Family Theories: Foundations and Applications presents a comprehensive and accessible approach to the most current perspectives in the field of family theory. Shedding light on the increasing importance of incorporating theory in contemporary family research and while working directly with families, coverage is provided on a wide range of classic and emerging theories—including functionalist, conflict, symbolic interactionist, family developmental, family systems, social exchange, feminist, life course, family ecological, and stress and resilience theories.

Chapters begin with case studies depicting real-world families living in diverse circumstances, and go on to highlight a myriad of intersections across race, class, gender, sexual orientation, age, nationality, and family structures. Each chapter also covers the theory’s historic origins, major concepts, strengths and weaknesses, alternative perspectives, relevant pop culture examples, multimedia applications, discussion questions, suggestions for further reading, and more. Future directions of theoretical development in the family studies field are considered in a concluding chapter. Featuring up-to-date strategies and a seamless integration of theory, research, and practice, Family Theories: Foundations and Applications offers valuable insight into the key theories necessary to shape an understanding of the rich diversity and complexity of contemporary families.

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