



# Becoming a Family Counselor: A Bridge to Family Therapy Theory and Practice

*Thomas W. Blume*

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## **Becoming a Family Counselor: A Bridge to Family Therapy Theory and Practice** Thomas W. Blume

A complete and accessible resource for working with couples and families Becoming a Family Counselor sets a new standard for family therapy texts. Working from a broad historical orientation, it focuses on the common themes that reappear across various theoretical approaches and connects family practice with individual approaches. Crossing boundaries of generation, gender, race, and culture, this useful introduction presents current thinking related to today's practice issues. The text begins with an overview of couple and family counseling, emphasizing the diversity and unity in the field. The development of the field is examined, from its roots in the nineteenth century through its identity crisis in the 1980s. Subsequent chapters lay out an integrated approach to contemporary family research, theory, and therapy; core chapters focus on understanding the contributions of behavioral, organizational, narrative, emotional, and spiritual perspectives. The last section of the book offers practical chapters on conducting family therapy in organizational contexts that often define the client in individual terms. Readers are encouraged to balance a change orientation with a respect for continuity and tradition. Complete with illuminating case studies, self-evaluation exercises, suggestions for independent study, and current ethics codes, Becoming a Family Counselor is a dynamic resource suitable for both students and practicing mental health professionals.

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