

Individual, Family, and Social Perspectives

FIFTH EDITION

Monica McGoldrick Nydia Garcia Preto Betty Carter



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### THE EXPANDING FAMILY LIFE CYCLE

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Updated, expanded, and more comprehensive than ever, this new Fifth Edition of this classic family therapy text, The Expanded Family Life Cycle, gives readers a solid understanding of human development and the life cycle. Featured are a groundbreaking integration of individual development within a systemic context discussion of the increasing racial, ethnic, and cultural diversity across the life cycle in the United States today; life cycle perspectives on LGBT issues, alcohol, sexuality, migration, social class, violence in the family, and assessment of "home place" as fundamental to clinical work. This edition moves from society's general orientation of nuclear families to consider a more diverse and inclusive definition of society's rapidly changing family patterns, one that considers, among other things, that the life cycle time frame itself has been expanding as people live longer and the patterns of coupling and child rearing continue to change.

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### About the Author

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Sales Rank: #14440 in Books
Published on: 2015-06-22
Original language: English

• Number of items: 1

• Dimensions: 9.20" h x 1.00" w x 7.60" l, .0 pounds

• Binding: Hardcover

• 576 pages

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3 of 3 people found the following review helpful.

Useful tool for MFT's

By Anonymous

This book did a wonderful job of transcribing the complex topic of human development across the life span into a book. I appreciated the more narrative style in which is was written and the many case study examples that are provided throughout. The book is definitely written through the multicultural and social justice lens of the authors. But this is something that I appreciated and that spoke to me. As an MFT student in graduate school, I know that I will be working with a variety of multicultural clients and the experience surrounding privilege and oppression is something that is very real in all of our lives. Like all textbooks, I read everything with a critical eye and do not take everything at face value. But I found this book to be a useful tool that provides another context of how I may be better able to understand and help my clients in the future.

3 of 3 people found the following review helpful.

The Expanding Family Life Cycle has the courage to outline ...

By Galyn Burke

The Expanding Family Life Cycle has the courage to outline the powerful role that race, gender, class, sexual orientation, and personal ability play throughout each stage of the family life cycle. While often invisible, these social factors impact families as they strive to do the hard work of transitioning throughout each life stage, all of which are concretely outlined in the book. After reading this book, I feel confident in my understanding of the expanding family life cycle and how to help families through it, while keeping an eye out for the impact that social factors may have on families who are trying to thrive.

2 of 2 people found the following review helpful.

important text for therapists

By wendy jacobsen

As both a former educator and a future clinical therapist, I found this text inspiring and empowering. It sensitively presents the phases of the family life cycle with intellectual rigor and grace.

So much damage is done by therapists who do not understand their clientele; this text aids in the understanding of social pressure, injustice and oppression that many in our country experience on a day to day basis. These pressures compound the challenges families and individuals will face throughout the life cycle. It is imperative future therapists understand these issues in the context of the family life cycle in order to best guide our clients through these phases. Teaching and understanding from this perspective affirms the diverse experiences of the clientele we serve here in the U.S.

There are a few grammatical errors in the text. My hope is that the editor of the next edition will catch these so they don't provide distraction to important subject matter.

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