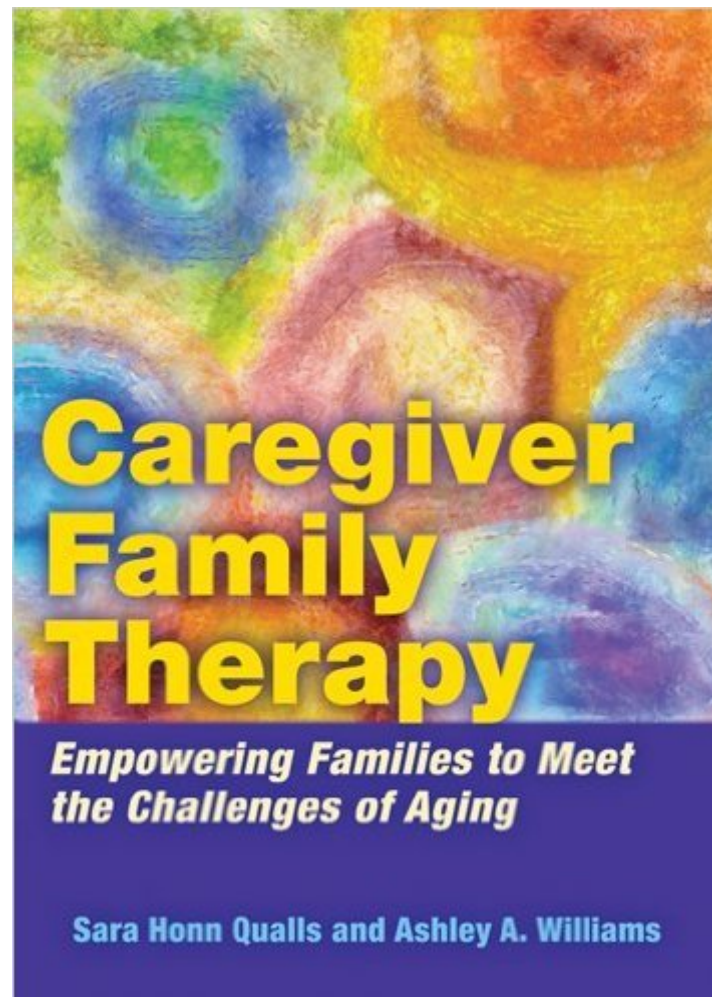


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# Caregiver Family Therapy: Empowering Families To Meet The Challenges Of Aging



## Synopsis

Caring for an older family member with physical or cognitive impairments is a difficult, strenuous process. Caregivers often struggle to balance their own needs with those of the care recipient. Their relationships with family, friends, coworkers, and even the care recipient can suffer as well. As a result, family members often seek professional help to guide them through the caregiving process. This book presents Caregiver Family Therapy (CFT), a systems approach to treating families that care for an aging adult. CFT consists of three core stages: identifying the problem, structuring caregiver roles, and ensuring caregiver self-care. Transition stages bridge one core stage to the next, helping caregivers structure care for the older adult, examine the impact of caregiving role structures, and consider broader effects of caregiving. As new challenges arise, the stages are repeated and the CFT process begins anew. Full of rich clinical examples, this book will help therapists and other service providers meet the complex, diverse needs of caregiving families.

## Book Information

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This book is needed for a college course. I have no regrets about the purchase of the book; it' looks brand new.

Great book. Helpful with understanding the full shape of the problem when conducting caregiver family therapy.

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