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Nota di contenuto	Intro -- 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

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## Sommario/riassunto

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 that show how to apply therapy task guidelines to a range of empirically-supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation, and family violence with children, elders, and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas, to build competence and successful delivery.

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