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AN OVERVIEW OF FAMILY DYNAMICS BASED ON CIRCUMPLEX MODEL

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Preface

The Circumplex Model of Marital and Family Systems is one of the most valued and widely used approaches of its kind in family studies. This Model and its self-report instruments have been used in hundreds of research studies, which consistently find positive relationships between dimensions and various family health outcomes. International researches and studies in the marriage and family therapy field demonstrate how the model can be used to evaluate couple and family dynamics and plan treatment interventions. Using this model is appropriate for solving of problems in families with a range of clinical interventions at family levels. This Model designed as a multidisciplinary resource, for family therapists and other mental health professionals who work with individuals in a family treatment context.

The Circumplex Model and its instruments show great promise for future research on family health behaviors and outcomes. This book is adapted from the books and research papers written in this field. This work is product of my studies in this field about four years. I find this model is very useful and practical for family professionals.

I would like to thank Professor David H Olson who has provided me with the insights and knowledge in the discovery that I have made. It is indeed

Preface

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Saneh Ghanbari Panah

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