FAMILY THERAPY TECHNIQUES

A master of family therapy, Salvador Minuchin, traces for the first time the minute operations of day-to-day practice. Dr. Minuchin has achieved renown for his theoretical breakthroughs and his success at treatment. Now he explains in close detail those precise and difficult maneuvers that constitute his art. The book thus codifies the method of one of the country's most successful practitioners.

Family Perspectives in Child and Youth Services

This timely book demonstrates the value and relevance of family-oriented programs in dealing with problems experienced by children and adolescents. Experts provide salient guidelines and recommendations for involving the family in the diagnosis and treatment of problems. In addition to providing current reviews of research, this practical volume describes various skill-building programs and therapeutic interventions that can be used in a variety of program and treatment settings. Designed for helping professionals who work with children and youth, Family Perspectives in Child and Youth Services will be most valuable for practitioners in social work, psychology, psychiatry, and child development.

Case Conceptualization - Mastering This Competency with Ease and Confidence

Integrating recent research and developments in the field, this revised second edition introduces an easy-to-master strategy for developing and writing culturally sensitive case conceptualizations and treatment plans. Concrete guidelines and updated case material are provided for developing conceptualizations for the five most common therapy models: Cognitive-Behavioral Therapy (CBT), Psychodynamic, Biopsychosocial, Adlerian, and Acceptance and Commitment Therapy. The chapters also include specific exercises and activities for mastering case conceptualization and related competencies and skills. Also new to this edition is a chapter on couple and family case conceptualizations, and an emphasis throughout on trauma. Practitioners, as well as graduate students in counseling and in clinical psychology, will gain the essential skills and knowledge they need to master case conceptualizations.

The Innovator's Prescription: A Disruptive Solution for Health Care

A groundbreaking prescription for health care reform--from a legendary leader in innovation . . . Our health care system is in critical condition. Each year, fewer Americans can afford it, fewer businesses can provide it, and fewer government programs can promise it for future generations. We need a cure, and we need it now. Harvard Business School's Clayton M. Christensen—whose bestselling The Innovator's Dilemma revolutionized the business world—presents The Innovator's Prescription, a comprehensive analysis of the strategies that will improve health care and make it affordable. Christensen applies the principles of disruptive
innovation to the broken health care system with two pioneers in the field—Dr. Jerome Grossman and Dr. Jason Hwang. Together, they examine a range of symptoms and offer proven solutions. YOU’LL DISCOVER HOW “Precision medicine” reduces costs and makes good on the promise of personalized care Disruptive business models improve quality, accessibility, and affordability by changing the way hospitals and doctors work Patient networks enable better treatment of chronic diseases Employers can change the roles they play in health care to compete effectively in the era of globalization Insurance and regulatory reforms stimulate disruption in health care

**Propagations - Thirty Years of Influence From the Mental Research Institute**

Here is a work of profound clinical scope from some of the foremost leaders in psychology. Propagations: Thirty Years of Influence From the Mental Research Institute, written by alumni and disciples of the Institute (MRI), is not just a compliment to the MRI influence, but also a way for readers to discover and savor the important contributions of those influenced by the MRI. The book contains the cutting edge thinking of some of the most respected clinicians from across the globe. The authors describe their application of ideas pioneered at the MRI, demonstrating its broad influence on present day leaders of family and brief therapy. Chapters range from the theoretical to the case study, tied together by the theme of how this amazing institute has widely impacted therapeutic thought. The book clarifies the depth and power of the MRI influence, which extends to theory, all aspects of psychotherapy practice, other professions, and other lands. Propagations offers outstanding conceptualizations, teaching, writing, and clinical and non-clinical therapy ideas that are immediately useful to clinicians, academic researchers, students, and other individuals interested in how people change. The book’s introduction provides background information on MRI and includes a condensed transcript of a “trialog” which took place between Jules Riskin, Paul Watzlawick, and John Weakland conveying MRI's origins, traditions, and ethos. Propagations then breaks into four sections. Influencing Fields of Interest and Viewpoints examines MRI influence beyond the specific field of psychotherapy. Influences on Clinical Work looks at MRI’s influence on professional groups and contains clinicians’reflections on how contact with MRI theory and practice has influenced their work. Changes in Venue shows utilization of MRI approaches across cultural and professional borders, while The Outer Reaches looks beyond the specifics of psychotherapy. This inviting book reflects a wide variety of approaches, styles, and subjects, and ranges from preliminary musings to formal reports. This diversity offers a useful example of how new ideas and related practices develop and diversify from a broad common core. Readers can discover how interactional principles are being implemented in different nations, practice settings, and theoretical applications. Family and brief therapists, counselors and counselor educators, and professionals in related fields will find Propagations a source of useful information, thoughtful recollection, and stimulation for future activities.

**A Guide to Psychiatric Services in Schools - Understanding Roles, Treatment, and Collaboration**
In order to provide comprehensive care to students with a wide variety of social and emotional challenges, close collaboration between psychiatrists and school-based mental health professionals is vital. This book provides practical information about psychiatric diagnoses and medications, as well as effective ways to communicate with physicians, to ensure that the needs of all students and their families are met. Brent reviews the process and content of a psychiatric evaluation, the general principles of psychopharmacology, and the various classes of medications. Subsequent chapters then focus on different psychiatric diagnoses and treatment options. Characteristics, evaluation, and treatment methods are discussed for mood, anxiety, psychotic, pervasive developmental, and externalizing behavior disorders with case examples provided throughout for illustration. A brief overview of mental health crises, including suicidal statements, physical aggression, and self-harm behaviors, and how these can best be handled in the educational setting is also provided. School-based mental health professionals will find this book to be a clear, concise, and practical guide to facilitating strong communication and collaboration amongst themselves, educators, and physicians.

**A Disease Called Childhood - Why ADHD Became an American Epidemic**

A surprising new look at the rise of ADHD in America, arguing for a better paradigm for diagnosing and treating our children In 1987, only 3 percent of American children were diagnosed with attention-deficit/hyperactivity disorder, also known as ADHD. By 2000, that number jumped to 7 percent, and in 2014 the number rose to an alarming 11 percent. To combat the disorder, two thirds of these children, some as young as three years old, are prescribed powerful stimulant drugs like Ritalin and Adderall to help them cope with symptoms. Meanwhile, ADHD rates have remained relatively low in other countries such as France, Finland, and the United Kingdom, and Japan, where the number of children diagnosed with and medicated for ADHD is a measly 1 percent or less. Alarmed by this trend, family therapist Marilyn Wedge set out to understand how ADHD became an American epidemic. If ADHD were a true biological disorder of the brain, why was the rate of diagnosis so much higher in America than it was abroad? Was a child's inattention or hyperactivity indicative of a genetic defect, or was it merely the expression of normal behavior or a reaction to stress? Most important, were there alternative treatments that could help children thrive without resorting to powerful prescription drugs? In an effort to answer these questions, Wedge published an article in Psychology Today entitled "Why French Kids Don't Have ADHD" in which she argued that different approaches to therapy, parenting, diet, and education may explain why rates of ADHD are so much lower in other countries. In A Disease Called Childhood, Wedge examines how myriad factors have come together, resulting in a generation addicted to stimulant drugs, and a medical system that encourages diagnosis instead of seeking other solutions. Writing with empathy and dogged determination to help parents and children struggling with an ADHD diagnosis, Wedge draws on her decades of experience, as well as up-to-date research, to offer a new perspective on ADHD. Instead of focusing only on treating symptoms, she looks at the various potential causes of hyperactivity and inattention in children and examines behavioral and environmental, as opposed to strictly biological, treatments that have been proven to help. In the process, Wedge offers parents, teachers, doctors, and therapists a new paradigm for child mental health--and a better, happier, and less medicated future for American children.
Family Therapy


In its second edition, this accessible health and human services manual offers a critical overview of the issues and challenges that families face and provides practical strategies for promoting resilience and positive family functioning. Through clinical and sociological perspectives and employing a strengths-based approach, this revised edition provides a broad overview of factors affecting Canadian families such as diverse family structures, healthy and unhealthy forms of communication, family culture and beliefs, couple dynamics, addiction, and developmental and psychiatric disabilities. Covering a wide range of topics, the author draws special attention to LGBTQ and military families, the effects of violence and trauma, and professional ethics and self-care. An indispensable resource for students and practitioners of social services, child and youth work, and early childhood education, the revised edition of Working with Families, Second Edition reflects current research and practices in the field and features updated statistics and accessible language.

**Unhinged - The Trouble with Psychiatry - A Doctor's Revelations about a Profession in Crisis**

IN THIS STIRRING AND BEAUTIFULLY WRITTEN WAKE-UP CALL, psychiatrist Daniel Carlat exposes deeply disturbing problems plaguing his profession, revealing the ways it has abandoned its essential purpose: to understand the mind, so that psychiatrists can heal mental illness and not just treat symptoms. As he did in his hard-hitting and widely read New York Times Magazine article “Dr. Drug Rep,” and as he continues to do in his popular watchdog newsletter, The Carlat Psychiatry Report, he writes with bracing honesty about how psychiatry has so largely forsaken the practice of talk therapy for the seductive—and more lucrative—practice of simply prescribing drugs, with a host of deeply troubling consequences. Psychiatrists have settled for treating symptoms rather than causes, embracing the apparent medical rigor of DSM diagnoses and prescription in place of learning the more challenging craft of therapeutic counseling, gaining only limited understanding of their patients’ lives. Talk therapy takes time, whereas the fifteen-minute “med check” allows for more patients and more insurance company reimbursement. Yet DSM diagnoses, he shows, are premised on a good deal less science than we would think. Writing from an insider’s perspective, with refreshing forthrightness about his own daily struggles as a practitioner, Dr. Carlat shares a wealth of stories from his own practice and those of others that demonstrate the glaring shortcomings of the standard fifteen-minute patient visit. He also reveals the dangers of rampant diagnoses of bipolar disorder, ADHD, and other “popular” psychiatric disorders, and exposes the risks of the cocktails of medications so many patients are put on. Especially disturbing are the terrible consequences of overprescription of drugs to children of ever younger ages. Taking us on a tour of the world of pharmaceutical marketing, he also reveals the inner workings of collusion between psychiatrists and drug companies. Concluding with a road map for exactly how the profession should be reformed, Unhinged is vital reading for all those in treatment or
considering it, as well as a stirring call to action for the large community of psychiatrists themselves. As physicians and drug companies continue to work together in disquieting and harmful ways, and as diagnoses—and misdiagnoses—of mental disorders skyrocket, it’s essential that Dr. Carlat’s bold call for reform is heeded.