



Competence, Courage, and Change: An Approach to Family Therapy (Studies in Writing and Rhetoric)

Edith C. Lawrence, David B. Waters

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This book responds to a long-standing need in the field of psychotherapy created by the gradual demise of the medical model.

If we are not to define people by their deficits, how can we organize our understanding of them?

The concept of competence provides the needed framework. Beginning with the idea that most symptoms represent adaptive attempts gone awry, a competence approach develops the healthy urges that reside within symptoms and helps clients organize around those instead of around the problems themselves. This book delineates the why and how of this way of building therapy around hidden strengths, based on a strong partnership with families. Courage, hope, vision, and other concepts not usually treated in psychotherapy are taken seriously and developed as important aspects of treatment. Ultimately, this approach offers people a direct, positive challenge to find and develop the best that is in them.

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