



Date : 16/03/2022

Pages : 126

Format cm : 12 x 18

Prix : 10.0

EAN : 9782715410466

Family Therapy

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Publisher : Que sais-je ?

Category : Humanities and Non-Fiction

Genres : Psychology/Psychoanalysis

Keywords : Dracula - Taste - Mystery - Feel-good novel

Family? I hate my family!

At a time when individual and relationship difficulties are overmedicated and treated like pathologies, this approach to therapy is founded on the principle that our problem first and foremost stem from and express themselves in an emotional context, especially that of our loved ones. It is up to therapists to mobilize the skills and resources of family members and help them find ways to negotiate crises. Sébastien Dupont lays out the primary models, methods, and goals of family therapy, a field that has experienced unprecedented growth since the breakdown of families and couples,
