



Family Wellness Skills: Quick Assessment and Practical Interventions for the Mental Health Professional

Joseph Hernandez

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A psycho-educational model for assessing individuals and families.

In *Family Wellness Skills*, Joseph Hernandez, a longtime Family Wellness trainer and practitioner, shares the foundational concepts of the Family Wellness model to make it accessible to an even broader audience. In it, he provides mental health professionals with a map to guide their clients from recognizing a need for change, to deciding to make a change, to achieving change itself.

Hernandez lays out the core ideas behind Family Wellness—chief among them, balancing individuality with connection; fostering skills for interpersonal health (speaking, listening, and cooperating); and developing and maintaining patterns that work for families (mutual respect, parents in charge, interdependence, and expecting change). He shows all helping professionals how to develop effective treatment plans and practical interventions that take into account a family's inherent assets. *Family Wellness Skills* provides a complete, handy guide to the key points of this successful treatment model, so any mental health professional can help families discover and develop their gifts and abilities, making for stronger, healthier relationships.

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