

Terapia familiar paso a paso (Spanish Edition)

By Virginia Satir

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Based on the idea that world salvation can be achieved by first saving the family unit, this book emerges from the tensions, arguments, disagreements, and other dysfunctions that affect modern family life. Its purpose is to come up with strategies to implement the author's central tenet: a family that stimulates and appreciates individual differences, tolerates mistakes, and has open communication creates upstanding men and women. Actual therapy sessions that reflect the Satir strategy are demonstrated step-by-step.

Basándose en la idea que la salvación del mundo se encuentra en la salvación de la familia, esta obra surge de las tensiones, pleitos, desacuerdos y otras disfunciones que afectan a la familia moderna, formulando estrategias para implementar la idea central del pensamiento Satir: una familia que estimula y aprecia las diferencias individuales, tolera los errores y donde la comunicación es abierta da lugar a la formación de mujeres y hombres responsables. El libro también demuestra paso por paso una sesión típica de la notable terapeuta, reflejando su estilo y estrategia.

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Editorial Review

About the Author

Virginia Satir has been a family therapist for more than 50 years. She was the founder of the Satir model and helped create the country's first program in family therapy in 1959 at the Mental Research Institute in Palo Alto, California. She is the author of *New Peoplemaking* and *Self-Esteem*.

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