



# Manual de Terapia Sistémica (Biblioteca de Psicología) (Spanish Edition)

*Alicia Moreno Fernández*

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## **Manual de Terapia Sistémica (Biblioteca de Psicología) (Spanish Edition)** Alicia Moreno Fernández

Este valioso manual ofrece una visión panorámica, didáctica y bien estructurada del vasto campo de la terapia familiar sistémica. La combinación de fundamentación teórica, herramientas de intervención y ejemplos de casos clínicos contribuye a su valor como libro de referencia en programas de formación y a su utilidad para la práctica profesional. Carlos E. Sluzki La terapia sistémica promueve el cambio de las personas dentro de sus contextos relacionales significativos. Cada vez más profesionales de la psicología, el trabajo social, la educación o la psiquiatría se especializan en el enfoque sistémico para adquirir conceptos, modelos y estrategias de intervención que toman en cuenta e inciden en estos sistemas, preferentemente la pareja y la familia. Estas herramientas sistémicas son imprescindibles para abordar la mayor parte de las dificultades que afectan a niños, adolescentes y adultos, para los conflictos en las relaciones de pareja o familia, y para considerar las distintas posiciones o roles que se establecen entre profesionales y clientes. Quienes trabajen con individuos, parejas o familias encontrarán en el enfoque sistémico un marco para entender el impacto de los contextos relacionales y las narrativas familiares y sociales, y algunas de las herramientas de intervención más innovadoras y eficaces desarrolladas recientemente. Este manual es una guía para la práctica que reúne las claves para evaluar, formular y abordar los problemas desde una perspectiva relacional, las destrezas terapéuticas de los diferentes modelos de terapia sistémica y las cuestiones más relevantes sobre la propia figura del terapeuta. Alicia Moreno es Doctora en Psicología y profesora de la Universidad Pontificia Comillas de Madrid, donde ha sido directora del Master en Terapia Familiar y de Pareja (2000-2014). Compagina la docencia universitaria y la formación de profesionales con la práctica como psicoterapeuta y coach.

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