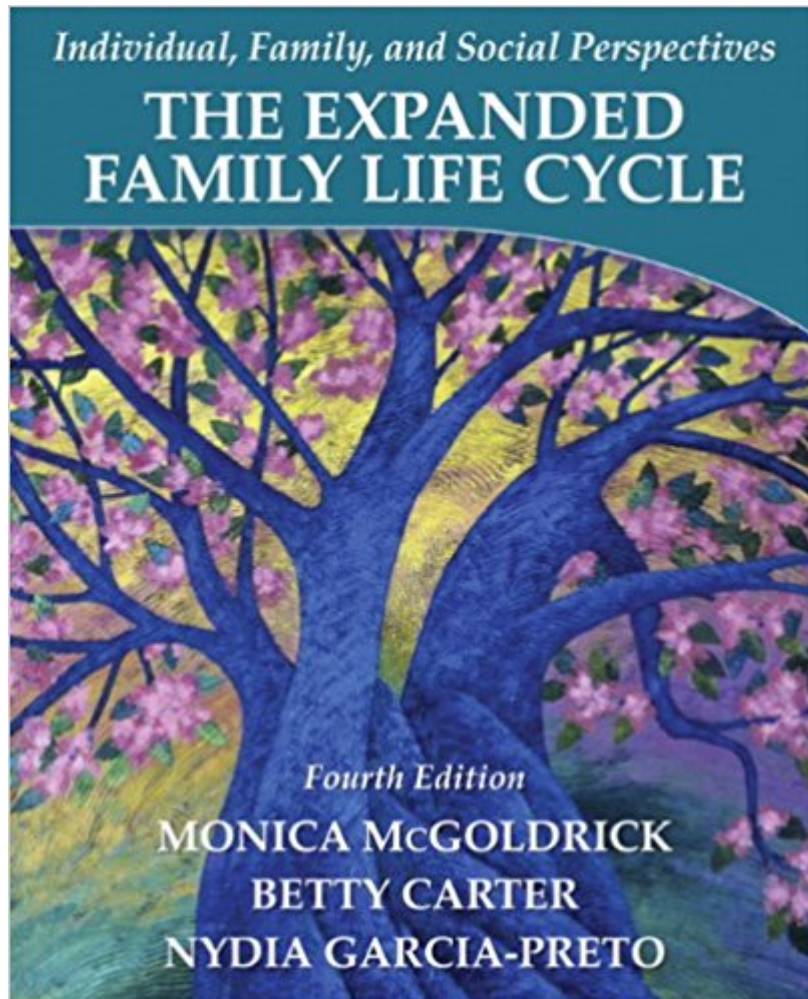


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# The Expanded Family Life Cycle: Individual, Family, And Social Perspectives (4th Edition)



## Synopsis

The 4th edition of this Family Therapy text (publication date: 2011) which has become a classic in the 30 years of its use, expands even further new and more comprehensive ways to think about human development and the life cycle, reflecting changes in society away from orientation toward the nuclear family, toward a more diverse and inclusive definition of family. This expanded view of the family includes the impact of issues at multiple levels of the human system: the individual, family households, the extended family, the community, the cultural group, and the larger society. The text features a ground-breaking integration of individual male and female development in systemic context; discussion of our nation's increasing racial, ethnic, and cultural diversity across the life cycle; 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.

## Book Information

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## Customer Reviews

This is an essential book for therapists searching for creative, systemic and non-pathologizing methods to understand the families they are working with and to understand their own family of origin stories in a deeper and more compassionate way. In a very powerful way, the book provides a clear method to evaluate for the ways that the many dysfunctions of our society may impact our clients through time rather than blaming clients for these dysfunctions. The text takes us far beyond seeing clients as individuals with pathologies and in collaboration with many referenced multidisciplinary sources the authors create a framework for understanding families as they travel

through multiple generations and the life cycle. The framework provided allows for but is not limited to for analysis of the family across multiple generations taking into account stressors such as poverty, racism, classism, sexism, homo/bi/transphobia, socio-cultural contexts, life cycle transitions, unpredictable stressors (such as trauma), historical, political, and economic events. The framework is an integral tool in eliciting family stories that help both families and clinicians see both the pain and the strengths woven throughout the lives of those we work with. The book broadens psychological and developmental frameworks that have historically limited clinicians to viewing clients as individuals with internal problems and creates a way to assess and understand individuals within their current and historical cultural and family contexts. This framework is powerful as it truly deepens our understanding of how a family is functioning through time and helps select the interventions that will be the most healing given client's particular history and cultural background. I have found particularly helpful the many case studies and the chapter entitled "Coaching at Various Stages of the Life Cycle". This chapter gives a clear explanation of the way Murray Bowen thought about families and specific ways to work with families at various points in the life cycle. A wonderful taste of Bowen's thinking combined with the life cycle framework.

This "textbook" contains numerous grammatical errors and is based largely on opinion. The few citations included are incorrectly formatted and are dated. I am unhappy that my graduate program decided on this book and I have informed my program director that it should be in fact removed. The text is hard to read due to incorrect sentence structure. I plan to contact the editor to find out how this book came into press. I have 6 weeks left in my class and I hope that I can pass my midterm and final as I am unable to continue reading this book.

This is an incredible book about the life cycle of different populations, groups and people. It is such a good and informative read. The material flows and it is easy to digest. I enjoyed reading this book and usually, textbooks can be pretty dry. This one I thoroughly enjoyed reading. It was definitely worth the cost.

Classic "required" psychological text, but useless in practice. RENT instead of buy as the only thing this is good for is genograms and you can find most of that online. When Winter comes it will make for kindling.

I have been using this book for years as one of the textbooks in my Adult Development course, in a

post-graduate training program for Marriage and Family Therapists. While I share some of the concerns about political correctness and/or bias that other reviewers have expressed, there are several reasons for my continuing to use the book. First of all, there is nothing else in the literature that covers these topics in a comprehensive way from a developmental perspective. For that reason alone the book is hugely valuable for students in the field, and the authors have done the profession a tremendous service in organizing the material in such a cogent and understandable way. Second, while the authors may overstate certain elements of their political agenda, and I do have my bones to pick with them about certain statements, I give them credit for articulating and focusing on how issues of class, gender, race, culture and economic status impact the development of adults and families, and how important it is for therapists to be cognizant of this. For these reasons I continue to assign a number of chapters in this book every year. My advice to my students, and to other future readers of the book, is this: be aware that the authors do have a political/feminist agenda, and read their various statements with this in mind. To the extent that you find that this results in statements that you find suspect or inaccurate, you are entitled to be discerning and to suspend your belief. My course is a graduate level course, and I have confidence in my students' ability to take what is valuable to them from their readings, and either to disregard the rest, or to be conscious of the importance of thinking through the reasons you have for disagreeing or questioning parts of the book. Recognize that learning to articulate the reasons for your disagreement with another's premises is an important part of your education.

I am so disappointed in this book. I echo other reviewers who noted the poor grammar, lack of accurate citation, and worst of all was the militant feminist bent to this 'text'. Text books should be factual, not someone's anti-male, anti-family rant. Not impressed at all with the lack of balance and fairness to the two parent family.

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