

1. Record Nr.	UNINA9910463141403321
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Titolo	Becoming a Marriage and Family Therapist [[electronic resource] ] : From Classroom to Consulting Room
Pubbl/distr/stampa	Hoboken, : Wiley, 2012
ISBN	1-299-15873-0 0-470-51587-2 1-118-32340-8
Descrizione fisica	1 online resource (314 p.)
Disciplina	616.89/1560023 616.89156 616.891560023
Soggetti	Family psychotherapy - Practice Family psychotherapy -- Practice Psychotherapy - Vocational guidance Psychotherapy -- Vocational guidance Psychology, Industrial Psychotherapy, Group Psychology, Educational Socioenvironmental Therapy Psychology, Applied Psychological Phenomena and Processes Psychotherapy Behavioral Disciplines and Activities Psychiatry and Psychology Marital Therapy Vocational Guidance Family Therapy Psychiatry Health & Biological Sciences Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.

Becoming a Marriage and Family Therapist; Contents; List of Figures, Tables, and Boxes; About the Author; Foreword; Acknowledgments; Part I; Chapter 1 Becoming a Competent Marriage and Family Therapist; Introduction; The Role of Common Factors in Therapy Outcomes; Common factors contributions to successful client outcomes; The Therapeutic Alliance; The probable causes of split alliances; Detecting rifts in the alliance; Learning to detect split alliances; Interventions to repair ruptured alliances; Summary: Establishing and maintaining the therapeutic alliance

Marriage and Family Theories and Evidence-Based Marital and Family Therapy Evidence-based models as an alternative to theory-based models; What evidence-based therapies are available to marriage and family therapists?; Selecting an Evidence-Based Model for Marriage and Family Therapy Interns; Some criteria for selecting an evidence-based therapy model; In summary; Practicing Within Your Competence; The Remainder of the Book; What Should You Take Away from Chapter 1?; Chapter 2 Basic Therapist Skills; Introduction; The Therapist's Contribution to the Therapy Relationship

Empathic listening and responding Person of the therapist variables; Dealing with stress as a therapist; Learning to observe your client's clinically relevant behavior; Crisis Management of Suicidal Ideation and Family Violence; Guidelines for suicide risk assessment and intervention; Suicide risk assessment; Using a semi-structured interview to assess suicide risk; Classifying the risk of suicide; Intervening with clients experiencing suicidal ideation and intention; Guidelines for Family Violence Risk Assessment: Partner-to-partner, Adult-to-Child, and Elder Maltreatment

Family violence prevalence Family violence definitions; Adult-to-child maltreatment; Partner-to-partner maltreatment; Elder maltreatment; Convergence of family violence domains; Additional factors which set family violence off from other forms of violence; Risk factors for family violence; Risk factors for elder mistreatment; Co-occurrence of risk factors for the three domains of family conflict; Screening and assessing for family violence; Using self-report instruments to assess for the occurrence of family violence; Intervening with clients experiencing family violence; Case Progress Notes

Structuring case progress notes Session information; Session summary; Observations; Conceptualizations; Interventions; Missing information; Assignments and future plans; What Should You Take Away From Chapter 2?; Chapter 3 The Initial Phone Call and Assessing Clients' Complaints and Goals; Introduction; The Initial Phone Call: A Semi-Structured Interview; Initiating the initial phone contact; Clarifying the clients' problems and goals; Establishing expectations for the assessment session; Setting safety needs; Deciding who should come to the assessment session

Resistance to conjoint marital or family therapy

Becoming a Marriage and Family Therapist is a practical "how to" guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room. Readers will learn how to apply empirically-based methods to the core tasks of therapy in order to improve competency, establish effective supervision, and deliver successful client outcomes. A practical guide to improving competency across the core tasks of therapy, based on over 40 years of observation and teaching by an internationally acclaimed author. Presents treatment protocols