



# Positive Family Therapy: The Family as Therapist

*Nossrat Peseschkian*

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## **Positive Family Therapy: The Family as Therapist** Nossrat Peseschkian

The author's principal aim is to win over the patient through the development of the "positive" aspects of his psychopathology-a concern the significance of which I have also discovered, especially in schizophrenic therapy. It is in this specific sense that Peseschkian speaks of "positive" psychotherapy. His model is a notable synthesis of psychodynamic and behavior-therapeutic elements, making an essential contribution to unified relationships within psychotherapy. In this way Peseschkian is attempting not to directly confront the patient's resistances. The consultation takes place in a loving way through allusions to poetry, proverbs and oriental fairy tales and myths, to which Peseschkian, as a Persian, has direct access. His ability to offer his patient a great treasure of handed-down wisdom knows no bounds. Anyone who has personally experienced the author's therapeutic enthusiasm and optimism will understand why this method of short psychotherapeutic procedure is highly successful in its effects. Professor Gaetano Benedetti, M. D.

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