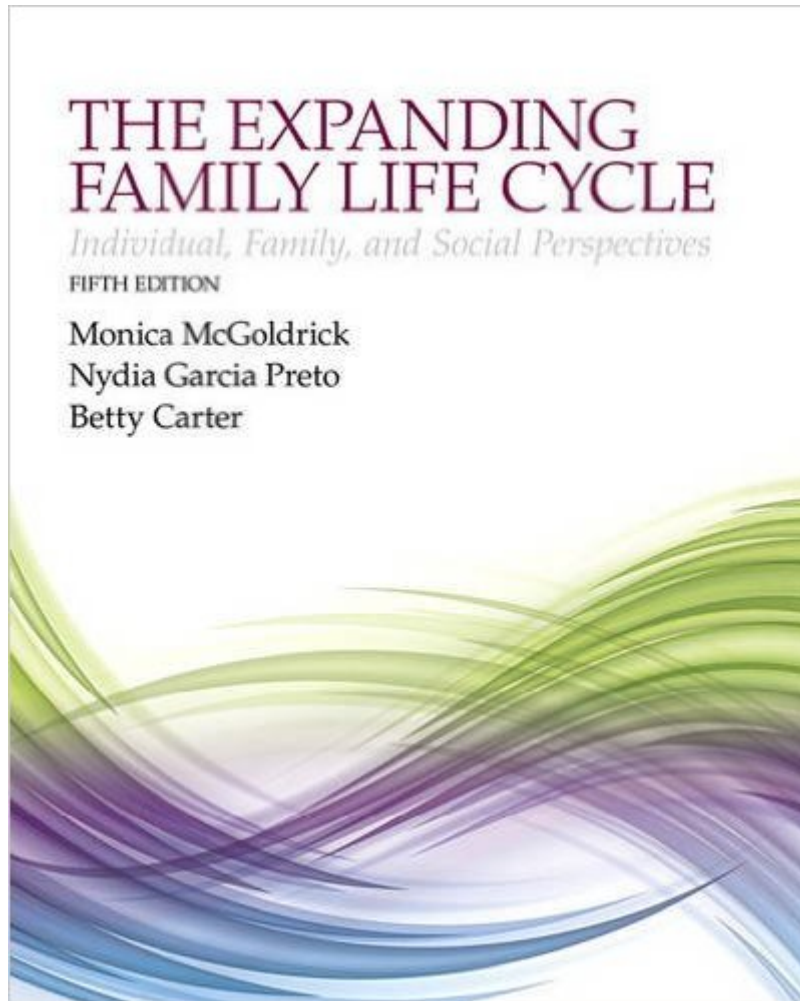


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# The Expanding Family Life Cycle: Individual, Family, And Social Perspectives



## Synopsis

Note: This is the bound book only and does not include access to the Enhanced Pearson eText. To order the Enhanced Pearson eText packaged with a bound book, use ISBN 0134057279.

Updated, expanded, and more comprehensive than ever, this new Fifth Edition a classic family therapy resource, *The Expanded Family Life Cycle*, gives readers a solid understanding of human development and the life cycle. Featured are a groundbreaking integration of individual development within a systemic context discussion of the increasing racial, ethnic, and cultural diversity across the life cycle in the United States today; life cycle perspectives on LGBT issues, alcohol, sexuality, migration, social class, violence in the family, and assessment of home place as fundamental to clinical work. This edition moves from society's general orientation of nuclear families to consider a more diverse and inclusive definition of society's rapidly changing family patterns, one that considers, among other things, that the life cycle time frame itself has been expanding as people live longer and the patterns of coupling and child rearing continue to change. Also explored are the impact of issues at multiple levels of the human system and the individual, family households, extended family, community, cultural group, and the larger society. Included are new chapters on sexuality over the life course, mental health as well as physical health in life cycle perspective, and friendship through the life cycle. The Enhanced Pearson eText features embedded self-check assessments.

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## Customer Reviews

This book did a wonderful job of transcribing the complex topic of human development across the life span into a book. I appreciated the more narrative style in which it was written and the many case study examples that are provided throughout. The book is definitely written through the multicultural and social justice lens of the authors. But this is something that I appreciated and that spoke to me. As an MFT student in graduate school, I know that I will be working with a variety of multicultural clients and the experience surrounding privilege and oppression is something that is very real in all of our lives. Like all textbooks, I read everything with a critical eye and do not take everything at face value. But I found this book to be a useful tool that provides another context of how I may be better able to understand and help my clients in the future.

The Expanding Family Life Cycle has the courage to outline the powerful role that race, gender, class, sexual orientation, and personal ability play throughout each stage of the family life cycle. While often invisible, these social factors impact families as they strive to do the hard work of transitioning throughout each life stage, all of which are concretely outlined in the book. After reading this book, I feel confident in my understanding of the expanding family life cycle and how to help families through it, while keeping an eye out for the impact that social factors may have on families who are trying to thrive.

While I don't expect textbook authors to be particularly good at making material interesting or engaging, I do expect them to be mostly impartial/impersonal. This text reads like a conversation with an individual who views older theoretical frameworks with disdain, and is concerned more with reinforcing and supporting their own perspective than with explaining how theory has changed. It's

not the place of a textbook to tell a reader whether a paper is "wonderful", whether a theory is ridiculous, or making broad assertions about the nature of education without any supporting sources. I tend to agree with a number of the opinions/perspectives expressed, which makes it all the more disappointing. Much of what they express makes sense intuitively and can be reasonably asserted, but is left unverified and unsupported, whilst nearly any criticism of other perspectives appears to be thoroughly supported (I'll leave it to other readers to determine whether those sources actually support what is said). It gives the impression of having an agenda, which is out of place for a text required for coursework. In other words, the glaring issue with this text is its identity. I'm not sure if the authors meant to create a textbook, or a persuasive essay. As such, I'm finding myself having to read and re-read basic information so as to make sure I'm not inadvertently carrying their opinions over into my own evaluations/coursework. Thank goodness for "renting" kindle books - I don't want this as a permanent addition to my library, nor would I be pleased if I had paid the full price for it.

As both a former educator and a future clinical therapist, I found this text inspiring and empowering. It sensitively presents the phases of the family life cycle with intellectual rigor and grace. So much damage is done by therapists who do not understand their clientele; this text aids in the understanding of social pressure, injustice and oppression that many in our country experience on a day to day basis. These pressures compound the challenges families and individuals will face throughout the life cycle. It is imperative future therapists understand these issues in the context of the family life cycle in order to best guide our clients through these phases. Teaching and understanding from this perspective affirms the diverse experiences of the clientele we serve here in the U.S. There are a few grammatical errors in the text. My hope is that the editor of the next edition will catch these so they don't provide distraction to important subject matter.

Learning about Life Cycle would be incomplete without discussing the social stressors that Monica brings up. I am glad that we used this book as a part of our MFT curriculum. Without understanding what oppression and discrimination do to not only an individual but entire generations, we can not help families heal. Besides that, we discussed many issues that should be part of the conversation of a good, new age counseling program. We live in the modern world, where globalization is happening very fast. We can not ignore the multicultural issues and viewpoints of this world. I feel more empowered to be a better counselor after reading this book.â

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