

focus on the family marriage assessment

Focus on the Family Marriage Assessment: Strengthening Your Relationship Through Insightful Evaluation

focus on the family marriage assessment is a valuable tool designed to help couples gain deeper insight into their relationship dynamics. Whether you're newlywed or have been together for decades, understanding the strengths and challenges within your marriage is crucial for growth and lasting happiness. This assessment, developed by the well-known organization Focus on the Family, offers couples a structured way to evaluate their relationship health, communication patterns, conflict resolution skills, and emotional intimacy.

In today's fast-paced world, many couples find it hard to pause and reflect on the quality of their marriage. The Focus on the Family marriage assessment serves as a thoughtful checkpoint, encouraging couples to identify areas where they thrive and areas that might benefit from attention. Let's explore how this assessment works, why it's beneficial, and ways you can make the most out of it to nurture a strong and fulfilling partnership.

What Is the Focus on the Family Marriage Assessment?

The Focus on the Family marriage assessment is a comprehensive questionnaire designed to evaluate various facets of a marital relationship. It covers key areas such as communication, conflict resolution, financial management, sexual intimacy, and shared values. This tool is not just about identifying problems; it's equally focused on reinforcing positive aspects of the relationship and fostering mutual understanding.

Purpose and Development

Developed by relationship experts and counselors affiliated with Focus on the Family, the assessment is grounded in both psychological principles and Christian values. Its primary aim is to help couples understand themselves and each other better, providing a framework for conversations that might otherwise be difficult to initiate.

The assessment typically consists of a series of multiple-choice and rating-scale questions that both partners complete independently. Afterwards, the results are compared to highlight areas of agreement and discrepancy. This process can reveal hidden issues or unspoken expectations that might lead to

conflict if left unaddressed.

Why Couples Should Consider Taking the Assessment

Many couples wait until problems become overwhelming before seeking help. The Focus on the Family marriage assessment encourages proactive engagement with the relationship, preventing small issues from growing into larger conflicts.

Building Awareness and Communication

One of the most significant benefits of the assessment is enhanced communication. By reflecting on questions about how you and your spouse handle disagreements or express appreciation, you gain clarity on your communication styles. This awareness opens the door to more honest and empathetic conversations.

Identifying Hidden Strengths and Weaknesses

Sometimes couples are unaware of the strengths they share until they're explicitly identified. The assessment highlights these positives, boosting confidence in the relationship. On the flip side, it also uncovers weaknesses that might have been overlooked, such as differing expectations about finances or intimacy.

Key Areas Covered in the Focus on the Family Marriage Assessment

Understanding the scope of the assessment helps couples prepare for the process and appreciate the depth of evaluation.

Communication Patterns

Effective communication is the cornerstone of any successful marriage. The assessment examines how couples listen, express feelings, and handle misunderstandings. It also looks at whether both partners feel heard and respected.

Conflict Resolution Skills

Every marriage experiences conflict, but how couples navigate disagreements can make a significant difference. This section evaluates whether conflicts are resolved constructively or if they escalate into resentment and withdrawal.

Emotional and Physical Intimacy

Intimacy goes beyond physical connection; it involves emotional closeness and vulnerability. The assessment explores how comfortable partners feel sharing their needs and desires, as well as the frequency and quality of physical intimacy.

Financial Management

Money is a common source of tension in marriages. This part of the assessment looks at how couples budget, save, and make financial decisions together.

Shared Values and Goals

Having aligned values and goals can unite couples in their journey. The assessment helps identify where partners share visions for the future and where they might differ.

How to Use the Results Effectively

Taking the assessment is only the first step. The real value lies in applying the insights gained to strengthen the marriage.

Open Dialogue

After reviewing the results, couples should set aside time to discuss their findings openly. Approach this conversation with curiosity rather than defensiveness. Listen actively and validate each other's perspectives.

Set Goals Together

Use the assessment as a springboard to set realistic and meaningful goals.

For example, if communication scores are low, a goal might be to schedule weekly check-ins or attend a communication workshop.

Seek Support When Needed

Sometimes, assessments reveal challenges that require professional guidance. Don't hesitate to reach out to a marriage counselor or participate in Focus on the Family's marriage enrichment programs for additional support.

Additional Resources from Focus on the Family

Focus on the Family offers a variety of tools and programs designed to complement the marriage assessment. These resources provide ongoing support for couples looking to nurture their relationship.

Marriage Counseling and Coaching

Professional counseling services guided by Christian principles can help couples navigate complex issues. Coaching sessions focus on skill-building and practical strategies for daily life.

Online Workshops and Webinars

Many couples find online learning convenient and effective. Focus on the Family hosts workshops covering topics such as conflict resolution, parenting together, and rekindling romance.

Books and Articles

For those who prefer self-paced learning, Focus on the Family publishes a range of books and articles addressing various aspects of marriage. These materials often expand on themes explored in the assessment.

Tips to Prepare for the Focus on the Family Marriage Assessment

Preparation can make the experience more meaningful and less stressful. Here are some practical tips to consider:

- **Choose a Calm Time:** Take the assessment when you both have time to focus without distractions.
- **Be Honest:** Answer questions truthfully, even if some areas feel uncomfortable. Authenticity leads to genuine growth.
- **Approach It as a Team:** Remember, the goal is to improve your relationship together, not to assign blame.
- **Reflect Individually:** Take time to think about your responses before discussing them with your partner.

Engaging with the Focus on the Family marriage assessment can be a transformative experience. It offers couples a structured way to explore their relationship deeply, celebrate their strengths, and tackle challenges with renewed commitment. By embracing this tool, couples take an active role in cultivating a marriage that is resilient, loving, and aligned with their shared vision for the future.

Frequently Asked Questions

What is the Focus on the Family Marriage Assessment?

The Focus on the Family Marriage Assessment is an online tool designed to help couples evaluate the strengths and challenges in their relationship, promoting healthier and stronger marriages.

How does the Focus on the Family Marriage Assessment work?

Couples answer a series of questions about various aspects of their relationship, such as communication, conflict resolution, and intimacy. The assessment then provides personalized feedback and resources based on their responses.

Is the Focus on the Family Marriage Assessment free?

Yes, the basic version of the Focus on the Family Marriage Assessment is available for free on their official website.

Who can benefit from taking the Focus on the Family Marriage Assessment?

Married couples, engaged couples, and even those considering marriage can

benefit from the assessment to better understand their relationship dynamics and identify areas for growth.

How long does it take to complete the assessment?

The assessment typically takes about 20 to 30 minutes to complete, depending on how much time the couple spends reflecting on their answers.

Are the results of the Focus on the Family Marriage Assessment confidential?

Yes, the assessment results are confidential and meant to be used by the couple to improve their relationship. The data is not shared publicly without consent.

Can the Focus on the Family Marriage Assessment help save a struggling marriage?

While the assessment is not a substitute for professional counseling, it can help couples identify key issues and encourage them to seek further support or resources to strengthen their marriage.

Where can I access the Focus on the Family Marriage Assessment?

The assessment is available on the official Focus on the Family website under the marriage resources section.

Additional Resources

Focus on the Family Marriage Assessment: A Comprehensive Review and Analysis

focus on the family marriage assessment has been a resource utilized by couples seeking to deepen their understanding of their relationship dynamics. Developed by Focus on the Family, a well-known Christian organization dedicated to promoting strong family values, this marriage assessment tool aims to provide couples with a structured means of evaluating key aspects of their marriage. In an era where relationship counseling and self-help tools are increasingly popular, understanding the structure, effectiveness, and applicability of the Focus on the Family marriage assessment is essential for couples and professionals alike.

Understanding the Focus on the Family Marriage

Assessment

The Focus on the Family marriage assessment is designed as a comprehensive questionnaire that addresses a wide range of topics integral to marital satisfaction and stability. Unlike some purely clinical or secular tools, this assessment incorporates a faith-based perspective, reflecting the organization's mission to foster marriages grounded in Christian principles. The assessment evaluates areas such as communication, conflict resolution, intimacy, shared values, and spiritual compatibility.

One of the defining characteristics of this marriage assessment is its holistic approach. It does not isolate individual problem areas but rather looks at the marriage as an interconnected system. This allows couples to identify strengths and weaknesses across multiple dimensions, facilitating targeted discussions and interventions.

Key Features and Structure

The assessment typically consists of a series of statements or questions that each partner answers independently. These items cover critical relational domains:

- **Communication Patterns:** Evaluates openness, listening skills, and the ability to express needs.
- **Conflict Management:** Assesses how couples handle disagreements and whether they can reach constructive resolutions.
- **Emotional and Physical Intimacy:** Looks at affection, sexual satisfaction, and emotional bonding.
- **Shared Goals and Values:** Explores alignment in life priorities, parenting, finances, and spirituality.
- **Spiritual Connection:** Unique to this assessment, it gauges the role of faith and religious practice within the marriage.

After completion, the assessment generates a profile or report highlighting areas of harmony and potential friction points. This feedback is intended to guide couples toward conversations that might otherwise be difficult to initiate.

Comparative Analysis with Other Marriage Assessments

When placed side-by-side with other popular marriage assessments, such as the PREPARE/ENRICH inventory or the Gottman Relationship Checkup, the Focus on the Family marriage assessment reveals both strengths and limitations.

The PREPARE/ENRICH focuses heavily on premarital and marital compatibility, with a strong emphasis on communication and conflict skills. Gottman's model, rooted in extensive empirical research, offers detailed insights into emotional intelligence and behavioral patterns predictive of marital success or failure. The Focus on the Family assessment, while less empirically rigorous in published research, excels in integrating faith-based values, which can be crucial for couples whose spiritual beliefs form a core part of their relationship.

However, this faith-oriented approach may limit the assessment's appeal or applicability to couples who do not share similar religious backgrounds. Conversely, for faith-driven couples, the inclusion of spiritual compatibility is a significant advantage that some secular assessments overlook.

Effectiveness and Practical Application

The value of any marriage assessment depends largely on how its results are used. The Focus on the Family marriage assessment is often recommended as a starting point for couples considering counseling or strengthening their relationship through self-directed reflection. The personalized feedback can illuminate blind spots and motivate proactive steps toward improvement.

Professional counselors and pastoral advisors frequently incorporate this tool in their practice, especially when working with Christian couples. It serves as a non-threatening, structured way to open dialogue and prioritize counseling goals.

That said, the assessment is not a diagnostic instrument for severe marital issues such as abuse or clinical mental health disorders. Couples facing significant challenges should seek comprehensive therapy alongside or instead of self-assessment tools.

Pros and Cons of the Focus on the Family Marriage Assessment

Pros

- **Faith Integration:** Addresses spiritual dimensions, aligning with the values of religious couples.
- **Holistic Scope:** Covers emotional, communication, and relational aspects comprehensively.
- **User-Friendly Format:** Straightforward questionnaire style accessible to most couples.
- **Facilitates Communication:** Helps initiate important conversations about sensitive topics.
- **Free or Low-Cost Access:** Often available through Focus on the Family's resources at minimal or no cost.

Cons

- **Limited Empirical Validation:** Lacks extensive peer-reviewed research compared to some secular tools.
- **Religious Bias:** May not resonate with or be appropriate for non-Christian couples.
- **Surface-Level Insight:** Provides general feedback that might require professional interpretation for deeper issues.
- **Not a Substitute for Therapy:** Should be used in conjunction with counseling for serious marital problems.

Integrating the Assessment in Marriage Enrichment Programs

Many marriage enrichment workshops and church-based support groups incorporate the Focus on the Family marriage assessment as part of their curriculum. Its alignment with Christian teachings makes it a natural fit in environments where faith is a central theme.

When used in group settings, the assessment results can foster community and

shared learning among couples. Facilitators often pair the assessment with guided discussions, role-plays, and practical exercises designed to build skills such as active listening and empathy.

This integration not only enhances the utility of the assessment but also provides couples with a support system, which research shows is critical for sustaining relationship improvements.

Digital Accessibility and Modern Adaptations

As digital tools become increasingly prevalent, Focus on the Family has adapted by offering online versions of their marriage assessment. This transition allows for immediate scoring, interactive feedback, and easier distribution, especially during times when in-person sessions may be limited.

Online accessibility also broadens the reach of the assessment, enabling couples from diverse geographic locations to engage with the material at their convenience. This flexibility is particularly valuable for busy couples balancing family, work, and other commitments.

Nonetheless, some critics argue that digital self-assessments can lack the nuance and personalized guidance that a trained counselor provides. Therefore, optimal use often involves combining the digital tool with professional support.

Conclusion: Evaluating the Role of Focus on the Family Marriage Assessment

The Focus on the Family marriage assessment occupies a distinctive niche in the landscape of relationship evaluation tools. Its faith-based framework offers unique insights for Christian couples seeking to align their marriage with spiritual values, while its comprehensive coverage of relational dynamics provides a useful starting point for reflection and growth.

While it may not replace the depth of clinical assessments or the rigor of empirical research-based tools, its accessibility and holistic approach make it a valuable resource for many couples. When integrated thoughtfully within counseling or enrichment programs, the Focus on the Family marriage assessment can catalyze meaningful conversations and foster stronger, more resilient relationships grounded in shared faith and understanding.

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focus on the family marriage assessment: The Healthy Marriage Devotional JIM. DALY, 2024-11-05 Breathe New Life Into Your Marriage Research shows that many, if not most, longtime marriages have grown complacent or even stale. If your marriage could use some encouragement, Jim Daly, president of Focus on the Family and co-host of the Focus Daily Radio Broadcast, offers a 365-day devotional inspired from his 35-plus years of marriage to his wife, Jean, and from the many marriage experts that have impacted him over the years. The Healthy Marriage Devotional provides an easy way to read Scripture, pray, and connect with your spouse to strengthen your relationship by digging into twenty-three core topics, including: Growing Through Conflict Crafting an Even Better Marriage Wise Couples Do This Appreciating Differences Grow closer to God and each other, whatever your age or stage of marriage, with foundational, practical, and wise words to carry you through the year. Includes discussion questions and activities.

focus on the family marriage assessment: Empowered to Love Robert S. Paul, Tara Lalonde, 2024-07-02 Discover how to build a fulfilling, God-honoring marriage that you both love. When life throws us non-stop challenges and curveballs, how can we have any hope of building a fulfilling and intimate marriage? How do we move from stressed and stretched to energized and inspired, finding the strength to transform both our lives and relationship? Robert Paul and Tara Lalonde equip husbands and wives with practical, biblically-based tools to transform their personal lives and grow their marriage into something they'll both love. Instead of just passively hoping and praying for something better, couples will actively embark on a journey of caring for themselves and their most important relationship. In *Empowered to Love*, you will discover: Practical strategies for better self-care, enabling you to bring the best, healthiest, and most-whole version of you to your marriage. Thought-provoking exercises designed to empower you as an individual while fostering deeper connections with your spouse. Ways to pursue and significantly increase the romance in your marriage. Stories about marriage that will help you identify what relationship strategies work best. Insights on forgiveness, your responsibility as a spouse, and caring for your emotions. Invest in your future, both as an individual and as a spouse. Embark on a transformative journey that will help both you and your marriage thrive.

focus on the family marriage assessment: Hedges Jerry B. Jenkins, 2024-10-01 How Do You Protect Your Marriage from the Temptations Surrounding You? You set boundaries, or as long-married, bestselling author Jerry Jenkins says, "I plant hedges." Jenkins shares a list he created and adheres to as a gift of love for his wife. These rules are intended to protect his marriage by guarding his eyes, his heart, and his hands. But if you truly love your wife, why do you need hedges? Current statistics show the sad reality. Divorce rates continue to climb—even for Christian marriages. Jenkins candidly shares, "I have planted hedges around myself to protect me, my wife, my family, my employer, my church, and supremely, the reputation of Christ. I share them not to boast, but to admit that I'm fleeing and in the hope that they might be of some benefit to you." Find out: Why hedges are needed Seven ways that Jerry Jenkins protects his marriage How hedges help your family thrive How to craft your own hedges of protection using a helpful study guide *Hedges*, originally released thirty-five years ago, and now updated to address current cultural and marital issues, it's needed more than ever today.

focus on the family marriage assessment: The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-10-11 The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life

Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

focus on the family marriage assessment: Becoming a Marriage and Family Therapist Eugene Mead, 2013-01-29 Becoming a Marriage and Family Therapist is a practical how to guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room. Readers will learn how to apply empirically-based methods to the core tasks of therapy in order to improve competency, establish effective supervision, and deliver successful client outcomes. A practical guide to improving competency across the core tasks of therapy, based on over 40 years of observation and teaching by an internationally acclaimed author Presents treatment protocols that show how to apply therapy task guidelines to a range of empirically-supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation, and family violence with children, elders, and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas, to build competence and successful delivery

focus on the family marriage assessment: Perinatal Mental Health: Expanding the Focus to the Family Context Susan Garthus-Niegel, Antje Horsch, Yael Benyamini, 2021-09-28

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focus on the family marriage assessment: **Handbook of Behavioural Family Therapy** Ian R.H. Falloon, 2015-07-30 First published in 1988, behavioural family therapists worked in an area that had greatly changed since its inception over 20 years before. Growing out of the pioneering work of Gerald Patterson, Robert Paul Liberman, and Richard Stuart, whose backgrounds vary from psychology to psychiatry to social work, behavioural family therapy (BFT) had evolved to encompass systems theory, considerations of the therapeutic alliance, as well as approaches to accounting for and restructuring family members' subjective experiences through cognitive strategies. As BFT had not been the 'brain child' of any one charismatic innovator, but rather of a wide array of clinicians and researchers developing and rigorously testing hypotheses, it is fitting that this much-needed summation of the field was a collaborative product of an array of well-established practitioners of the time. They discuss in Part 1 of the book the theoretical parameters of BFT, focusing on modular behavioural strategies, the indications for therapy, assessment of family problems, pertinent issues

arising in clinical practice, and approaches to the problem of resistance to change. Contributors to Part 2 then apply theory to such clinical situations as 'parent training' and helping families cope with patients suffering from developmental disabilities, alcoholism, schizophrenia, senile dementia, as well as anxiety, obsessive-compulsive, and depressive disorders. Specific attention is also given to acute inpatient and primary health-care settings. While BFT had already proved quite effective in treating a great number of family problems, it was only in its infancy at the time of writing. As Falloon says in his overview 'all exponents of the method are constantly involved with the process of refinement, each clinician is a researcher, each family member is a research subject, and each researcher is contributing to clinical advancement.' This openness, in combination with a willingness to modify 'sacred' tenets of behaviourism while adapting proven techniques from other family therapies, made this title a landmark in its field. As such, it was not only of interest to all clinicians and researchers with a behavioural slant, but also to all family therapists who wished to challenge themselves to develop an integrative approach.

focus on the family marriage assessment: Choices in Relationships David Knox, Caroline Schacht, I. Joyce Chang, 2023-05-09 Choices in Relationships takes readers through the lifespan of relationships, marriages, and families, and utilizes research to help them make deliberate, informed choices in their interpersonal relationships. Drawing on extensive research, authors David Knox, Caroline Schacht, and I. Joyce Chang challenge students to think critically about the choice-making process, consider the consequences involved with choices, view situations in a positive light, and understand that not making a choice is a choice after all. The Fourteenth Edition features over 1000 new citations, increased emphasis and discussion of diversity and inclusion throughout each chapter, and the impact of the COVID-19 pandemic on individuals, couples, and families.

focus on the family marriage assessment: The Embedded Self, Second Edition Mary-Joan Gerson, 2009-08-27 First published in 1996, The Embedded Self was lauded as a brilliant and long overdue rapprochement between psychoanalysis and family therapy conceived by a practitioner trained and experienced in both modalities of treatment. Mary-Joan Gerson's integrated presentation of psychodynamic and family systems theory invited therapists of either orientation to learn the tools and techniques of the other, to mutual benefit. Firmly grounded in detailed case presentations, her focus on family therapy examined its history, organizing concepts, and developmental approaches, and addressed practical questions of diagnosis, clinical interaction, and referrals. A dozen years later, the psychoanalytic community is more open to integrating perspectives, and the growth of analysts working with couples and families necessitates an update of the material presented in The Embedded Self. Similarly, the family therapy community has deepened its interest in individual dynamics within systemic patterning. From a new and revised perspective on the possibilities of integration, Gerson covers the latest research in neuroscience and the transmission of affect within intimate relationships, with a new chapter on attachment theory and emotionally focused therapy. Sections on narrative therapy and psychoanalytically-oriented family therapy are expanded as well. The Embedded Self was a sterling introduction to family systems theory and therapy, and enhanced the work of analysts and family and couples therapists alike. The second edition proves no different in its context but wider in its scope, further enhancing the work of the family therapist interested in individual dynamics, and preparing the psychodynamically-oriented therapist who seeks to extend her craft from the dyad to the triad, and beyond.

focus on the family marriage assessment: Family Health Care Nursing Joanna Rowe Kaakinen, Deborah Padgett Coehlo, Rose Steele, Melissa Robinson, 2018-02-01 Prepare for the real world of family nursing care! Explore family nursing the way it's practiced today—with a theory-guided, evidence-based approach to care throughout the family life cycle that responds to the needs of families and adapts to the changing dynamics of the health care system. From health promotion to end of life, a streamlined organization delivers the clinical guidance you need to care for families. Significantly updated and thoroughly revised, the 6th Edition reflects the art and science of family nursing practice in today's rapidly evolving healthcare environments.

focus on the family marriage assessment: Brain Injury Medicine David B. Arciniegas, M.

Ross Bullock, Douglas I. Katz, Jeffrey S. Kreutzer, Ross D. Zafonte, Nathan D. Zasler, 2012-08-27
 Brain Injury Medicine - which includes free ebook access with every print purchase - is a clear and comprehensive guide to all aspects of the management of traumatic brain injury-from early diagnosis and evaluation through the post-acute period and rehabilitation. An essential reference for physicians and other health care professionals who work with patients with brain injury, the book focuses on assessment and treatment of the wider variety of clinical problems these patients face and addresses many associated concerns such as epidemiology, ethical issues, legal issues, and life-care planning. Written by over 190 acknowledged leaders, the text covers the full spectrum of the practice of brain injury medicine including principles of neural recovery, neuroimaging and neurodiagnostic testing, prognosis and outcome, acute care, rehabilitation, treatment of specific populations, neurologic and other medical problems following injury, cognitive and behavioral problems, post-trauma pain disorders, pharmacologic and alternative treatments, and community reentry and productivity. Brain Injury Medicine, 2nd Edition Features: The acknowledged gold standard reference-brings together knowledge, experience, and evidence-based medicine Comprehensive and current-completely revised, updated, and expanded to include emerging topics and the latest clinical and research advances Multi-disciplinary focus-expert authorship from a wide range of specialties promotes a holistic team approach to a complex, many-faceted condition Covers the entire continuum of care from early diagnosis and assessment through acute management, rehabilitation, associated medical and quality of life issues, and functional outcomes New to the Second Edition: Three new Associate Editors from related disciplines provide added expertise Five new sections: acute rehabilitative care, pediatric TBI, special senses, autonomic and other organ system problems, post-trauma pain disorders 25 new chapters running the gamut from health policy to biomechanics, to military TBI to pediatric issues and more Print + Digital Access: Purchase price includes enhanced e-book containing the complete and fully searchable text plus additional digital-only content

focus on the family marriage assessment: An Introduction to Marriage and Family Therapy Joseph L. Wetchler, Lorna L. Hecker, 2014-08-27 Now in its second edition, this text introduces readers to the rich history and practice of Marriage and Family Therapy, with 32 professionals from across the US presenting their knowledge in their areas of expertise. This blend of approaches and styles gives this text a unique voice and makes it a comprehensive resource for graduate students taking their first course in Marriage and Family Therapy. The book is divided into three sections: Part 1 focuses on the components on which 21st century family therapy is based and summarizes the most recent changes made to not only therapeutic interventions, but to the very concept of "family." Part 2 presents an overview of the 7 major theoretical models of the field: structural, strategic, Milan, social constructionist, experiential, transgenerational, and cognitive-behavioral family therapy. Each chapter in this section • Focuses on the founder of the theory, its theoretical tenants, and its key techniques • Shows how the model focuses on diversity • Presents the research that supports the approach Part 3 addresses specific treatment areas that are common to marriage and family therapists, such as sex therapy, pre-marital therapy, research, and ethics and legal issues. As an introduction to the field of Marriage and Family Therapy, this volume stands above the rest. Not only will readers gain an understanding of the rich history of the field and its techniques, but they will also see a complete picture of the context in which families are embedded, such as gender, culture, spirituality, and sexual orientation. This knowledge is the key to understanding what differentiates Marriage and Family Therapy from individual psychotherapy. Glossaries, case studies, tables, figures, and appendices appear generously throughout the text to present this information and give students a thorough overview to prepare them for their professional lives.

focus on the family marriage assessment: Diversity in Couple and Family Therapy Shalonda Kelly, 2016-12-12 This unprecedented volume provides a primer on diverse couples and families—one of the most numerous and fastest-growing populations in the United States—illustrating the unique challenges they face to thrive in various cultural and social surroundings. In Diversity in Couple and Family Therapy: Ethnicities, Sexualities, and

Socioeconomics, a clinical psychologist and couples and family therapist with nearly two decades' experience leads a team of experts in addressing contemporary elements of diversity as they relate to the American family and covering key topics that all Americans face when establishing their identities, including racial and ethnic identity, gender and sexual orientation identity, religious and spiritual identity, and identity intersections and alternatives. Moreover, it includes chapters on cross-cultural assessment of health and pathology and tailoring treatment to diversity. Every chapter includes vignettes that serve to illustrate the nuances of and solutions to the concerns and issues, as well as the strengths and resilience often inherent in diverse couples or families. Effective methods of coping with stereotypes, intergenerational trauma, discrimination, and social and structural disparities are presented, as are ways to assess and empower couples and families. This text includes experiences and traditions of subgroups that typically receive little attention from being seen as too common, such as white and Christian families, or from being seen as too uncommon, such as couples and families from specific Native American tribes and multiracial couples and families. Thus, it addresses the curricular changes needed to master the diversity found in contemporary American couples and families. The text offers a holistic perspective on diverse couples and families that is consistent with the increasing prominence of models that transcend individual diagnoses and biology to include social factors and context. Theory, policy, prevention, assessment, treatment, and research considerations are included in each chapter. Topics include African American, Asian American, Latino, Native American, white, biracial/multiracial, intercultural, LGBT, Christian, Jewish, and Muslim couples and families as well as diverse family structures. The depth of every chapter includes attention to subgroups within each category, such as African American and Caribbean couples and families, as well as those who represent the intersection between varying oppressed identities, such as an intercultural gay family, or a poor, homeless interracial couple. Additionally, each chapter provides a review section with condensed and easy-to-understand summaries of the key take-away lessons.

focus on the family marriage assessment: Handbook Of Family Therapy Alan S. Gurman, David P. Kniskern, 2014-01-21 This volume reflects the achievements in developing new concepts and models of family therapy and new approaches to special clinical issues and problems during the 1980s. Chapters by experts such as Boszormenyi-Nagy, Everett, Guttman, Lankton, Liddle, McGoldrick, Madanes, and Walsh offer insight into a variety of areas including systems theory, cybernetics, and epistemology; contextual therapy; Ericksonian therapy; strategic family therapy; treating divorce in family therapy practice; ethnicity and family therapy; and training and supervision in family therapy.

focus on the family marriage assessment: Clinical Applications of Bowen Family Systems Theory Peter Titelman, 2014-02-25 One look inside Clinical Applications of Bowen Family Systems Theory, and you'll see that your most current clinical dilemmas are not as difficult to solve as you think. You'll find plenty of information to assist you in treating a vast audience of populations--the elderly, college students, troubled couples, remarried families, and children with severe medical problems. You'll also find that you're able to apply the Bowen systems theory to nearly every clinical situation--emotional dysfunction in children, alcoholism, incest, divorce, depression, phobias, and obsessive-compulsive disorders. Clinical Applications of Bowen Family Systems Theory is an ideal companion for family therapists, clinical psychologists, clinical social workers, psychiatrists, psychiatric nurses, and counselors. You'll find your working comprehension of Murray Bowen's work will grow, and you'll become more adept at applying what you read in real-life clinical situations, especially in these related areas: family systems assessment based on the Bowen Theory marital fusion and differentiation bridging emotional cut-off from a former spouse dealing with a child-focused divorce case studies of alcoholism and family systems Clinical Applications of Bowen Family Systems Theory is the first book to collect, illustrate, and walk you through a full application of this highly effective treatment method in any number of clinical settings. Both beginning and experienced therapists will find interesting reading in the history of the theory, and the result will be interested clients who begin to create functional, thriving personal

histories for themselves.

focus on the family marriage assessment: A Practice that Works Steven M. Harris, Ph.D, David C. Ivey, Ph.D, Roy A. Bean, Ph.D., 2013-02-01 In the advent of managed care and the continuing decline in reimbursement felt across the various disciplines of mental health have had profound impacts upon the quality and quantity of care in the field. As it has become increasingly difficult for a practitioner in private practice to provide a satisfactory level of care while earning a living in the process, many clinicians have become more innovative in the services they offer their clients. This book pulls together a group of mental health professionals who have branched out into new markets and services. A Practice that Works represents an anthology of new knowledge in the field, as chapter contributors describe in revealing detail their own innovative techniques. After first describing the idea behind a strategy such as Wilderness Therapy Programs, the editors discuss the logistics of billing issues pertinent to the strategy and provide practical steps to its implementation, follow-through and development. Finally each chapter includes a 'testimonial' from the editors before considering issues such as any other implications of the strategy, how the strategy can fit into one's larger therapeutic model, and how this new way of thinking has impacted the author's life and practice. This timely book should appeal to professionals in all areas of the mental health fields, and is written in a general style that will not turn any of them away from the innovative lessons to be gleaned from such a unique compilation.

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