



Techniques of Family Therapy

Jay Haley

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This work offers a detailed description of what actually goes on in family therapy. The authors, Jay Haley and Lynn Hoffman, engaged five experienced therapists in conversation about an initial family interview each had conducted. "Techniques of Family Therapy" is a distilled record of those conversations, interwoven with verbatim transcripts of the actual therapy sessions. Thus, the reader not only watches the therapists at work, but also is party to his/her later reflections on the course of the interview, and the reasons for the particular strategy chosen.

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