



# Family Therapy: An Interactional Approach

By Maurizio Andolfi

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## Family Therapy: An Interactional Approach By Maurizio Andolfi

Dr. Maurizio Andolfi, "Andi" to my dog and me, is one of the fourth generation family therapy theorists. This book, which he calls "interactional," is probably one you would not enjoy. Maybe you could give it to a rival colleague on his birthday. Combining the teachings of Zwering and Laperriere with Ferber is confusing. Add to that a Horney analysis and stir with two ounces of Minuchin and a dram of Haley, and Andolfi becomes distracting to his friends and colleagues. His work with Can crini reacculturated him somewhat, but a Roman is a Roman, and, of course, he could not understand such problems as those we conquer in the United States. Assuming your rival is a well-trained, cause-and-effect thinker, you might find ways to watch him squirm. If he has not tried paradoxical methods, expect him to take a long vacation from work. If he is already a good family therapist, he may become a bit hypomaniac, and his team may talk to you in private. Encourage them to suggest that he work harder and stop reading the book or, better still, donate it to the social work school library; they will read anything. If the team complains that the book advises teaching sick families how to be their own therapists, resist any impulse to check this out. No family could become self-reparative when it is already dysfunctional. We know that professional help is the only hope.

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