



Multigenerational Family Therapy

- Murray Bowen
- The application of rational thinking to emotionally saturated systems
 - A well-articulated theory is considered to be essential
- With the proper knowledge the individual can change
 - Change occurs only with other family members
- Triangulation
 - A pattern of interaction with two-against-one experience
 - A third party is recruited to reduce anxiety and stabilize a couples' relationship

Multigenerational Family Therapy

Terry C. Jones



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