



A Family Casebook: Problem Based Learning and Mindful Self-Reflection

Maria Napoli

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Family Based Case Studies provides family practice students and teachers a problem based learning approach and mindful self reflection creating a rich and exciting experience that is unique and highly effective.

The key to learning is to be able to transfer knowledge to real situations outside of the classroom. This family case study book goes beyond the call of duty when students use critical thinking skills and experience themselves as therapists from the onset of treatment until termination while processing clinical theory, therapy techniques, self observation and family dynamics. The step-by-step format offers an atmosphere of active engagement where ideas, creativity, knowledge and skill are explored and shared in small groups as well as large classroom discussions offering many opportunities for sharing knowledge and critical thinking. Teaching becomes more life like when there is active engagement between teacher and student. Teachers expand upon knowledge that students bring to the table giving ample opportunity for both teachers and students to exchange ideas.

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