



Dinámica de la familia: Un enfoque psicológico sistémico

By Luz de Lourdes Eguiluz



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Taking a thorough and exhaustive look at the family from the perspective of the systems theory, this guide is based on the idea that the family is a living organism composed of subsystems (conjugal, parental, fraternal) with certain properties (hierarchies, alliances, relationship rules), and a life cycle (dating, marriage, kids, old age, retirement). It also contains an analysis of the different types of families, the relationships between couples, and ways of communicating that characterize the different types, suggesting alternative ways to resolve conflict and common problems within family relationships. This is the definitive guide for therapists, sociologists, and social workers who want to know the different ways that are available to improve the family dynamic.

Revisando extensa y profundamente a la familia desde la perspectiva de la teoría de sistemas, esta guía se basa en la idea que la familia es un organismo vivo, compuesto por otros subsistemas (conyugal, parental, fraterno), con ciertas propiedades (jerarquías, alianzas, reglas de relación) y con un ciclo de vida (noviazgo, matrimonio, llegada, crecimiento y salida de los hijos, vejez y jubilación). Contiene también un análisis de los diversos tipos de familia, las relaciones de pareja y las creencias y formas de comunicación que las caracterizan—y aporta alternativas para la resolución de los conflictos y problemas comunes en las relaciones familiares. Es de gran interés y para aquellos que desean conocer y mejorar las dinámicas de relación que se establecen en la familia, especialmente terapeutas, pedagogos, psicólogos, sociólogos, y profesionales del trabajo social y comunitario, entre otros.



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Luz de Lourdes Eguiluz is a professor of family therapy and education at Mexico's National Autonomous University, as well as the head of the Project for Health, Family, and Environment Investigation.

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