

The Essentials of Family Therapy (5th Edition)

By Michael P. Nichols

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With its clinical focus and extremely practical presentation, the Fifth Edition of *The Essentials of Family Therapy*, examines the rich history, classic schools, and latest developments in family therapy, emphasizing clinical practice throughout.

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Editorial Review

From the Inside Flap

One thing that tends to get lost in academic discussions of family therapy is the feeling of accomplishment that comes from sitting down with an unhappy family and being able to help them. Beginning therapists are understandably anxious about how to proceed and not sure they'll know how to be helpful. (“How do you get all of them to come in?”) Veterans often speak in abstractions. They have opinions and discuss big social issues — social constructionsim, postmodernism, managed care, second-order cybernetics. While it's tempting to use this space to say Important Things, I prefer to be a little more personal. Treating troubled families has given me the deepest satisfaction imaginable, and I hope that the same is, or will be, true for you.

In this first edition of The Essentials of Family Therapy we've tried to describe the full scope of family therapy — its rich history, the classical schools, the latest developments — but with more emphasis on clinical practice than history and theory. There are lots of changes in this version: more up-to-date descriptions of the latest models, an expanded treatment of basic clinical practice, a richer description of the contemporary influences on the field, and a more thorough and consistent emphasis on clinical techniques throughout.

When you read about therapy it can be hard to see past the jargon and political packaging to the essential ideas and practices. So, in preparing this volume, we've traveled widely to visit and observe the actual sessions of the leading practitioners. The result is a more pragmatic, clinical focus. We hope you like it.

So many people have contributed to my development as a family therapist and to the writing of this book that it's impossible to thank them all. But I would like to single out a few. To the people who taught me family therapy — Lyman Wynne, Murray Bowen, and Salvador Minuchin — thank you.

Some of the people who went out of their way to help us prepare this book were Jay Efran, Stephanie Fellenberg, Frank Dattilio, Robert Taibbi, JoEllen Patterson, Joseph Miccuci, Paul Nichols, Insoo Berg, Cheryl Rampage, Kathy Weingarten, Vicki Dickerson, Jeff Zimmerman, Cloe Madanes, Jay Haley, and Salvador Minuchin. To paraphrase John, Paul, George, and Ringo, we get by with a lot of help from our friends — and we thank them all and one.

We are especially grateful to Janice Wiggins, Judy Fifer, and Susan McIntyre at Allyn and Bacon for making a hard job easier.

Finally, I would like to thank my postgraduate instructors in family life: my wife, Melody, and my children, Sandy and Paul. In the brief span of thirty-three Melody has seen me grow from a shy young man, totally ignorant of how to be a husband and father, to a shy middle-aged man, still bewildered and still trying. Sandy and Paul never cease to amaze me. My little red-haired girl (who can bench press like a football player) is about to return to the States after two and a half years of service in the Peace Corps. Proud of her? You bet I am! And my son Paul, to whom (masculine reticence being what it is) maybe I haven't always shown the depth of my love, has grown to young manhood true to himself, true to his friends, and true to his mother and me. If in my wildest dreams I had imagined children to love and be proud of, I wouldn't even have come close to any as fine as Sandy and Paul.

Michael P. Nichols
Williamsburg, Virginia

From the Back Cover
In this book, the authors describe the full scope of family therapy with a strong emphasis on clinical practice (rather than just history and theory). This book contains up-to-date descriptions of the latest models, an expanded treatment of basic clinical practice, a rich description of the contemporary influences on the field, and a thorough, consistent emphasis on clinical techniques throughout. For family therapists.

About the Author
Michael P. Nichols has been a leading teacher and practitioner of family therapy for 40 years. He trained with Salvador Minuchin and Murray Brown and has worked with many leaders of the various schools. He's written a number of books, including the most respected textbook in family therapy, Family Therapy: Concepts and Methods, as well as the best-selling *The Lost Art of Listening*, and, most recently, *Assessing Families and Couples: From Symptom to System* (with Salvador Minuchin and Wai-Yung Lee). He currently teaches at the College of William and Mary. He is also a national champion powerlifter.

Users Review

From reader reviews:

Stacey Williams:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled The Essentials of Family Therapy (5th Edition) can be excellent book to read. May be it may be best activity to you.

Joe Dix:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get great deal of stress from both day to day life and work. So , if we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the actual book you have read is The Essentials of Family Therapy (5th Edition).

Delmar Stingley:

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