

101種 家族治療技巧 II

101 More Interventions
in Family Therapy

Thorana S. Nelson &
Terry S. Trepper◎主編
潘貞妮、王慶福、王郁茗◎譯



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Editors

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Terry S. Trepper, PhD 是家庭研究中心主任、心理學教授，以及在印第安那州普渡大學的婚姻家族治療教授。他是美國心理學會（APA）的會員，是美國婚姻與家族治療學會（AAMFT）臨床成員和合格的督導，也是美國性教育者、諮商師、治療師學會（AASECT）所認可的性治療師，並獲得美國性學委員會最高治療師的殊榮。他是家族心理治療期刊（*Journal of Family Psychotherapy*）的編輯，也是 Haworth 出版社的婚姻與家庭系列叢書的執行編輯。Trepper 博士曾與 Mary Jo Barrett 合編過 *Systemic Treatment of Incest: A Therapeutic Handbook; Treating Incest; A Multiple Systems Perspective*（The Haworth Press, 1987）一書；並與 Thorana Nelson 合編過 *101 Interventions in Family Therapy*（The Haworth Press, 1993）。



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負責翻譯第 69～101 章



五年以前，當我們出版《101 種家族治療技巧》的時候，我沒有想到會引起那麼多的迴響。這本書在各種不同的專業雜誌上，都得到極好的評價，而且這本書在全世界的銷售，也比我們期望的還要好，我們也接到很多治療師的詢問，表示如果會有一本續集的話，他們願意有所貢獻。這本書不只被專業的治療師用來刺激靈感，改進他們的治療，而且也是所有臨床科系的研究所在實習時所用的教科書。讀者寫信來告訴我們「幾乎每一頁都很有創意……」，而且將這本書描述為「令人興奮和充滿活力」和「有很高的可讀性和啟發性」。

不用說，我們對於這些反應感到非常的高興。我們最初的構想，即從臨床治療師那兒去搜集有趣而且有原創性的技巧，很明顯的是成功了。這本書搜集到的精華，都是從我們參加年會的經驗、和其他治療師的討論，和分享我們個人在臨床上的重大發現而得來的。透過這些所見所聞，我們最初的構想就這樣實現了。

不過，我們也發現，在這個領域裡的人可以提供我們無數的好點子。在我們寫完一本書後沒多久，就有很多人開始詢問第二本書，他們並不知道我們正在著手這個計畫，一直到這本書完成都還有人問。

《家族心理治療期刊》（*The Journal of Family Psychotherapy*）有一個專欄叫做交換技巧，它提供短而且創新的技巧，和那些在《101 種家族治療技巧》一書中的方式滿類似的，有很多非常好的文章，是我們沒有辦法全部出版的。每次我們辦理訓練和工作坊，參加的人就提供很不錯的技巧，我們但願能把它們都放進《101 種家族治療技巧》一書。所以我們只有一件事可以做：那就是編輯第二本書！