



Systems-Centered Therapy: Clinical Practice with Individuals, Families and Groups

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Systems-centered therapy (SCT) brings an innovative approach to clinical practice. Developed by Yvonne Agazarian, SCT introduces a theory and set of methods that put systems ideas into practice. The collection of articles in this book illustrates the array of clinical applications in which SCT is now used. Each chapter introduces particular applications of SCT theory or methods with specific examples from practice that help the theory and methods come alive for the reader across a variety of clinical contexts. This book will be especially useful for therapists and clinical practitioners interested in sampling SCT, for those who learn best with clinical examples, and for anyone with a serious interest in learning the systems-centered approach.

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