



THE HANDBOOK OF **Systemic Family Therapy**

VOLUME 1: The Profession of Systemic Family Therapy

Editor-in-Chief: **Karen S. Wampler**

Associate Co-Editors: **Richard B Miller** and **Ryan B. Seedall**



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*In memory of Douglas J. Sprenkle
Educator, scholar, colleague, mentor, and friend.*

Karen Smith Wampler, PhD, passed away unexpectedly, just weeks before *The Handbook of Systemic Family Therapy* went to press. The handbook is dedicated to her lasting memory.

Karen served as Editor-in-Chief for all four volumes of *The Handbook of Systemic Family Therapy*. From the beginning, she had a vision of what our field needed to know to move into the future. Her work was finished in late November 2019, just in time for her next adventure in New Zealand and Australia. She was wise in her selection of Co-Editors for each volume: Rick Miller and Ryan Seedall (Volume 1), Lenore McWey (Volume 2), Adrian Blow (Volume 3), and Mudita Rastogi and Reenee Singh (Volume 4). She was grateful for the chance to work with each of these scholars and with her Assistant Editor, Leah W. Maderal. She was delighted and humbled to see “the book” grow to 106 chapters and 292 authors and co-authors. It cheered her heart—there was so much to know and so much to learn about systemic family therapy. She saw this work as her magnum opus, and it is.

Karen had a career as researcher and teacher, mentor, dissertation and thesis advisor, program director, and department chair that spanned 33 years. Her impact on the field of systemic family therapy lives on in these volumes, in her many research publications and chapters, in students she loved and trained, in colleagues who benefited from her wisdom, enthusiasm, and support, and in the many individuals and groups she touched with her kindness, generosity, intelligence, humor, and goodwill.

To paraphrase Shakespeare: “*We shall not look upon her like again.*”

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About the Editors

The Handbook of Systemic Family Therapy

Editor-in-Chief

Dr. Karen S. Wampler, PhD, retired as Professor with Tenure and Chair of the Department of Human Development and Family Studies at Michigan State University. Professor Emerita at Texas Tech University, she served as Department Chair, MFT Program Director, and the C. R. and Virginia Hutcheson Professor. During her 10 years at the University of Georgia, Dr. Wampler developed the MFT doctoral program as well as the Interdisciplinary MFT Certificate Program, a collaboration with MFT, Social Work, and Counseling. She is past editor of the *Journal of Marital and Family Therapy*. Her primary research interests are the application of attachment theory to couple interaction, family therapy process research, and observational measures of couple and family relationships. She has authored over 50 refereed journal articles and 10 book chapters and has been funded by NIMH. A licensed marriage and family therapist, she is a Fellow of AAMFT, past member of the Commission on Accreditation for Marriage and Family Therapy Education, and recipient of the Outstanding Contribution to Marriage and Family Therapy Award. The Family Therapy Section of NCFR has recognized her with the Distinguished Service to Family Therapy and Kathleen Briggs Mentor awards.

Associate Editors

Volume I: Richard B Miller and Ryan B. Seedall

Richard B Miller, PhD, is Chair of the Sociology Department, a former Director of the School of Family Life, and a former Associate Dean in the College of Family, Home, and Social Science at Brigham Young University (BYU). He is also a professor in the Marriage and Family Therapy Program at BYU. Prior to teaching at BYU, he taught at Kansas State University for 11 years, where he served as Director of the Marriage and Family Therapy Program. He is passionate about facilitating and enhancing clinical research in the field, and he has worked to introduce more advanced statistical methods in SFT doctoral programs and among SFT researchers, in general.

His personal program of research focuses on therapist effects and therapist behaviors in couple therapy. He is also involved in working toward the development of the practice of couple and family therapy in China. He has published over 100 journal articles and book chapters, and, along with Lee Johnson, he edited the book *Advanced Methods in Marriage and Family Therapy Research*. An MFT professor for over 30 years, he loves mentoring and collaborating with graduate students.

Ryan B. Seedall, PhD, is Associate Professor in the Marriage and Family Therapy Program at Utah State University, having received his SFT training from Brigham Young University (MS) and Michigan State University (PhD). He completed post-doctoral training with Dr. James Anthony in the NIDA-funded Drug Dependence Epidemiology Fellowship Program. His primary program of research focuses on understanding and improving relationship and change processes within the couple relationship and in couple therapy. He aims to improve couple and family relationships through research on couple interaction and support processes, especially within the context of chronic illness. He is also interested in protective family dynamics and prevention efforts, including ways to reduce mental health disparities. Lastly, he is interested in identifying specific interventions that are useful when working with couples (e.g., enactments) and also client-related factors that are strongly associated with process and outcome in therapy (e.g., attachment and social support). Dr. Seedall has published over 30 peer-reviewed journal articles and seven book chapters. He lives in Hyde Park, Utah, with his wife (Ruth) and four children (Spencer, Madelyn, Eliza, and Benjamin).

Volume 2: Lenore M. McWey

Lenore M. McWey, PhD, is a Professor and the Director of the Marriage and Family Therapy Program at Florida State University. She is a Licensed Marriage and Family Therapist and American Association for Marriage and Family Therapy Approved Supervisor. She has received federal funding from the National Institutes of Health (NIH) to support her research on children and families involved with the child welfare system, and the results of her work have been published widely in high-impact, peer-reviewed journals. She currently serves as a scientific reviewer for the Health, Behavior, and Context Subcommittee of the Eunice Kennedy Shriver National Institute of Child Health and Human Development of NIH. Dr. McWey has been the recipient of the Florida State University Distinguished Teacher of the Year and the Outstanding Graduate Faculty Mentor awards.

Volume 3: Adrian J. Blow

Adrian J. Blow, PhD, works as a couple and family therapy intervention researcher and educator at Michigan State University (MSU). Dr. Blow is a Professor and Department Chair in the Human Development and Family Studies Department and faculty member of the Couple and Family Therapy Program. He obtained his PhD from Purdue University in 1999 where the late Doug Sprenkle served as his primary mentor. After Purdue, he joined the faculty at Saint Louis University where he worked for 6 years. He subsequently joined MSU in 2005. His research is focused on families and trauma, on military families, and on change processes in interventions pertaining

to systemic family therapy. He has acquired over two million dollars in research grants as principal investigator and published numerous peer-reviewed publications (60) and book chapters (12). He has mentored many students and in 2017 was awarded the American Association for Marriage and Family Therapy (AAMFT) Training Award, which recognizes excellence in family therapy education. He has served the field of systemic family therapy in a number of capacities and was the AAMFT Board Secretary from 2012 to 2014 and Board Treasurer from 2016 to 2019. He is married to Dr. Tina Timm, Associate Professor in the MSU School of Social work. He has six children.

Volume 4: Mudita Rastogi and Reenee Singh

Mudita Rastogi, PhD, practices at Aspire Consulting and Therapy as a Licensed Marriage and Family Therapist, coach, and educational trainer. Dr. Rastogi obtained her PhD in Marriage and Family Therapy from Texas Tech University, her master's degree in psychology from University of Bombay, and her BA (Honors) in Psychology from University of Delhi. Prior roles include serving as Professor at the Illinois School of Professional Psychology, Program Director for the SAMHSA-funded Minority Fellowship Program at the American Association for Marriage and Family Therapy, Associate Editor for the *Journal of Marital and Family Therapy*, editor of the books *Multicultural Couple Therapy* and *Voices of Color*, and Associate Editor for the *Encyclopedia of Couple and Family Therapy*. Dr. Rastogi's publications focus on culture, gender, and global issues within the context of family and couple therapy. Dr. Rastogi is a Clinical Fellow and AAMFT Approved Supervisor having practiced in both India and the United States. She is a founding member of the Indian Association for Family Therapy. Dr. Rastogi's clinical and training interests include systemic family therapy, diversity and inclusion, global mental health, parenting, child-free couples, gender, and trauma. Additionally, she maintains an interest in partnering with grass-roots, not-for-profit organizations.

Reenee Singh, DSysPsych, is the Chief Executive of the Association for Family Therapy and Systemic Practice in the United Kingdom. She is the Founding Director of the London Intercultural Couples Centre at The Child and Family Practice in London, where she practices as a Consultant Family and Systemic Psychotherapist. She is the past editor of the *Journal of Family Therapy*, co-director of the Family Therapy and Systemic Research Centre at the Tavistock and Portman NHS Foundation Trust, and visiting professor at the University of Bergamo. Dr. Singh is the author of two books and numerous academic articles on issues of "race," culture, and qualitative research. Dr. Singh has lived and worked in Singapore, India, and the United Kingdom. She has taught all over the world and presents her work at national and international conferences.

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