



# **Student Workbook-Family Exploration: Personal Viewpoint for Multiple Perspectives for Goldenberg/Goldenberg's Family Therapy:An Overview**

*Herbert Goldenberg, Irene Goldenberg*

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This popular workbook encourages students to explore their own family origins and the roles that family dynamics play in students' attitudes, values, and behavior patterns. Students are encouraged to think about systems theory in general and apply it to their own lives. By working through the book's in-depth interpersonal life-experience exercises, now greatly expanded, readers have a powerful subjective experience that can be used as a vehicle for discovering their own family strengths and interactive patterns as an aid in assessing their own potential as family therapists.

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