



Family Therapy (Psychology Revivals): The Treatment of Natural Systems

Sue Walrond-Skinner

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During the late 1970s and early 1980s, there was a growing interest in family therapy as a potent tool for helping to bring about change and growth in many families whose lives had become stagnant, joyless or self-destructive. As it became more popular as a method of social work intervention, demands for training opportunities for professional workers increased. Despite this, however, there was very little writing on the subject produced in Britain at the time. Originally published in 1976 this practical text was aimed at the growing number of social workers who were anxious to add family therapy to their skills, and would also have been of value to psychiatrists, general practitioners, psychologists, and all those involved in the psychotherapeutic treatment of married couples and families who came to them for help.

Using case illustrations, Sue Walrond-Skinner describes the theory behind family therapy and some of the techniques of treatment which the method uses. By extensive use of verbatim transcripts of interviews, she shows the minute-by-minute flow of a family therapy session and gives a clear idea of what can be and is achieved using this method of therapeutic intervention. A major part of social work today, this book shows where it all began.

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