

## Readings in Family Therapy: From Theory to Practice

Editors: Rasheed, J.M., Rasheed M.N. & Marley, J.A. Sage 2010.

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My overall view of this book is that it is a loose collection of writings of varying quality around the theme of 'family', written by diverse authors. The editors' aim for the book is to go beyond basic family therapy texts, and this is demonstrated by the inclusion of chapters relevant to educators as well as practitioners. Sadly, this book demonstrates a lack of coherence across its 14 chapters, some of which do not focus on family therapy at all. The book would not work well as a family therapy text because of its lack of focus on key concepts for each model. Many terms used would be unfamiliar to beginning students. It's the sort of book you might buy for extra reading and resource material rather than as a core text.

Chapter 1, 'The History of Family Therapy: Conceptual and Clinical Influences', opens with the transcript of an interview with Karl Tomm by Don Collins, which is notable for two quite shocking case studies of therapeutic failure leading to suicide. A couple intervention, where the woman suicided, is presented as evidence of complementary couple dynamics; a second, where the husband suicided, is theorised as the result of critical interactions in the couple relationship. Neither of these formulations fits well with contemporary research on causes of suicide. Examples of extraordinarily sexist and patriarchal practice are given without much evidence of self-reflection. This chapter is, to me, a strange and alienating way to open a family therapy reader, although it does demonstrate the changing 'fashions' in family therapy history from one clinician's perspective. It therefore fails to live up to its ambitious title.

Chapter 2, 'The Ecology of Families: A Systems-Developmental Perspective' (Regina Bures), is a broad sociological overview of changes in family structure over the 20th century and into the 21st century. This chapter does not link to family therapy, despite the title, and does not touch on contemporary challenges for families such as ageing and care of the elderly, blended and stepfamilies, and children living in care or foster families (an increasing group).

Chapter 3, 'Ethnicity and Family Life', by Anita Thomas, is an excellent chapter for a family therapy reader, with an emphasis on culture in various forms: ethnicity, race, class, spirituality and case examples, including genograms mapping cultural differences, immigration and so on. Unconscious aspects of culture are not examined. The questions outlined for use in constructing genograms are excellent for building awareness of the interaction of wider cultural factors with family functioning.

It's hard to see the relevance of Chapter 4, 'Maslow Revisited: Constructing a Road Map of Human Nature' (O'Connor & Yballe), for a family therapy reader. The key themes of this chapter are leadership, management and tertiary education. By the end of this chapter, I see the book as very fragmented.

Chapter 5, 'Family-of-Origin Work for Counselling Trainees and Practitioners' (Kane), is relevant for family therapy educators; however, there is a demonstrated lack of understanding of the complicated ethical issues that can arise where student

# Readings In Family Theory

**Kathleen Armour**



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