



# Family Therapy: First Steps Towards a Systemic Approach (Tavistock Library of Social Work Practice)

*John B Burnham*

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Family therapy is a rapidly expanding field. This book introduces a range of concepts, skills and applications from a systemic approach.

The first part sets out the theory and examines relationship types, the family life cycle, interactional sequences and different models of change. The next section puts the theory into practice. It describes verbal and non-verbal techniques which are used to elicit information and initiate change. The last part considers some of the necessary conditions for the successful integration and application of this approach in social work practice, illustrated by detailed case examples.

A series of graduated exercises is designed to encourage readers to explore the theory and practice of family therapy in their own agencies.

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