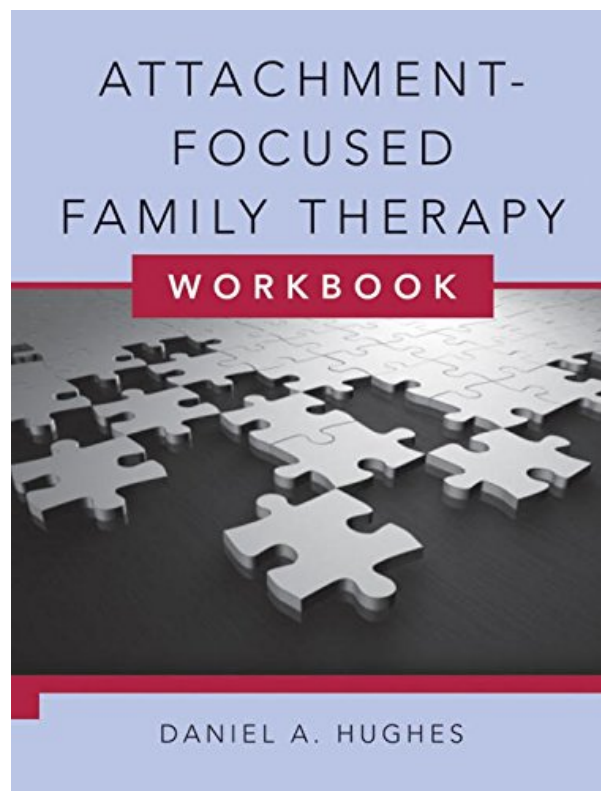


ATTACHMENT-FOCUSED FAMILY THERAPY WORKBOOK BY DANIEL A. HUGHES

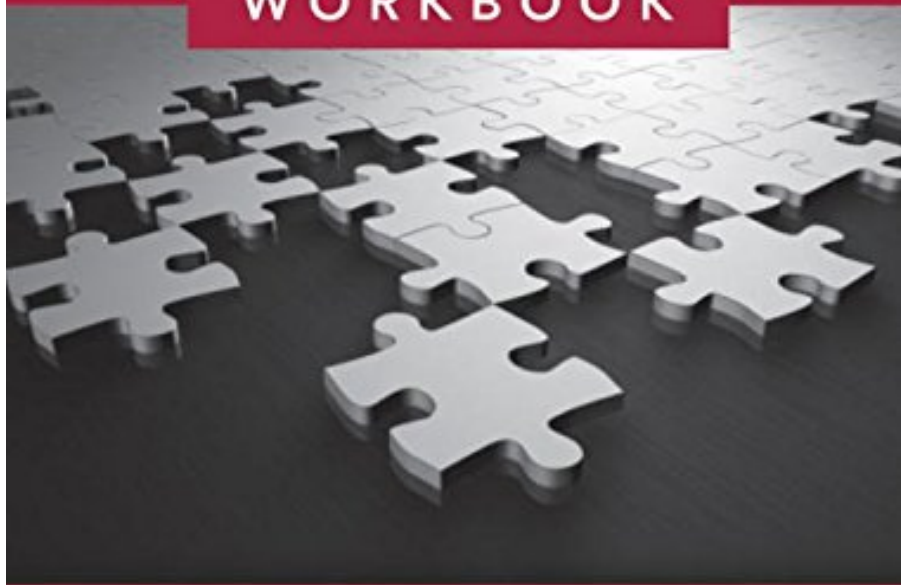


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Review

“I would highly recommend the Attachment-Focused Workbook for all clinicians and trainees working with children and youth. . . . I thoroughly enjoyed this book, and using its principles has greatly enriched my psychotherapeutic armamentarium, and it has enabled me to have breakthroughs with families in situations where I have previously been stuck and struggling.” (Journal of the Canadian Academy of Child & Adolescent Psychiatry (JCACAP))

“Hughes writes in a way that is both engaging and easy to read. . . . Any therapist with an interest in Attachment Theory should certainly have this in their library, and it will doubtless appeal to students and interns, as well as seasoned practitioners.” (PsychCentral)

“[T]his workbook offers all the strategies and tools to effectively handle attachment-focused family therapy issues, and to see that issues are effectively address. Any collection catering to therapist will find it engrossing and filled with pointers to success!” (Midwest Book Review)

“This workbook offers a superb integration of attachment theory and neuroscience in a clinical context. It shows through a series of case examples how beautifully attachment-focused therapy works, and makes you feel that it is possible to accomplish great things in difficult cases. Hughes has learned a way to connect with children who are quite disturbed, and who are nonverbal, with such a powerful, deep subcortical force that you can see change happening before your eyes.” (Marion Solomon, PhD, author of Narcissism and Intimacy, coauthor of Love and War In Intimate Relationships, and coeditor of Healing Trauma)

About the Author

Daniel A. Hughes, PhD, is a prominent attachment specialist and private practitioner. President of the Dyadic Developmental Psychotherapy Institute, he consults and gives trainings in the U.S. and abroad on issues of attachment and family therapy. He is the author of Attachment-Focused Family Therapy, Attachment-Focused Family Therapy Workbook, and Attachment-Focused Parenting.

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ATTACHMENT-FOCUSED FAMILY THERAPY WORKBOOK

BY DANIEL A. HUGHES PDF

A practical workbook companion to Attachment-Focused Family Therapy, the best-selling text that brought attachment into the realm of family therapy.

Daniel A. Hughes, a leading practitioner in his field, specializes in an attachment-oriented approach to family therapy. Applying his model to children and families with a range of psychological problems, this book distills just the clinical strategies, offering practitioners a host of practical exercises and interventions on the core skills of his treatment program.

An accompanying DVD demonstrates Hughes putting these strategies to work in a therapy session, revealing the undeniable power of attachment-focused family therapy to create a safe psychological space for families to repair attachment breaks and build the foundation for a healthier future.

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- Binding: Paperback
- 272 pages

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Superb Introduction to AFFT

By E. White

Most therapy workbooks are designed for direct use in a therapy settings, with exercises to be completed by the client(s) under the direction of the therapist. This workbook, however, is written for therapists themselves. The aim here is to provide a practical grounding in the practice of family attachment therapy, without neglecting theory and theoretical guidelines.

Hughes lays out a general therapeutic plan to be tailored to the individual client or family. The table of contents shows the theoretical framework therapy follows:

1. Attachment
 2. Intersubjectivity
 3. Affective-Reflective Dialogue
 4. PACE
 5. The Deepening Sequential Process of AFFT
 6. Repair of the Attachment Relationship
 7. The Parent as Attachment Figure
 8. AFFT for Foster-Adaptive Families: Dyadic Developmental Psychotherapy
- Appendix A: A Demonstration Session of AFFT
Appendix B: Certification Program for Dyadic Developmental Psychotherapy and AFFT

The theoretical grounding is sufficient, and the material on certification is an excellent addition. This workbook is highly recommended for busy therapists who wish to focus on AFFT, as well as those who simply wish to deepen their understanding of this modality or who wish to integrate selected aspects into their own practice.

The most useful related book is Hughe's own *Attachment-Focused Family Therapy*, for which the *Workbook* is the companion. Couples' therapists dealing with especially difficult non-abuse situations may find *The Couple's Survival Workbook: What You Can Do To Reconnect With Your Partner and Make Your Marriage Work* by Olsen and Stephens to be useful, though it is not attachment-focused.

13 of 14 people found the following review helpful.

The Best Attachment Theory Plan

By Paul Feiger

Purchased book because I am working with families with foster, adopted, and kinship children. My supervisor made me aware of the workbook, and I am glad he did. The whole plan, start to finish, is laid out in easy to understand guidelines and theory. Just tweak it to the individual client and you can almost see the success. Great for all looking for family therapy guidelines.

Paul R. Feiger, C.Ht., MS, MFT Intern

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By Beverly Gould

Very well written. Useful for beginning staff as well as seasoned workers. Great clinical examples as well as theory. Includes a DVD as demo.

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