

APCE 665  
DR. SOFTAS.

**The Structural Model**

- Wholeness, Hierarchy, & Subsystems
  - Salvador Minuchin
    - Families and Family Therapy
    - Psychosomatic Families
- Family Structure
- Subsystems
  - Boundary Permeability

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**The Structural Model**

- Enmeshment – Disengagement
- Alignments, Power, & Coalitions
- Family Dysfunction
- Goals of Therapy
- Joining
- Assessment of family interactions

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**The Structural Model**

- Family Mapping
- Unbalancing
- Enactments
- Restructuring Transactional Patterns
- Reframing

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## Strategic Models

- Communication Theory/Theorists
  - Palo Alto Group – MRI
  - Punctuation
  - Leading Figures
    - Jackson, Weakland, Haley, Bateson, Watzlawick
- A Communication Paradigm
  - Communication Axioms
  - Paradoxical Communication

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## Strategic Models

- Therapeutic Instructions
- First Order Change
- Second Order Change
- The Therapeutic Double Bind
  - Prescribing the symptom

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## Strategic Models

- MRI Brief Family Therapy
  - Types of Misguided Solutions
  - Outline of the therapeutic process
- Strategic Family Therapy
  - Jay Haley and Cloe Madanes
  - Meaning of Symptoms
  - Triangles, Sequences, and Hierarchies

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## Strategic Models

- The Initial Interview
  - Use of Directives
  - Paradoxical Interventions
    - Redefining, prescribing, and restraining
- Effectiveness of Strategic Approaches

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## Strategic Models

- Hypothesizing, Neutrality, and Circular Questioning
  - Define each of the above and their role in the theory
  - The role of underscoring "relatedness" with each of these principles
  - The Invariant Prescription

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## Strategic Models

- A Post Milan Epistemology
- Karl Tomm
  - The addition of "strategizing" to the repertoire of the systemic model.

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**Behavioral and Cognitive-Behavioral Models**

- Behavioral Theory – Leading Figures
  - Move away from traditional behavioral model to a family framework.
  - The inclusion of Cognitive Development Theory (Leading figures)
- Cognitive Behavioral Theory
  - Role of Assessment
  - Skills Building
  - Homework Assignments

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**Behavioral and Cognitive-Behavioral Models**

- Integrative Couples Therapy
  - Jacobson and Christensen
    - Themes of acceptance
- Research on the Behavioral Model
  - John Gottman
    - The four horsemen of the apocalypse
    - The 5:1 ratio of positive to negative

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**Behavioral and Cognitive-Behavioral Models**

- Parent Education (A Behavioral Model)
  - Skills building
  - Positive reinforcement, shaping
  - Contingency Contracting
- Functional Family Therapy
  - Focus on outcomes of behavior and how to change them.

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## Behavioral and Cognitive- Behavioral Models

- Sex Therapy
  - Sex as a metaphor for couple dynamics
  - Need for sexual education
  - Skills building
  - Masters and Johnson
  - David Schnarch
  - Donald Meichenbaum

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Postmodernism
- Social Constructionism
  - The role of language and language systems
  - Deconstruction
- A move away from hierarchy
  - Flattening of the therapeutic relationship
  - Reduction of therapist's "expert" status

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Reality Invented not Discovered
  - An epistemological shift
- Basic Characteristics of Social Constructionist Theories
  - Egalitarianism in therapeutic relationship
  - Client as expert
  - Assumptions about the problem are explored
  - Goal of helping clients explore new meaning

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Solution-Focused Brief Therapy (SFBT)
  - Steve de Shazer & Insoo Berg
  - Solution Talk
    - Miracle Questions
    - Exception-Finding Questions
    - Scaling Questions

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Solution-Oriented Brief Family Therapy
  - Leading Figures – O'Hanlon & Weiner-Davis
  - Goal-Oriented (as defined by the client)
  - Resistance not a useful concept
  - Change is inevitable
  - Only a small change is necessary
  - Clients have the strengths and resources necessary to change.

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Solution-Oriented concepts (cont'd)
  - Problems are unsuccessful attempts to resolve difficulties
  - In-depth problem knowledge is not required
  - Multiple perspectives

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**Social Construction Models:  
Solution-Focused Therapy and  
Collaborative Therapy**

- Collaborative Language Systems Approach
  - Leading Figures – Goolishian, Anderson, & Hoffman.
  - Problems as stories people have agreed to tell themselves
  - Hermeneutics
  - The reflecting team approach

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## **Social Construction Models: Narrative Therapy**

- The Narrative Metaphor
  - We live our lives through the stories we construct
  - Our lives as multi-storied
  - The Dominant Discourse or Story
  - Poststructuralism and Deconstructionism
  - Thick and Thin Descriptions

## **Social Construction Models: Narrative Therapy**

- Leading Figures - White & Epston
  - Self and cultural narratives
  - Oppression and its role in problem development and maintenance
  - Therapeutic Conversations
    - Externalizing the problem
    - Therapeutic Questions
    - Unique Outcomes
    - Alternative Stories
    - Therapeutic Letters
    - Forming Supportive Leagues

