

Adopting a Family Relationship Framework

- What is a family?
- Pluralism and today's families
- Family Systems
 - Enabling
 - Disabling
- Family Structure

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Adopting a Family Relationship Framework

- Gender Roles
 - Men
 - Women

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Adopting a Family Relationship Framework

- Cultural Diversity and the Family
- Ethnicity
- Family Narratives and Assumptions

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**Adopting a Family
Relationship Framework**

- Family Resiliency
 - Spirituality

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**Adopting a Family
Relationship Framework**

- The Family Therapy Perspective

- A paradigm shift

- Cybernetics and Epistemology
 - First Order
 - Second Order

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**Family Development:
Continuity and Change**

- The Family Life Cycle
 - Developmental tasks in each stage
 - The cautious approach to the family life cycle
 - Why?
- The Framework
 - Stage theory
 - Transitions between stages

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**Family Development:
Continuity and Change**

- Stressors within and between stages
 - Horizontal
 - Vertical
- Critique of the stage model
 - Universal application
 - Cultural significance

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**Family Development:
Continuity and Change**

- Changing Families, Changing Relationships
 - Becoming an adult
 - Coupling
 - Creating a family
 - Children
 - Adolescence
 - Launching
 - Reorganizing generational boundaries
 - Retirement and Widowhood

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**Family Development:
Continuity and Change**

- Other family types
 - Single-parent-led families
 - Types of...
 - Custody
 - Remarried – Blended families
 - Gay and Lesbian families

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Gender, Culture, and Ethnicity Factors in Family Functioning

- Role of Gender, Culture, and Ethnicity
 - What are they?
 - Why should we attend to them?
 - *Aren't all families basically the same?*
- Gender-Sensitive Family Therapy
 - Sex role socialization
 - Feminist family therapy
 - Gender schema

Gender, Culture, and Ethnicity Factors in Family Functioning

- Gender and a Feminist Perspective
 - Hare-Mustin
 - Carol Gilligan
- Gender, Work, and Family Life
 - Men's studies
 - Gender-sensitive therapy

Gender, Culture, and Ethnicity Factors in Family Functioning

- Multicultural and Culture-Specific Considerations
 - Culture-sensitive therapy
- Developing a Multicultural Framework
 - Ethnicity and the transmission of culture
 - Poverty, class, and family functioning

Interlocking Systems: The Individual, the Family, and the Community

- General Systems Theory
- Systems Terms
 - Organization
 - Wholeness
 - Family rules
 - Homeostasis
 - Feedback loops
 - Negative and positive

Interlocking Systems: The Individual, the Family, and the Community

- Systems Terms (cont'd)
 - Subsystems
 - Boundaries
 - Open and Closed systems
 - Negentropy & Entropy
- An Ecosystemic Approach
 - The family's place
 - Suprasystems

Professional Issues and Ethical Practices

- Professional Issues
 - Licensing and Certification
 - Continuing Education
 - Peer Review
 - Core Competencies
- Managed Care and Professional Practice
 - Managed care
 - Cultural revolution in how services were conceptualized and provided

Professional Issues and Ethical Practices

- Ethical Practice
 - Confidentiality
 - Legal liability
 - Malpractice
 - Informed Consent
 - Code of Ethics
 - Ethical Issues specific to treating couples and families
 - Mandated reporting

Psychodynamic Models

- The Role of Theory in Family Therapy
- The Contributions of Freud
- Adler and Sullivan
- The Psychodynamic Outlook
 - Object Relations
 - Self-psychology
 - Psychoanalysis and Family Dynamics
 - Nathan Ackerman

Psychodynamic Models

- Object Relations
 - Attachment Theory
 - Ainsworth and Bowlby
 - James Framo (Family of Origin Therapy)
 - The Scharffs
- Kohut and Self-Psychology

Transgenerational Models

- Bowen Family Systems Theory
 - His work with schizophrenia
 - Family emotional system
 - *The family's place in nature as a living system*
- Eight Theoretical Concepts
 - Differentiation of Self
 - Triangles
 - Nuclear Family Emotional Systems

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Transgenerational Models

- Eight Theoretical Concepts (Cont'd)
 - Family Projection Process
 - Emotional Cutoff
 - Multigenerational transmission process
 - Sibling Position
 - Societal Regression
- The Genogram
- Therapeutic Goals of Bowen Theory

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Transgenerational Models

- Contextual Therapy (Nagy)
 - Relational Ethics
 - The family ledger
 - Invisible loyalty
 - Legacies, debts and entitlements
 - Therapeutic goals
 - Ethics and the family

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Experiential Models

- A Humanistic Approach
- A Shared Philosophical Commitment
 - The inherent goodness and growth potential of all human beings
- Symbolic-Experiential Family Therapy
 - Carl Whitaker
 - The role of experience in producing change
 - Self of the therapist
 - Establishing therapeutic goals

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Experiential Models

- Symbolic-Experiential Family Therapy
 - The Therapeutic Process
 - Co-Therapy
 - Phases of therapy
 - Therapy is as much for the therapist as it is for the client.
- Gestalt Family Therapy (Kempler)
 - The Therapeutic Encounter
 - The Gestalt Family Therapy Credo

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Experiential Models

- Virginia Satir
 - The Human Validation Process
 - Self Esteem
 - Coping Skills
 - Individual Growth and Development
 - Family Roles and Communication Styles
 - Family Assessment and Intervention

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Experiential Models

- Emotionally-Focused Couple Therapy
 - Greenberg and Johnson
 - Attachment theory based
 - 9 Steps in the treatment model
 - Well supported by empirical research

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