



The Adolescent in Family Therapy: Breaking the Cycle of Conflict and Control

Joseph A. Micucci PhD

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Much of the writing on therapy with adolescents suggests contradictory approaches. On the one hand, therapists are advised to encourage the teenager's individuality and separation; on the other, they are urged to help parents "pull in the reins" and reestablish a strong sense of authority. This book proposes that what is missing from both of these formulations is a focus on strengthening the quality of family relationships and ensuring that adolescents receive the ongoing parental nurturance they need. Presenting a developmentally grounded approach to treating a wide range of adolescent problems, Joseph Micucci shows how troubled teenagers and their parents can be helped to use family relationships as catalysts for growth and change. Filled with realistic case examples, step-by-step discussions of the process of assessment and therapy, and straightforward clinical advice, the book describes specific family intervention strategies for eating disorders, depression, defiant behavior, underachievement, stress caused by psychotic symptoms, and other frequently encountered conditions. Attention is also given to working with schools and the special challenges of treating multiproblem, low-income families.

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