



# **Clinical Epiphanies in Marital and Family Therapy: A Practitioner's Casebook of Therapeutic Insights, Perceptions, and Breakthroughs**

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How would you handle these situations? Check your expertise against the approaches presented here! This fascinating collection shows how a practicing therapist handled clients stuck in the therapeutic process. Clinical Epiphanies in Marital and Family Therapy: A Practitioner's Casebook of Therapeutic Insights, Perceptions, and Breakthroughs presents a cross-section of approaches and orientations as they work in practice. The families and couples discussed here have experienced a wide range of difficulties, and the presenting and commenting therapists run the gamut in age, gender, race, and theoretical orientation. The serendipitous turning points presented here are all true case studies, but Clinical Epiphanies in Marital and Family Therapy offers more than the chance to second-guess a single therapist's handling of explosive moments. Each case study is also discussed by two other therapists representing divergent points of view. This point-counterpoint structure allows readers to analyze the effectiveness of different therapeutic approaches and to recognize that in practice, heterogeneous orientations may result in similar strategies. Clinical Epiphanies in Marital and Family Therapy demonstrates the factors that contribute to doing successful therapy, including:

- ensuring that clients feel they are being treated with respect
  - establishing a sound therapeutic relationship
  - making successful treatment bargains
  - moving away from your therapeutic agenda when necessary
  - being persistent in the face of a stubborn refusal to change
- Clinical Epiphanies in Marital and Family Therapy offers fresh strategies for experienced practitioners, beginning therapists, and educators in the field of mental health.

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