



Family Therapy Techniques: Integrating and Tailoring Treatment

Jon Carlson, Len Sperry, Judith A. Lewis

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Family Therapy Techniques briefly reviews the basic theories of marriage and family therapy. It then goes into treatment models designed to facilitate the tailoring of therapy to specific populations and the integration of techniques from what often seems like disparate theories. Based on the assumption that no single approach is the definitive approach for every situation, the book leads students through multiple perspectives. In teaching students to integrate and tailor techniques, this book asks them to take functional methods and approaches from a variety of theoretical approaches, without attempting to reiterate the theoretical issues and research covered in theories courses.

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