



# Systemic Family Therapy: From Theory to Practice

*Jon L. Winek*

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## **Systemic Family Therapy: From Theory to Practice** Jon L. Winek

No other available text offers such a hands-on approach to marriage and family therapy theory. At the core of **Systemic Family Therapy** are comprehensive sections devoted to each developmental phase of the family therapy movement. With clear descriptions and session-by-session case examples, the author explores specific approaches within each of these phases. With this pragmatic tenor, students will gain a clear and in-depth understanding of how family theory concepts relate to practice—as well as ways those concepts interact with each other.

### **Key Features**

- Uses specific examples and session-by-session case studies to illustrate how theoretical construct actually work in practice
- Outlines the shifts in thinking of the family therapy field—from modern to postmodern
- Uses rich graphic representations and straightforward tables to illustrate key theoretical concepts
- Incorporates compelling questions and learning exercises that will lead to dynamic class discussions

### **Intended Audience**

A refreshing departure from traditional instruction of family therapy theory, this core textbook is an excellent resource for upper-level undergraduate and graduate students of family therapy, counseling, social work, and family studies.

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