - “black box” concept in, 51–52, 60, 102
 - families as systems, 421–423
 - general, 51–53, 102–104, 160–161
 - identifying systemic context and, 78
 - origins of, 101–102
 - role theory and, 25–26
 - systems and, 421
- Taking sides, in structural family therapy, 204–205
- Tavistock Clinic (England), 18, 27, 50, 238
- Teaching, as therapeutic technique, 439
- Team approach, in strategic family therapy, 176–177
- Teasing technique, 289
- Techniques in family therapy. *See* Therapeutic techniques
- Telecommunications, 51
- Termination, of family therapy, 74–75
- Theoretical formulations
 - in Bowen family systems therapy, 127–131
 - in cognitive-behavioral family therapy, 267–268
 - in comparative analysis, 421–427
 - in early models of family therapy, 50–52

Theoretical formulations (*continued*)

- in experiential family therapy, 213–215
- in narrative therapy, 378–379
- in psychoanalytic family therapy, 239–242
- in solution-focused family therapy, 347–348
- in strategic family therapy, 158–160
- in structural family therapy, 185–188

Theory of social exchange, 268, 430

Therapeutic alliances

- coalitions versus, 31
- countertransference, 144, 222, 255
- in family intervention process research, 474–476
- family therapy process research on, 474–476
- formation of, 70, 474–476
- induction of therapist and, 222, 328, 437
- stages of family therapy and, 65–75
- therapist attitudes in, 73–74
- transference and, 5, 50, 245, 257, 258–259

Therapeutic Conversations Conferences, 377–378

Therapeutic techniques. *See also* Communications

family therapy

- accommodation, 187, 188, 194, 197–198, 215
- for ADHD, 453, 455, 458
- animal attribution storytelling, 225–226
- in behavioral couples therapy (BCT), 273, 280–283, 290–291
- in behavioral parent training, 275–279, 290–291
- behavior exchange, 280, 411
- boundary making, 202–204
- in Bowen family systems therapy, 140–147, 422
- challenging unproductive assumptions, 205–206
- coaching, 151
- in cognitive-behavioral family therapy, 274–290, 422
- communication skills training, 268, 282
- community family therapy, 416–417
- in comparative analysis, 421–423, 438–441
- compliments, 359–363
- conflict engagement, 190–191, 268, 282
- confrontation, 207, 218–219, 222–224, 439, 474
- contingency contracting, 274, 279, 282
- contingency management, 274, 282
- cotherapy, 37, 56, 222
- with couples. *See* Marital and couples therapy
- deconstruction, 106–107, 300–301, 382, 383, 392, 394
- for depression and anxiety, 458–459

- directives, 31, 167, 440
- displacement story, 143
- in early models of family therapy, 55–58
- for eating disorders, 206–207, 377, 381, 391, 395
- effectiveness of. *See* Family therapy research
- in emotionally focused couples therapy, 213, 214–215, 227–229, 231–232
- empathy, 73, 201, 221–222, 244, 251, 253–254
- enactments, 184, 194–195, 198–199, 440–441
- evaluating. *See* Evaluation
- in experiential family therapy, 219–231, 422
- externalization, 107, 379, 385–387, 436, 441
- family choreography, 220
- family drawing, 225
- family-focused therapy (FFT), 445, 446–448, 451, 452
- family sculpting, 40, 220, 224–225
- formula first-session task, 364
- functional family therapy (FFT), 177, 273
- genograms, 68, 138–140, 150
- Gestalt, 14, 16, 227
- good faith contracting, 283, 411
- highlighting and modifying interactions, 200–202
- internal family systems therapy, 229–232
- invariant prescription, 175
- “I-position,” 128, 149, 151, 411
- joining, 39, 194, 197–198, 327
- letter writing, 391–392
- listening, 71, 72, 253, 415, 439
- medical family therapy, 328–329, 331–332
- modeling, 202, 267
- multidimensional family therapy (MDFT), 413, 455–457, 475, 477
- multiple family group therapy, 56, 59
- multiple impact therapy, 39, 56, 59
- multisystemic therapy (MST), 413
- in narrative therapy, 385–394, 422
- network therapy, 32–33, 56–57, 59, 330–331
- neutrality, 120, 160–161, 175, 253, 304
- observation, 439, 474
- one-down stance, 83, 167
- with one person, 145–147
- operant conditioning, 266, 272
- ordeals, 160, 173
- paradoxical interventions, 41, 58, 156, 166–167, 206
- personal disclosure, 439

- positive connotations/reframing, 58, 105–106, 159,
 164, 166, 174, 177, 194, 220, 375–376, 440, 474
 pretend techniques, 172–173
 problem-centered therapy, 404–405
 problem-solving training, 283
 in psychoanalytic family therapy, 253–259, 422
 psychoeducational family therapy, 328–331,
 460–461
 questions, circular, 69, 176
 questions, coping, 356–357
 questions, exception, 345, 355–356, 368
 questions, miracle, 354–355, 368–369
 questions, mystery, 409
 questions, process, 69, 140–141, 151, 176
 questions, relative influence, 387–388
 questions, scaling, 352, 357–359
 quid pro pro contracting, 282–283, 411, 430
 reading between the lines, 388–390
 reauthoring, 390–391, 393
 reinforcing, 391–392
 for relationship disorders, 461–467
 relationship enrichment programs, 332–335
 relationship experiment, 141–142, 151
 restraining technique, 167
 restructuring, 39, 194, 205
 rituals, 175, 215–216
 role-playing, 16, 227
 schemas, 268, 271, 284, 285–287
 for schizophrenia, 57, 61, 316–317, 453, 460–461
 sensate focus, 289
 for sexual dysfunction, 288–290
 shaping, 185–186, 202, 274
 silence, 71, 72, 253, 415, 439
 in solution-focused family therapy, 353–368, 422
 stage of family therapy and, 55
 in strategic family therapy, 165–177, 422, 474
 in structural family therapy, 197–206, 422
 structural mapping, 199–200, 384
 structured exercises, 439
 structured family interviews, 164–165, 167–168
 for substance use and abuse, 207, 453, 455–457,
 459–460
 systematic desensitization, 266, 288, 289
 systemic behavioral family therapy (SBFT), 457
 tailoring treatment to populations and problems,
 316–326
 taking a break, 363–365
 teaching, 439
 team approach, 176–177
 time-outs, 91, 274, 276, 278–279
 triangulation. *See* Triangulation
 unbalancing, 204–205
 Third person role, 57–58, 128
 Thought disorders, 24–25
 Three-generational hypothesis of schizophrenia,
 150–151
 Three-generational systems, 323
 Time-outs, 91, 274, 276, 278–279
 Togetherness, in Bowen family systems therapy, 125
 Token economies, 274
 Totalizing views, 383
 Touch, in experiential family therapy, 220–221
 Trading of dissociations, 238–239, 245
 Transference, 5, 50, 245, 257, 258–259
 Transgender families. *See* Gay and lesbian families
 Transitional objects, 243
 Transitions
 in family life cycle, 68–69, 454, 467–469
 interventions to help families with, 467–474
 Transmission process, in Bowen family systems
 therapy, 129
 Treatment. *See* Therapeutic techniques
 Treatment-as-usual, 450
 Treatment contract, 69
 Triadic model, 425
 Triangulation
 in assessment, 79
 avoiding, 36, 440
 in Bowen family systems therapy, 127–128,
 138–139, 143–144, 146–147, 150
 in comparative analysis, 433–434
 concept of, 32
 detriangulation and, 34, 136, 138–139, 143–144
 “perverse triangles” and, 31
 single-parent families and, 319, 320
 in strategic family therapy, 162
 triangles, defined, 33–34
 as working concept of family therapy, 112–113
 Triple P (Positive Parenting Program), 469
 Typical day interview, in experiential family therapy,
 226–227
 Unbalancing, in structural family therapy, 204–205
 Unconditional positive regard, 6

- Unconditioned response (UCR), 265
- Unconditioned stimulus (UCS), 265
- Unconscious, 50–51, 248–249, 258
- Unconscious contracts, 244
- Underlying dynamics, in comparative analysis, 432–433
- Undifferentiated family ego mass, 33, 43, 128–129
- Unilateral family therapy (UFT), 459
- Unique outcomes, of narrative therapy, 382
- United Nations Conference on Women (1995), 303–304
- University of Oregon, 267
- University of South Carolina, 413
- University of Southern California, 330
- University of Washington, 410
- University of Wisconsin, 212
- Vermont State Hospital, 56
- Victim, 53
- Victimizer, 53
- Violence. *See* Family violence
- Visitors, in solution-focused family therapy, 352
- Washington School of Psychiatry, 178, 239
- Western Psychiatric Institute, 330
- William Alanson White Institute, 184
- Wiltwyck School for Boys (New York), 38, 184, 206
- Women's Project in Family Therapy, 305–306
- Yale University, 23
- Young children stage, of family life cycle, 116