



# Treating Troubled Children and Their Families

*Ellen F. Wachtel PhD JD*

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## **Treating Troubled Children and Their Families** Ellen F. Wachtel PhD JD

Integrating systemic, psychodynamic, and cognitive-behavioral perspectives, this acclaimed book presents an innovative framework for therapeutic work. Ellen Wachtel shows how parents and children all too often get entangled in patterns that cause grief to both generations, and demonstrates how to help bring about change with a combination of family-focused and child-focused interventions. Vivid case examples illustrate creative ways to engage young children in family sessions and conduct complementary sessions with children and parents alone, using a variety of strengths-based, developmentally informed strategies. The paperback edition features a new preface in which the author reflects on the continuing evolution of her approach.

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