



Solving Your Problems Together: Family Therapy for the Whole Family

Jana Annunziata, Phyllis Jacobson-Kram, Jane Annunziata

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This illustrated book for children, adolescents and adults is designed to answer typical questions and address feelings of reluctance that arise when a family is considering family therapy: Does our family need therapy? What are the sessions going to be like? Will what we talk about be confidential? If our child has a problem, why must the whole family go? How can I find the right family therapist for us? What if a family member refuses to go? In a nonthreatening way, families are introduced to the idea of family therapy as a safe place in which strengths can be used and skills can be learned to help solve problems, improve communication and handle stress more effectively. By not advocating any one school of family therapy, the book is helpful to potential clients regardless of the theoretical orientation of the therapist they may choose. Ideal for waiting rooms and public areas of health and mental health settings, the book should be a valuable resource for school, court, or medical personnel making a family therapy referral.

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