



The Essentials of Family Therapy (6th Edition)

Michael P. Nichols

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Illustrates family therapy techniques.

With its clinical focus and extremely practical presentation, *The Essentials of Family Therapy*, 6/e examines the rich history, classic schools, and latest developments in family therapy. The sixth edition is edited to focus more on the contemporary clinical practice and case studies illustrating family therapy techniques. Written by a leading family therapist, descriptions of the various models are based on actual experience.

Learning Goals

Upon completing this book, readers will be able to:

- Utilize various family therapy techniques.
- Recognize the techniques of successful contemporaries in the field.
- Understand why research has failed to influence clinical practice.

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