

# Contents

<b>A Guide for Using the Text and DVD</b> .....	<b>ix</b>
<b>Acknowledgments</b> .....	<b>xiii</b>
<b>1 Introduction</b> .....	<b>1</b>
Current Psychiatric Practice .....	3
Family-Oriented Patient Care .....	5
Specific Family Assessment and Intervention Model .....	7
Conclusion .....	9
References .....	10
<b>2 Healthy Family Functioning</b> .....	<b>11</b>
Family Functions .....	13
Historical Trends .....	13
Dimensions of Family Functioning .....	15
Marital and Family Life Cycle .....	20
Family Resilience .....	26
Conclusion .....	28
References .....	29
<b>3 Family Research</b> .....	<b>31</b>
Relational Factors and Biological Systems .....	32
Relational Factors and Medical Illnesses .....	37
Relational Factors and Psychiatric Illnesses .....	43
Conclusion .....	54
References .....	55

<b>4</b>	<b>Family Assessment</b>	<b>63</b>
	Connecting With the Family	64
	The Evaluation Process	69
	The Assessment Process	71
	Tools for Family Assessment	79
	DSM-IV Relational Diagnoses	83
	Conclusion	86
	References	87
	Appendix 4–1. Case Example	88
<b>5</b>	<b>Site-Specific Family Assessment</b>	<b>93</b>
	Orientation	94
	Assessment	94
	Formulation	95
	Treatment Planning	96
	Case Examples	96
	Conclusion	108
	Reference	108
<b>6</b>	<b>Biopsychosocial Formulation</b>	<b>109</b>
	Evidence for the Interaction of Biological, Psychological, and Social Factors	112
	How Is a BPS Assessment and Formulation Done?	114
	How Should Psychiatrists Practice BPS Psychiatry?	116
	Case Examples	117
	Conclusion	128
	References	129

<b>7</b>	<b>Diagnostic Reasoning and Clinical Decision-Making Process</b>	<b>131</b>
	Putting the Biological Paradigm in Its Place	132
	Rationale for Involving Families in the Decision-Making Process	134
	Meaning of a Diagnosis	135
	Engaging Patient and Family in Decision Making	139
	Discussing Treatment Options	142
	Best Practice for Clinical Decision Making	145
	References	145
<b>8</b>	<b>Family/Couples Therapy: Models</b>	<b>149</b>
	Insight Awareness Model	150
	Family-of-Origin Model	151
	Systemic Strategic Model	154
	Structural Model	155
	Cognitive-Behavioral Model	156
	Experiential Models	158
	Constructivist Model	158
	Psychoeducational Model	160
	Multifamily Group Therapy	160
	Conclusion	161
	References	162
	Suggested Readings	163
<b>9</b>	<b>Problem-Centered Systems Therapy of the Family</b>	<b>165</b>
	Key Principles of PCSTF	167
	Stages of Treatment	173
	Conclusion	193
	References	193
	Appendix 9–1. Case Example	194

<b>10</b>	<b>Integrating Family Treatment Into Biopsychosocial Care.....</b>	<b>197</b>
	Evidence-Based Studies of Combined Treatment ..	197
	Case Examples .....	208
	Implementing Integrated Treatment .....	211
	Conclusion .....	211
	References.....	212
<b>11</b>	<b>Family Interventions With Specific Disorders.....</b>	<b>215</b>
	Schizophrenia.....	216
	Bipolar Disorder .....	223
	Major Depression .....	227
	Alcoholism and Substance Abuse Disorders .....	232
	Anxiety Disorders .....	236
	Conclusion .....	245
	References.....	245
<b>12</b>	<b>Special Situations .....</b>	<b>249</b>
	Therapeutic Alliance: Gender, Race, Culture, and Sexual Orientation .....	249
	Competing Value Systems.....	253
	Affairs.....	254
	Violence.....	257
	Divorce.....	262
	Legal Issues.....	264
	Conclusion .....	264
	References.....	265

<b>13</b>	<b>Training in Family Skills and Family Therapy</b> .....	<b>269</b>
	Knowledge .....	270
	Skills.....	271
	Family Therapy Training.....	276
	Supervision .....	278
	Assessment of Trainees .....	285
	Conclusion .....	286
	References.....	287
	Appendix 13–1. GAP Proposal for Specific Family Systems Competencies .....	290
	Appendix 13–2. Assessment Forms for Family Therapy Trainees .....	294
<b>14</b>	<b>Conclusions and Future Directions</b> .....	<b>297</b>
	<b>Index</b> .....	<b>303</b>