



# Terapia familiar ultramoderna: La inteligencia terapéutica (Spanish Edition)

*Juan Luis Linares*

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Esta obra propone un paseo por la terapia familiar sistémica que incluye al mismo tiempo una mirada clásica, porque asume influencias cruciales en el bagaje histórico del modelo sistémico, y una exploración novedosa, porque tales influencias vienen interpretadas de forma personal y porque las conclusiones que de ellas se extraen constituyen una propuesta original y, en algunos aspectos, heterodoxa.

Junto a algunos conceptos ya conocidos del autor, como el amor complejo o la nutrición relacional, se presentan de forma ordenada otros que conforman un mosaico novedoso. Aparece así una teoría sistémica de la personalidad, que, en su vertiente disfuncional, enlaza con el maltrato psicológico, y se reflexiona también sobre las bases relacionales de la psicopatología, buscando una propuesta de estrategias terapéuticas coherentes con las mismas, así como con los recursos personales del propio terapeuta.

Como el propio autor sugiere, matizando a Maturana, «somos criaturas primariamente amorosas y secundariamente maltratantes; cuando el poder nos bloquea el amor, enfermamos y hacemos enfermar, pero la inteligencia terapéutica nos devuelve la salud».

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