

The family systems perspective

- Individuals - are best understood through assessing the interactions within an entire family
- Symptoms - are viewed as an expression of a dysfunction within a family

The family systems perspective

- Problematic behaviors -
 - Serve a purpose for the family
 - Are a function of the family's inability to operate productively
 - Are symptomatic patterns handed down across generations
- A family - is an interactional unit and change in one member effects all members

Multigenerational family therapy

- The application of rational thinking to emotionally saturated systems
 - a well-articulated theory is considered to be essential
- With the proper knowledge the individual can change
 - Change occurs only with other family members

Multigenerational family therapy

- Differentiation of the self
 - a psychological separation from others
- Triangulation
 - a third party is recruited to reduce anxiety and stabilize a couple's relationship

Therapy goals

- To change the individuals within the context of the system
- To end generation-to-generation transmission of problems by resolving emotional attachments

Therapy goals

- To lessen anxiety and relieve symptoms
- To increase the individuals member's level of differentiation

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Human validation process model

- Enhancement and validation of self-esteem
- Family rules
- Congruence and openness in communications

Human validation process model

- Sculpting
- Nurturing triads
- Family mapping and chronologies

Therapy goals

- Open communications
 - Individuals are allowed to honestly report their perceptions
- Enhancement of self-esteem
 - Family decisions are based on individual needs

Therapy goals

- Encouragement of growth
 - Differences are acknowledged and seen as opportunities for growth
- Transform extreme rules into useful and functional rules
 - Families have many spoken and unspoken rules

Experiential family therapy

- A freewheeling, intuitive, sometimes outrageous approach aiming to:
 - Unmask pretense, create new meaning, and liberate family members to be themselves
- Techniques are secondary to the therapeutic relationship

Experiential family therapy

- Pragmatic and atheoretical
- Interventions create turmoil and intensify what is going on here and now in the family

Therapy goals

- Facilitate individual autonomy and a sense of belonging in the family
- Help individuals achieve more intimacy by *increasing their awareness and their experiencing*

Therapy goals

- Encourage members to be themselves by freely expressing what they are thinking and feeling
- Support spontaneity, creativity, the ability to play, and the willingness to be "crazy"

Structural family therapy

- Focus is on family interactions to understand the structure, or organization of the family
- Symptoms are a by-product of structural failings

Structural family therapy

- Structural changes must occur in a family before an individual's symptoms can be reduced
- Techniques are active, directive, and well thought-out

Therapy goals

- Reduce symptoms of dysfunction
- Bring about structural changes by:
 - modifying the family's transactional rules
 - developing more appropriate boundaries

Therapy goals

- creation of an effective hierarchical structure
 - it is assumed that faulty family structures have:
 - Boundaries that are rigid or diffuse
 - Subsystems that have inappropriate tasks and functions

Strategic family therapy

- Focuses on solving problems in the present
- Presenting problems area accepted as "real" and not a symptom of system dysfunction
- Therapy is brief, process-focused, and solution-oriented

Strategic family therapy

- The therapist designs strategies for change
- Change results when the family follows the therapist's directions and change transactions

Therapy goals

- Resolve presenting problems by focusing on behavioral sequences
- Get people to behave differently
- Shift the family organization so that the presenting problem is no longer functional

Therapy goals

- Move the family toward the appropriate stage of family development
 - problems often arise during the transition from one developmental stage to the next

Social constructionism

- The client, not the therapist, is the expert
- Dialogue is used to elicit perspective, resources, and unique client experiences

Social constructionism

- Questions empower family members to speak, and to express their diverse positions
- The therapist supplies optimism and the process

Therapy goals

- Generate new meaning in the lives of family members
- Co-develop, with families, solutions that are unique to the situation
- Enhance awareness of the impact of various aspects of the dominant culture on the family

Therapy goals

- Help families develop alternative ways of being, acting, knowing, and living

