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Preface

Accountability has become the focus of therapy. Parents and spouses in therapy want positive change for their money. This book delivers the goods. Rather than clients guessing about whether therapy is working, the increased frequency of positive behavior and the decreased frequency of negative behavior (along with the desired emotions/feelings) provide the answer.

Behavioral Family Therapy not only reviews the theoretical background for change but provides detailed, hands-on directives, scripts, and forms/charts for immediate use. It is the ultimate behavioral handbook for the therapist who treats families and marriages. Three chapters of case histories reveal both successes and failures, and leave no doubt about how to help parents and spouses achieve their family and marital goals.