



**Attachment Focused Family Therapy by Daniel A. Hughes**  
**ISBN: 978-0-393-70526-3**

"Dan Hughes has created a beautiful, clear, and eminently useful summary of his synthetic and powerful approach to family therapy. Combining the sensitivity of an empathic heart with the wisdom of a seasoned clinician, this book offers a solid theoretical overview of attachment theory and then brings us directly into the therapeutic session with a spectrum of illuminating, in-depth vignettes. The reader is not only offered the gift of practical tools, but is taken on an enjoyable and eye-opening journey into the very nature of our relationships, subjective experience, and the healing process. Dan Hughes makes attachment theory come vibrantly alive for both the

student and experienced therapist who will each benefit from this wonderful addition to our therapeutic library. Thank you!"

—DANIEL J. SIEGEL, M.D., Co-Director, UCLA Mindful Awareness

Research Centre, and author of *The Mindful Brain*, *Parenting from the Inside Out*, and *The Developing Mind*

"Daniel Hughes has written a book that will change how family therapy is practiced. In a manner parallel to the approach he takes as a therapist, Daniel Hughes's accessible, warm, friendly, down-to-earth, plain-spoken conversational tone as an author makes what he says seem like it is what we have always thought—except that it isn't. Attachment-focused Family Therapy is a revolutionary approach to family therapy and to the treatment of children with attachment disorders. Guided by what he calls the "double helix" of attachment and intersubjectivity, this way of working makes rapid contact with the core humanity of parents and children, no matter how extreme the difficulties that bring them to treatment. In the process of this empathy-driven model, not only are maladaptive patterns transformed and sufferings relieved, but the vitality of feeling joy and curiosity and love that comes from feeling connected, safe, and understood is restored. Whether you work with families, or individuals young or notso-young, your work will not be quite the same after reading this book. I know mine won't. I recommend this book with all my heart and mind."

—DIANA FOSHA, Ph.D., Director of the AEDP Institute in New

York City, and author of *The Transforming Power of Affect*