



Basic Family Therapy

Philip Barker, Jeff Chang

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The challenge facing the authors of texts that address the multiplicity and complexity of problems that may afflict families can be intimidating. Philip Barker has addressed this challenge head-on in each of the editions of this book. This task has been greatly facilitated by the contributions of the new co-author, Jeff Chang, and in this edition provides a clear, easily read and readily understandable introduction to family therapy. Much has happened in the field of family therapy since the fifth edition of *Basic Family Therapy* was published in 2007.

New developments covered in this book include:

- Emotionally Focused Therapy
- The Gottman approach to couples therapy
- Mindfulness and psychotherapy
- The common factors approach to psychotherapy and to family therapy
- The increased emphasis on empirically supported treatments
- High-conflict post-divorce parenting

Basic Family Therapy will be of value to readers new to family therapy and to those in the early stages of training.

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