



# Marriage and Family Therapy: A Sociocognitive Approach (Haworth Marriage and the Family)

*Terry S Trepper, Roger A Straus, Faye Hurvitz*

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Marriage and Family Therapy: A Sociocognitive Approach is a comprehensive and clearly written introduction to sociocognitive therapy. It is rich with transcripts and case examples, culled from the authors' more than thirty-five years of practice, providing you with valuable background information on helping difficult-to-reach and hard-to-help populations. In practical language, this volume takes you step-by-step through methods of assessment and change that are useful in traditional and nontraditional families and couples. With clear language and taxonomy for family troubles and their resolution, Marriage and Family Therapy provides conceptual handles to guide you in learning intervention strategies, enabling you to work effectively with, most notably, lower working-class and poor inner-city, African-American families. A highlight of the book is the detailed look at terminal and instrumental interaction hypotheses and how they can be applied in actual therapy situations. With Marriage and Family Therapy as a guide, you will develop multiple skills and methods that equip you to better handle the challenging task of helping troubled families and couples. The first two chapters present the theoretical framework of the sociocognitive approach. In the third chapter, the assessment and change concepts central to Dr. Hurvitz's approach are introduced. The last four chapters show how these humanist principles are applied through the phases of opening, change-producing, and termination in therapy, creating an invaluable book for marriage and family therapists, social workers, psychologists, and educators.

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