



# Attachment-Focused Family Therapy Workbook

*Daniel A. Hughes*

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**Attachment-Focused Family Therapy Workbook** Daniel A. Hughes

**A practical workbook companion to *Attachment-Focused Family Therapy*, the best-selling text that brought attachment into the realm of family therapy.**

Daniel A. Hughes, a leading practitioner in his field, specializes in an attachment-oriented approach to family therapy. Applying his model to children and families with a range of psychological problems, this book distills just the clinical strategies, offering practitioners a host of practical exercises and interventions on the core skills of his treatment program.

An accompanying DVD demonstrates Hughes putting these strategies to work in a therapy session, revealing the undeniable power of attachment-focused family therapy to create a safe psychological space for families to repair attachment breaks and build the foundation for a healthier future.

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