



# **Black Families in Therapy: Understanding the African American Experience**

*Nancy Boyd-Franklin Ph.D.*

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# Black Families in Therapy: Understanding the African American Experience

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**Black Families in Therapy: Understanding the African American Experience** Nancy Boyd-Franklin Ph.D.

This classic text helps professionals and students understand and address cultural and racial issues in therapy with African American clients. Leading family therapist Nancy Boyd-Franklin explores the problems and challenges facing African American communities at different socioeconomic levels, expands major therapeutic concepts and models to be more relevant to the experiences of African American families and individuals, and outlines an empowerment-based, multisystemic approach to helping clients mobilize cultural and personal resources for change.

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