

Theory and Practice of
Family Therapy and Counseling



~ JAMES R. BITTER ~

Brief Contents

PART 1

Basic Issues in the Practice of Family Therapy and Counseling 2

Chapter One: Introduction and Overview 5

Chapter Two: The Family Practitioner as Person and Professional 24

Chapter Three: Virtue, Ethics, and Legality in Family Practice 43

PART 2

Theories and Techniques of Family Therapy and Counseling 67

Chapter Four: Multigenerational Family Therapy 72

Chapter Five: Adlerian Family Therapy 97

Chapter Six: Human Validation Process Model 121

Chapter Seven: Symbolic-Experiential Family Therapy 145

Chapter Eight: Structural Family Therapy 166

Chapter Nine: Strategic Family Therapy 189

Chapter Ten: Solution-Focused and Solution-Oriented Therapy 217

Chapter Eleven: Postmodernism, Social Construction, and Narratives in Family Therapy 239

Chapter Twelve: Feminist Family Therapy 268

Chapter Thirteen: Cognitive-Behavioral Family Therapy 300

Chapter Fourteen: Parenting for the 21st Century 328

PART 3

Integration and Application 357

Chapter Fifteen: Integration I: From Self-Discovery to Family Practice—Forming a Relationship and Family Assessment 359

Chapter Sixteen: Integration II: Shared Meaning, Facilitating Change, and Tailoring Interventions 378

Appendix: Summary and Review of Family Models 391

Glossary 411

Name Index 433

Subject Index 436

Contents

Foreword by Gerald Corey xi

Preface xiii

PART 1 Basic Issues in the Practice of Family Therapy and Counseling 2

- CHAPTER 1** Introduction and Overview 5
- Introduction 5
 - Why I Became a Family Counselor and Therapist 6
 - Overview of This Book 10
 - Suggestions for Using the Book 15
 - The Family Systems Perspective 16
 - Family Systems and Cybernetics 17
 - Differences Between Systemic and Individual Approaches 20
 - References 22
- CHAPTER 2** The Family Practitioner as Person and Professional 24
- Introduction 24
 - The Family of the Family Practitioner 25
 - “Hanging Hats” and Clearing the Mind and Heart to Focus 28
 - Personal Characteristics and Orientations of Effective Family Practitioners 30
 - The Process of Change and Therapeutic Process 32
 - Beginning Your Work as Family Practitioners 33
 - The Scholar/Practitioner in Family Counseling and Therapy 37
 - Toward a Foundation for Integration 39
 - Gender and Multicultural Lenses 40
 - Summary 41
 - References 41
- CHAPTER 3** Virtue, Ethics, and Legality in Family Practice 43
- by David Kleist and James Robert Bitter*
 - Introduction 43
 - A Consideration of Virtue 44

Therapy Goals	174
The Therapist's Role and Function	175
Techniques	175
A Structural Family Therapist With the Quest Family	178
Summary and Multicultural Evaluation	182
Contributions to Multicultural Counseling and Gender Issues	182
Recommended Readings	186
References	187

CHAPTER 9**Strategic Family Therapy 189**

Introduction	189
The MRI Model	194
The Milan Model	195
Key Concepts	197
Therapy Goals	199
The MRI Model	199
The Washington School	199
The Milan Model	200
The Therapist's Role and Function	200
Techniques	201
Process and Techniques at MRI	202
Process and Techniques at the Washington School	203
Process and Techniques in Milan	204
A Strategic Family Therapist With the Quest Family	206
Summary and Multicultural Evaluation	209
Contributions to Multicultural Counseling and Gender Issues	210
Recommended Readings	214
References	215

CHAPTER 10**Solution-Focused and Solution-Oriented Therapy 217**

Introduction	217
Key Concepts	222
Therapy Goals	223
The Therapist's Role and Function	223
Techniques	224
A Solution-Oriented Therapist With the Quest Family	227
Summary and Multicultural Evaluation	231
Contributions to Multicultural Counseling and Gender Issues	232
Recommended Readings	235
References	236

CHAPTER 11**Postmodernism, Social Construction, and Narratives in Family Therapy 239**

Introduction	239
Key Concepts	246

The Linguistic Approach: Harlene Anderson and Harold Goolishian	247
The Reflecting Team: Tom Andersen	248
The Narrative Approach: Michael White and David Epston	249
Therapy Goals	251
The Therapist's Role and Function	252
Techniques	252
A Narrative Therapist With the Quest Family	257
Summary and Multicultural Evaluation	259
Contributions to Multicultural Counseling and Gender Issues	260
Recommended Readings	264
References	265

CHAPTER 12**Feminist Family Therapy 268**

Introduction	268
Key Concepts	276
Honoring the Experiences and Perceptions of Women	276
The Personal Is Political	277
Social Transformation and Advocacy	277
Therapy Goals	278
The Therapist's Role and Function	279
Techniques	279
A Feminist Therapist With the Quest Family	283
Summary and Multicultural Evaluation	287
Contributions to Multicultural Counseling and Gender Issues	287
Recommended Readings	292
References	293

CHAPTER 13**Cognitive-Behavioral Family Therapy 300**

Introduction	300
Key Concepts	307
Therapy Goals	310
The Therapist's Role and Function	310
Techniques	311
A Cognitive-Behavioral Therapist With the Quest Family	315
Summary and Multicultural Evaluation	319
Contributions to Multicultural Counseling and Gender Issues	320
Recommended Readings	324
References	325

CHAPTER 14**Parenting for the 21st Century 328**

Introduction	328
A Short History of Parenting	329
Key Concepts	332