

# Reshaping Family Relationships

The  
Symbolic  
Therapy of  
Carl Whitaker

Gary Connell,  
Tammy Mitten,  
and William Bumbery



# Reshaping Family Relationships The Symbolic Therapy Of Carl Whitaker

**Teresa McDowell, Carmen Knudson-  
Martin, J. Maria Bermudez**



## **Reshaping Family Relationships The Symbolic Therapy Of Carl Whitaker:**

**Reshaping Family Relationships** Gary Connell,Tammy Mitten,William M. Bumberry,1999 For examining organizing utilizing the central ideas theoretical tenets of Dr Whitaker s many contributions to the field Building on his previous works Reshaping Family Relationships presents a more rigorous analysis integrated conceptualization of symbolic experiential therapy Marriage and Family Therapy Linda Metcalf,2011-06-23 This practical textbook helps students in marriage and family programmes as well as practicing marriage and family therapists understand and apply a variety of the most popular family therapy models The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S.

Neukrug,2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses This is a quick one stop source that gives the reader the who what where how and why of contemporary counseling and psychotherapy theory From historical context in which the theories were developed to the theoretical underpinnings which drive the theories this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter Features Benefits Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context A Master Bibliography and a Resource Guide to key books journals and organizations guide students to further resources beyond the encyclopedia The Reader s Guide a detailed Index and the Cross References combine for effective search and browse in the e version and helps students take the next steps in their research journeys This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory It is ideal for the public and professionals as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree *The SAGE Encyclopedia of Marriage, Family, and Couples Counseling* Jon Carlson,Shannon B. Dermer,2016-10-11 The SAGE Encyclopedia of Marriage Family and Couples Counseling is a new all encompassing landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field Marriage and family counseling programs are established at institutions worldwide yet there is no current work focused specifically on family therapy While other works have discussed various methodologies cases niche aspects of the field and some broader views of counseling in general this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories approaches and techniques and how they address various life events within the unique dynamics of families couples and related interpersonal relationships Key topics include Assessment Communication Coping Diversity

Interventions and Techniques Life Events Transitions Sexuality Work Life Issues and more Key features include More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field a Resource Guide to key associations websites and journals a selected Bibliography of classic publications and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

*Marriage and Family Therapy, Second Edition* Linda Metcalf, 2018-12-27 This text provides students of family therapy with a unique opportunity to understand and compare the inner workings of 14 traditional and non traditional family therapy models The book demonstrates through innovative guiding templates how the different therapeutic models are applied in an actual family therapy situation The second edition features a new chapter on neuroscience new interviews with master therapists on topics such as LGBT families EMDR and research and coverage of ethical issues concerning electronic safety and telephonic therapy Overviews of every model include history views of change views of the family and the role of the therapist Chapters on every model also provide responses to one realistic case study with commentary and analysis by master therapists to illustrate how each one addresses the same scenario Interviews with master therapists illustrate how each mode of therapy actually works and how therapists do it Print version of the book includes free searchable digital access to the entire contents New to the Second Edition Examines neuroscience and its role in family therapy New chapter on solution focused narrative therapy with families Includes enhanced coverage of self care and mindfulness for the therapist Contains educator resources including instructor's manual PowerPoint slides and a test bank Updated references provide current developments in the field of marriage and family therapy Provides insight on submitting research articles for publication through an interview with a current journal editor Reports on current revised ethical guidelines from the AAMFT

**Key Features** Provides a guiding template for each family therapy model from assessment through termination Describes a practice oriented approach to family therapy Uses a single case study throughout the book where different approaches to therapy are applied by master therapists Introduces the theory history theoretical assumptions techniques and components of each model Includes numerous interviews case study commentary and analyses by master therapists

*Case Studies in Couple and Family Therapy* Connie Cornwell, Sarah Woods, 2019-10-16 Case Studies in Couple and Family Therapy is one of the first casebooks to have been written from the perspective of the early career therapist and demonstrates how key issues in therapy occur for both clients and supervisees The book brings together chapters from trainee therapists alongside expert commentary from the editors who have extensive experience in supervising new therapists Covering a range of self of the therapist issues these case studies navigate the complexities of presenting problems multiple systems involvement the complication of past traumas and working in a medical environment all of which beginning therapists are often unprepared to face The editors provide introductions to each case study as well as clinical suggestions and topics for discussion in

supervision Foregrounding the issues and challenges of the therapist in training Case Studies in Couple and Family Therapy is a valuable resource to developing couple and family therapists as well as supervisors and educators in the field

**The Complete Systemic Supervisor** Thomas C. Todd, Cheryl L. Storm, 2014-04-29 The Second Edition of the definitive text on systemic clinical supervision has been fully updated and now includes a range of practical online resources New edition of the definitive text on systemic clinical supervision fully updated and revised with a wealth of case studies throughout Supported by a range of practical online resources New material includes coverage of systemic supervision outside MFT and international training contexts such as healthcare schools and the military Top level contributors include those practicing academic agency and privately contracted supervision with novice to experienced therapists The editors received a prestigious award in 2015 from the American Family Therapy Academy for their contribution to systemic supervision theory and practice

Socioculturally Attuned Family Therapy Teresa McDowell, Carmen Knudson-Martin, J. Maria Bermudez, 2017-11-23 Socioculturally Attuned Family Therapy addresses the need for socially responsible couple marriage and family therapy that infuses diversity equity and inclusion throughout theory and clinical practice The text begins with a discussion of societal systems diversity and socially just practice The authors then integrate principles of societal context power and equity into the core concepts of ten major family therapy models paying close attention to the how to s of change processes through a highly diverse range of case examples The text concludes with descriptions of integrative equity based family therapy guidelines that clinicians can apply to their practice

**The Therapist's Use of Self** Matthew D. Selekman, 2023-12-22 This book encourages and trains students and practicing marriage and family therapists to bring themselves into the therapy room offering guidelines and strategies for being more present and personal with their clients Mental health professionals are often taught and trained that therapy is serious business to be cautious and conservative with therapeutic decision making and to stick to empirically supported and specific tools in sessions What gets lost in this positivistic formulaic and scientific way of working are therapists own unique voices their creativity flexibility and the sense of playfulness that make the change process fun and upbeat The Therapist's Use of Self equips therapists with the skills they need to deepen their alliances with clients to liberate themselves from an overreliance on models and to bring their whole selves to the therapeutic encounter Chapters cover pioneers in the field before exploring ways to bring ideas from outside the therapy room including from music art literature and film The book includes a key chapter on teletherapy and each chapter presents major therapeutic tools and strategies case examples the resulting outcomes and key takeaways Students of psychology social work nursing and marriage and family programs as well as mental health professionals will benefit from this book with a plethora of therapeutic tools guidelines and strategies for catalyzing change with even the most challenging couples and families

**Family Solutions for Substance Abuse** Eric E. Mccollum, Terry S Trepper, 2014-02-25 Use goal oriented techniques for successful family therapy with substance abusers Family therapy is an essential core competency for

substance abuse counselors according to the Substance Abuse and Mental Health Services Administration Family Solutions for Substance Abuse Clinical and Counseling Approaches delivers the information and techniques you need to effectively treat addicts and their families By understanding and changing the dynamics of the family system you will be better able to guide your clients to adopt strategies and behaviors that sustain recovery and maintain healthy relationships Family Solutions for Substance Abuse provides clear models of diagnosis and intervention for families whether that means couples teenagers and their parents or Mom Dad and the kids The theoretical background on family systems will help you understand the context of the client s addiction and the way it affects and is affected by other family members Numerous case studies and figures bring the expert advice and theory into the practical realm so you can choose the best strategies for helping the shattered family heal Family Solutions for Substance Abuse will teach you useful therapeutic skills and strategies including understanding interdependence joining with different family members negotiating goals and contracts dealing with family violence assessing motivation handling relapses ending treatment Treating addictions is notoriously difficult for even the most skilled therapist working with the most motivated client Using the techniques in Family Solutions for Substance Abuse offers you and your clients a better chance at success because addicts whose families share their treatment are much more likely to stay in counseling and remain clean and sober

**Introduction to Family Counseling** Judy Esposito,Abbi Hattem,2015-12-01 Introduction to Family Counseling A Case Study Approach presents basic knowledge about family counseling and applies various theoretical models to a case example looking at one nuclear family along with its extended family members that readers follow throughout the text Judy Esposito and Abbi Hattem s multi generational family is constructed from their experiences as professors and family therapists to exemplify the concepts and theories of family counseling Beyond the theories of family counseling students learn about the family life cycle and various tools for assessing families as well as the history of family counseling Ethical issues relevant to family counseling are also included along with transcripts from hypothetical family counseling sessions throughout the book In addition the book focuses on working with diverse families and takes special care to emphasize multicultural issues [Walking in Two Worlds](#) Stephen G.

Gilligan,Dvora Simon,2004 *Humanistic Perspectives on Contemporary Counseling Issues* Mark B. Scholl,2013-06-17 Humanism is considered by many to be the foundation for the values and practices of counseling This book explores and presents current counseling issues from a humanistic perspective providing a valuable resource for counselors and therapists seeking effective approaches founded on humanistic principles to use in their practice Each chapter describes the significance of a specific counseling issue reviews the humanistic literature on this issue discusses the theoretical model provided by a humanistic perspective and concludes with applications and implications for practitioners Situations considered include among others marital couples counseling multicultural counseling and healing trauma all of which have been shown to benefit from the use of humanistic approaches Applications in educational settings such as addressing school

violence working with at risk youth and counseling in college and university settings are also discussed The book concludes with a section on uses of humanistic approaches in counselor education and training After reading this book practitioners will be inspired to advocate for counseling's holistic and empowering approach to helping all individuals across the lifespan

**Pragmatic Existential Counseling and Psychotherapy** Jerrold Lee Shapiro, 2015-10-01 Pragmatic Existential Counseling and Psychotherapy integrates concepts of positive psychology and strengths based therapy into existential therapy Turning existential therapy on its head this exciting all new title approaches the theory from a positive rather than the traditional deficit model Authored by a leading figure in existential therapy Jerrold Lee Shapiro the aim is to make existential therapy positive and easily accessible to a wide audience through a pragmatic stage wise model Shapiro expands on the work of Viktor Frankl and focuses on delivery to individuals and groups men and women and evidence based therapy The key to his work is to help the client focus on resistance and to use it as a means of achieving therapeutic breakthroughs Filled with vignettes and rich case examples the book is comprehensive accessible concrete pragmatic and very human in connection between author and reader This is a masterful primer on existential therapy that has been forged from the pen of a highly seasoned theorist researcher and practitioner In Pragmatic Existential Counseling and Psychotherapy we gain the insight and personal experience of one who has lived and breathed the field for over 50 years alongside some of the greatest practitioners of the craft most notably Viktor Frankl This volume is superb for students interested in a broad and substantive overview of the field Kirk Schneider Columbia University

**The Creative Therapist in Practice** Hillary Keeney, Bradford Keeney, 2019-04-24 In The Creative Therapist in Practice Hillary and Bradford Keeney present a radically innovative approach to the practice of therapy Combining improvisational performing arts action oriented cybernetics and ecstatic healing traditions therapy is re imagined as a creative transformative art The book demonstrates the principles of creative therapy through numerous transcriptions of sessions conducted by the authors It guides practitioners in conducting a three part therapeutic performance beginning with therapeutic techniques that broaden the context igniting a session to creatively cook and finally concluding with a creative prescription for change that can be incorporated into the client's daily living As well as tracing the historical development of creative therapy chapters explore what is possible for the future of therapy when practitioners leave behind conventional models and theoretical interpretations Applying case examples of creative therapy to a wide range of presenting concerns The Creative Therapist in Practice will be relevant to clinicians working across the field of mental health including licensed psychotherapists psychologists and clinical social workers Filled with inspiring anecdotes unique interventions and fascinating case illustrations it will benefit anyone looking to become more naturally improvisational and wake up the creative life force in their sessions

**Working with High-Risk Adolescents** Matthew D. Selekman, 2018-11-22 This innovative book focuses on helping high risk adolescents and their families rapidly resolve long standing difficulties Matthew D Selekman spells out a range of solution focused strategies and other techniques

illustrating their implementation with vivid case examples His approach augments individual and family sessions with collaborative meetings that enlist the strengths of the adolescent's social network and key helping professionals from larger systems User friendly features include checklists sample questions to aid in relationship building and goal setting and reproducible forms that can be downloaded and printed in a convenient 8 1/2 x 11 size Blending family therapy science with therapeutic artistry the book significantly refines and updates the approach originally presented in Selekman's Pathways to Change

Some Stories are Better than Others Michael F. Hoyt, 2013-08-21 There are stories that we use to explain what happened to us twenty years ago or last week those we use to explain why the world works the way it does and those that we use to fix the world when it doesn't work the way other stories said it should And as the author points out in this collection of essays and interviews some of these stories are better than others This book is an investigation into which might be the better stories and how they can help clients reach their goals in therapy This book contains fifteen essays and interviews written or co written by Michael Hoyt The collection represents Dr Hoyt's recent thinking on helping clients with the brief future orientated therapeutic approaches

*Getting Connected, Staying Connected* John DeFrain, 2012 Couples and families have it in their power to be happy with each other and create a pleasant and peaceful home environment in which they live together Our aim in writing about getting connected and staying connected is to accentuate the positive to show clearly and simply how happy couple and family relationships are created and maintained over time We will be continuously demonstrating what works well in creating strong enduring relationships The focus will be on six key couple and family strengths 1 appreciation and affection for each other 2 commitment to the family 3 positive communication 4 enjoyable time together 5 a sense of spiritual well being and shared values and 6 the ability to manage stress and crisis effectively

**The Psychology of Jesus** David W. Jones, 2009 What do Alfred Adler William Glasser Albert Ellis and Jesus have in common Together they can help you have healthier relationships now You don't have to be an ordained minister or a trained psychologist to appreciate the simple concepts found in this book Who am I and What's Wrong with Me Are Not Helpful Questions Better than Who am I and What's Wrong With Me Are the Questions Where am I and Where am I Going Where I go my behavior is motivated toward achieving a goal Understand the goal understand the behavior People and Events Don't Bother Us Our Perceptions of Them Do We can't always choose our circumstances but we can always choose our response to circumstances Along with these concepts The Psychology of Jesus offers practical help for living in relationship through a close study of Jesus encounters with people in the gospels and opportunities to examine your own life as you live it in relationship

REVIEWS David Jones achieved the pledge he made in the book's introduction to offer from psychology and the gospel accounts of the life of Jesus practical help for living in relationships In each chapter he uses biblical texts stories and quotations to challenge the reader's thinking A section on applying each chapter's content to life is included along with a personal exercise He effectively challenges the questions people ask themselves to achieve personal and spiritual growth



Instead of Who is God Jones says we should ask Where is God A better self directed question than Who am I should be Where am I going In answering these questions we come to understand God is where the sinners are and we should be where God is I strongly recommend this book Ann Bishop I read this book in a group setting over the course of several weeks We discussed 2 chapters at a time in the group each week The subtitle of the book is very revealing and very appropriate Practical Help for Living in a Relationship The author takes various text readings from the Bible all involving Jesus obviously and then breaks down the movements of Jesus Jesus is interacting with people in all the chosen text excerpts and so the challenge is to see how we can apply this interaction into our own modern day relationships I m not sure I like the first part of the Title of the book The Psychology of Jesus only because it made me feel before I picked up the book that Jesus was pre planning and or pre meditating all of his encounters in the Bible in order to prove a point Perhaps he was But Psychology is pretty much a modern day term and so the beauty of the book is that the author applies modern day psychology to the actions of Jesus way back when And it works The insights about the movements of Jesus both away from and towards his encounters along with the exercises at the end of each chapter helped me to understand more clearly how we should all strive to have meaningful relationships And what happens when a relationship ceases to grow Mark Oldham David Jones offers solid practical guidance for understanding what motivates our behavior in relationships He weaves a number of psychological theories with examples from relationships in the life of Jesus to illustrate that Jesus interpersonal style is to be a loving presence The Psychology of Jesus as described by David is a way of relating that supports our innate desire for growth and change in our lives It is not a psychology intended to fix us or our circumstances but rather to enable us This type of relationship provides a safe place where we can understand and be understood It is this climate of understanding that is the source or power to effect meaningful change in our lives as much as or more than doing Throughout his book the message is clear IF action is warranted it is far more likely to have the desired effect when nonjudgemental understanding preceds it David s writing is insightful and sensitive and reflects a Pastor s heart It provokes self examination without any sense of self recrimination I have witnessed the use of the book s material in a group discussion setting where it fosters a climate of trust that allows for openness and positive change for the better I have found it very helpful for understanding my behavior and relationships Jim Quiggins

**Theories of Psychotherapy & Counseling** Richard S. Sharf, 2004 Comprehensive in scope yet succinct in its description and explanation of individual theories Sharf s book introduces students to the systematic theories For each major theory presented in the text basic information about background personality theory and theory of psychotherapy provides a way for students to understand the application of the theory Using case summaries and client therapist dialogues Sharf demonstrates how twelve theories can be applied to individual therapy and to common psychological disorders such as depression anxiety and borderline disorders Sharf shows how each theory can be applied to work with groups Sharf also describes how each theory can be applied to families as well as providing a description of family systems theories in Chapter

## 13 Family Therapy

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## **Reshaping Family Relationships The Symbolic Therapy Of Carl Whitaker Introduction**

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