

# The Practice of FAMILY THERAPY

Key Elements Across Models

FIFTH EDITION



Suzanne Midori Hanna

ROUTLEDGE





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"This is one of the best books for walking beginning therapists and supervisors through the origination of family therapy and the many applications of it. Cases skillfully placed throughout the text help readers understand how each modern and postmodern approach facilitates change. Additionally, readers learn how to apply cultural humility and respect for social locations throughout the therapeutic process."

**Jennifer Hodgson**, PhD, LMFT, Professor and Program Director, Medical Family Therapy Doctoral Program, Department of Human Development and Family Science, East Carolina University

"Hanna again provides a succinct, well-integrated, and contemporary overview of family therapy practice. This text draws thoughtfully on systemic origins and maps them to emerging ideas, research-informed strategies, and practical issues very frequently encountered in clinical practice. The book is brimming with realistic scenarios and thought-provoking questions; it is a vivid and very useful first look into the world of couples and family therapy."

**Jeff Todahl**, PhD, Co-Director and Director of Research, Center for the Prevention of Abuse and Neglect, University of Oregon

Now in its fifth edition, *The Practice of Family Therapy* comes at a time when traditional approaches to psychotherapy have given way to multidimensional strategies that best serve the needs of diverse groups who are grappling with the many challenges unique to family therapy practice. With expanded coverage of different models, along with new developments in evidence-based and postmodern practices, this integrative textbook bridges the gap between science and systemic/relational approaches, as it guides the reader through each stage of family therapy.

Part I lays the groundwork by introducing the first-, second-, and third-generation models of family therapy, teaching the reader to integrate different elements from these models into a systemic structure of practice. Part II explores the practical application of these models, including scripts for specific interventions and rich case examples that highlight how to effectively work with diverse client populations. Students will learn how to make connections between individual symptoms and cutting-edge family practices to respond successfully to cases of substance abuse, trauma, grief, depression, suicide risk, violence, LGBTQ families, and severely mentally ill clients and their families. Also included are study guides for each model and a glossary to review main concepts.

Aligned with the Association of Marital and Family Therapy Regulatory Boards' (AMFTRB) knowledge and content statements, this textbook will be key reading for graduate students who are preparing for the national licensing exam in marriage and family therapy.

**Suzanne Midori Hanna, PhD, LMFT**, is a licensed marriage and family therapist with over 30 years' experience as a clinician, educator, and researcher. She is a clinical fellow and approved supervisor of the American Association for Marriage and Family Therapy (AAMFT) as well as an instructor in three graduate programs. She has also been a program developer, founding COAMFTE program director, and professor in Wisconsin, Kentucky, and California. Dr. Hanna is co-editor of *The Aging Family*, with Terry Hargrave, and author of *The Transparent Brain in Couple and Family Therapy*.

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