



Student Workbook-Family Exploration: Personal Viewpoint for Multiple Perspectives for Goldenberg/Goldenberg's Family Therapy:An Overview

By Herbert Goldenberg, Irene Goldenberg

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This popular workbook encourages students to explore their own family origins and the roles that family dynamics play in students' attitudes, values, and behavior patterns. Students are encouraged to think about systems theory in general and apply it to their own lives. By working through the book's in-depth interpersonal life-experience exercises, now greatly expanded, readers have a powerful subjective experience that can be used as a vehicle for discovering their own family strengths and interactive patterns as an aid in assessing their own potential as family therapists.

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Editorial Review

About the Author

Herbert Goldenberg was Professor Emeritus of Psychology at California State University, Los Angeles, where he developed and taught classes in family therapy. Together with Irene Goldenberg he was awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. He also held membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. He was also elected fellow in that APA division. The Goldenbergs co-authored another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition.

Irene Goldenberg is Professor Emeritus of Psychology in the Department of Psychiatry at the UCLA Neuropsychiatric Institute. She served as Associate Chairperson of that department and as Director of Psychological Services for many years, and continues to teach marriage and family therapy courses to psychologists, psychiatrists, and social workers there. She currently supervises doctoral students and directs the family therapy program at the VA Greater Los Angeles Healthcare System. Together with Herbert Goldenberg, Dr. Goldenberg was awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. She also holds membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. She has been elected fellow in that APA division. She is co-author of another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition.

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