

Family Therapy: An Overview

By Irene Goldenberg, Herbert Goldenberg

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In this revision of their best-selling book, Irene and Herbert Goldenberg chronicle the history, development, training, research, and interventions of the field of family therapy, including a basic introduction to family systems theory and the family life cycle framework. Case studies (with transcripts of actual therapy sessions) bring theory to life.

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Editorial Review

Review
Goldenberg provides a good overview of family systems concepts as well as information on specific theories. In addition, it is well written and very "readable".

The strengths of this text as I see it, are that it is very clear and readable. It has been kept up-to-date, and the perspective of the student is kept in mind.

The strengths are many in the text-- readability, understandability, rich with detailed information... It helps to connect the theory with a real person as well as allow for a historical perspective on when this type of thinking about families occurred.

About the Author
Irene Goldenberg is Professor Emeritus of Psychology in the Department of Psychiatry at the UCLA Neuropsychiatric Institute. She served as Associate Chairperson of that department and as Director of Psychological Services for many years, and continues to teach marriage and family therapy courses to psychologists, psychiatrists, and social workers there. She currently supervises doctoral students and directs the family therapy program at the VA Greater Los Angeles Healthcare System. Together with Herbert, Irene Goldenberg has been awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. She also holds membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. She has been elected fellow in that APA division. The Goldenbergs are co-authors of another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition.

Herbert Goldenberg was Professor Emeritus of Psychology at California State University, Los Angeles, where he developed and taught classes in family therapy. Together with Irene Goldenberg he was awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. He also held membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. He was also elected fellow in that APA division. The Goldenbergs co-authored another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition.

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