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Stepfamily Therapy: A 10-Step Clinical Approach

By Scott Browning, Elise Artelt

American Psychological Association. Hardback. Book Condition: new. BRAND NEW, Stepfamily Therapy: A 10-Step Clinical Approach, Scott Browning, Elise Artelt, Over the last 30 years, systemic approaches to family therapy have been largely successful at treating even the most intractable problems in family functioning. However, stepfamilies have long proven a particular challenge for family therapists. Recent research has confirmed that, given their unique dynamics, stepfamilies are vulnerable in a way that is distinct from typical "first-families," leaving them often resistant to traditional family therapy techniques. In this book, Scott Browning and Elise Artelt integrate clinically validated interventions within an original theoretical framework for stepfamily therapy. They envision the stepfamily as comprised of subsystems, a series of overlapping relationships between individuals. This key insight enables clinicians to divide the stepfamily into more manageable units and plan treatment accordingly. The authors guide readers through their 10-step model, emphasizing techniques that range from the conceptual [MDASH] determining the unique structure of the stepfamily to help guide treatment [MDASH] to more concrete interventions, from identifying and encouraging empathy, to identifying and challenging unhelpful beliefs, and assisting in work with co-parents. The importance of extended family members is stressed, as is the necessity of understanding and...


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