



Basic Family Therapy

Philip Barker

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Despite the advances that have occurred since the first edition of this book appeared in 1981, its aims remain the same. These are to provide a clear, easily read and readily understandable introduction to family therapy, and to guide the reader to sources of further information by providing a comprehensive list of references. No prior knowledge of family therapy has been assumed and it is hoped that the book will be useful not only to those who are new to family therapy but also to those in the early phases of their training. The fifth edition of this established text provides an unbiased, readable and up-to-date introduction to the field of family therapy. It recognises the various forms of dysfunction which may occur within individual families, often coloured by the culture of the society to which the family belongs. Against this complex backdrop and the various schools of thought in family therapy, the book synthesises the basic principles that apply to family therapy generally.

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