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A Multiple Family Group Therapy Program for At-Risk Adolescents and Their Families

Susan T. Dennison

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The purpose of this book is to provide the reader with a practice model for conducting effective Multiple Family Group Therapy (MFGT) with at risk adolescents and their families. This model provides practical guidelines for setting up, planning, and facilitating Multiple Family Group Therapy with a particular focus on the latter at risk population. In addition, a wide variety of interventions for each of the three phases (i.e., initial, middle, and termination) of this group model are provided along with related task forms. These intervention suggestions are the heart of the book since four of the ten chapters are devoted entirely to these group technique ideas. It is intended to serve as a 'how to do it' manual for those helping professionals who are experienced group workers. Such individuals could include social workers, counselors, or psychologists who have had course work, supervision, and ongoing training in group work. Professionals who have had a specific background in MFGT will most benefit from the material in this book because they should be able to easily utilize the treatment interventions in their current group programs. Also, these professionals should be able to adapt, modify, and change some of the techniques so they can be more effectively utilized with their specific client population. The author also includes a section outlining the history and major studies that have been conducted on this unique approach to treatment. This manual should easily become group facilitators' daily resource for both planning and conducting MFGT. Readers will find the material has been presented in a user-friendly format so that setup guidelines and intervention ideas can be easily understood and duplicated in most therapeutic settings.

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