



National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**Native Center for
Behavioral Health**



SAMHSA
Substance Abuse and Mental Health
Services Administration

Families and Relationships – Part 1

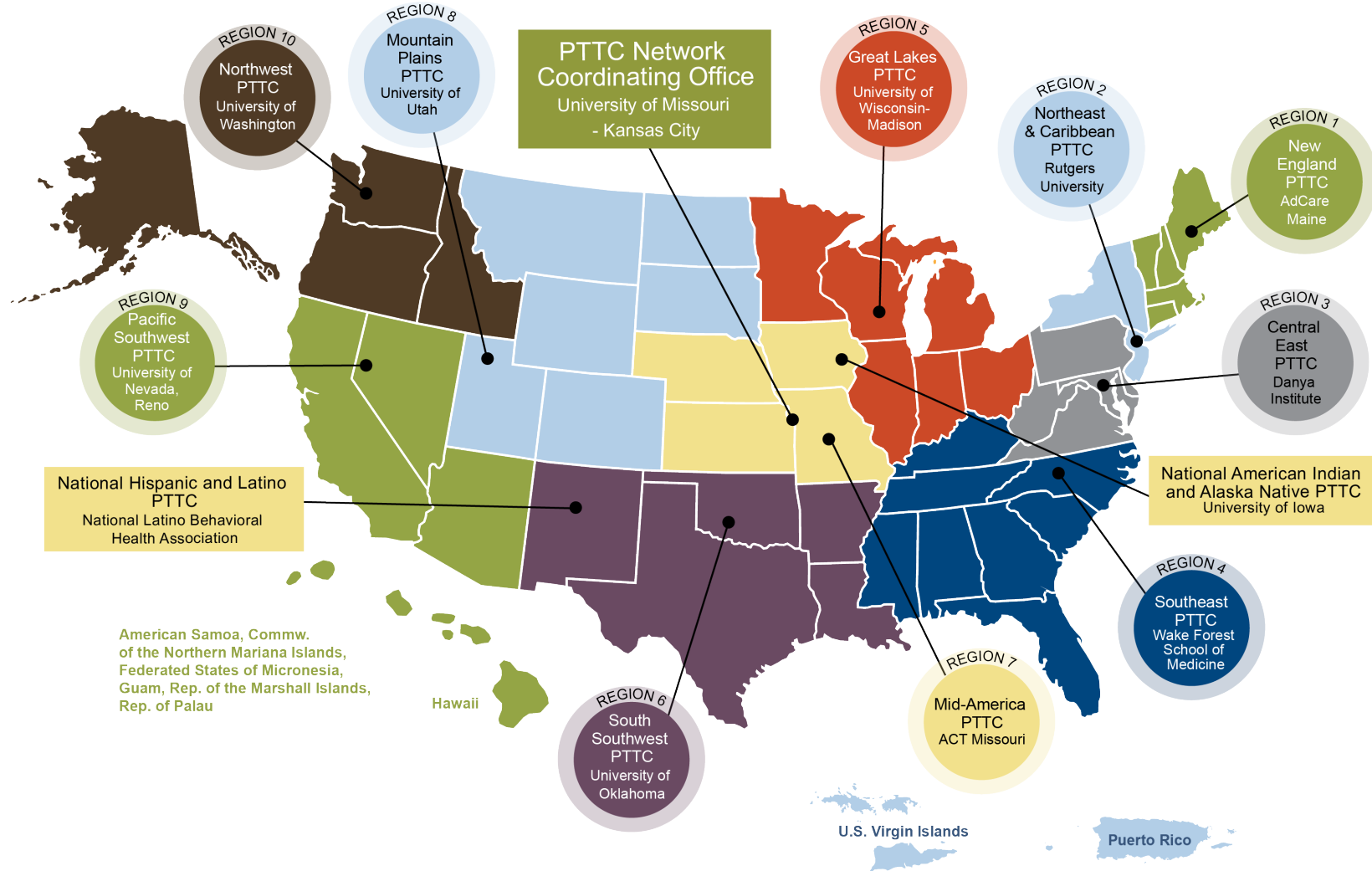
Avis Garcia, PhD. LAT, LPC,
NCC



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PTTC Network



American Indian & Alaska Native Prevention Technology Transfer Center

This webinar is provided by the National American Indian & Alaska Native PTTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



Substance Abuse and Mental Health
Services Administration

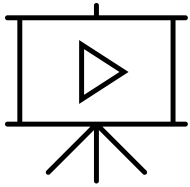
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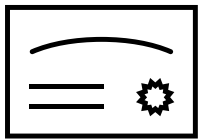


Follow-up

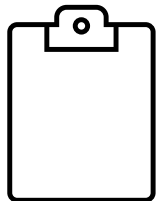
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)

Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited. Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations





INTRODUCTION TO FAMILY THERAPY

AVIS GARCIA, PHD. LAT, LPC, NCC

PTTC FAMILY SERIES 1 OF 3

MARCH 24, 2021




OBJECTIVES

1. EXPLAIN THE MEANING OF FAMILY
2. LEARN ABOUT CONFLICTS, ISSUES, AND PROBLEMS OF FAMILY.
3. EXAMINE THE SIGNS OF FAMILY PROBLEMS AND TRIGGERS FOR FAMILY PROBLEMS
4. UNDERSTAND THE IMPACT OF FAMILY AND RELATIONSHIP PROBLEMS
5. LEARN ABOUT FAMILY COUNSELING
6. UNDERSTAND THE EXPECTATIONS FROM FAMILY COUNSELING.



OBJECTIVES

1. KNOW HOW FAMILY COUNSELING HELPS.
 2. UNDERSTAND THE REASONS FOR FAMILY COUNSELING.
 3. EXAMINE WHAT IS INCLUDED IN FAMILY COUNSELING
 4. EXPLAIN HOW COUNSELOR HELPS THE FAMILY
 5. LEARN ABOUT WHAT TO TALK ABOUT IN GROUP COUNSELING
- 



WHAT IS FAMILY THERAPY?

WHAT IS FAMILY COUNSELING?

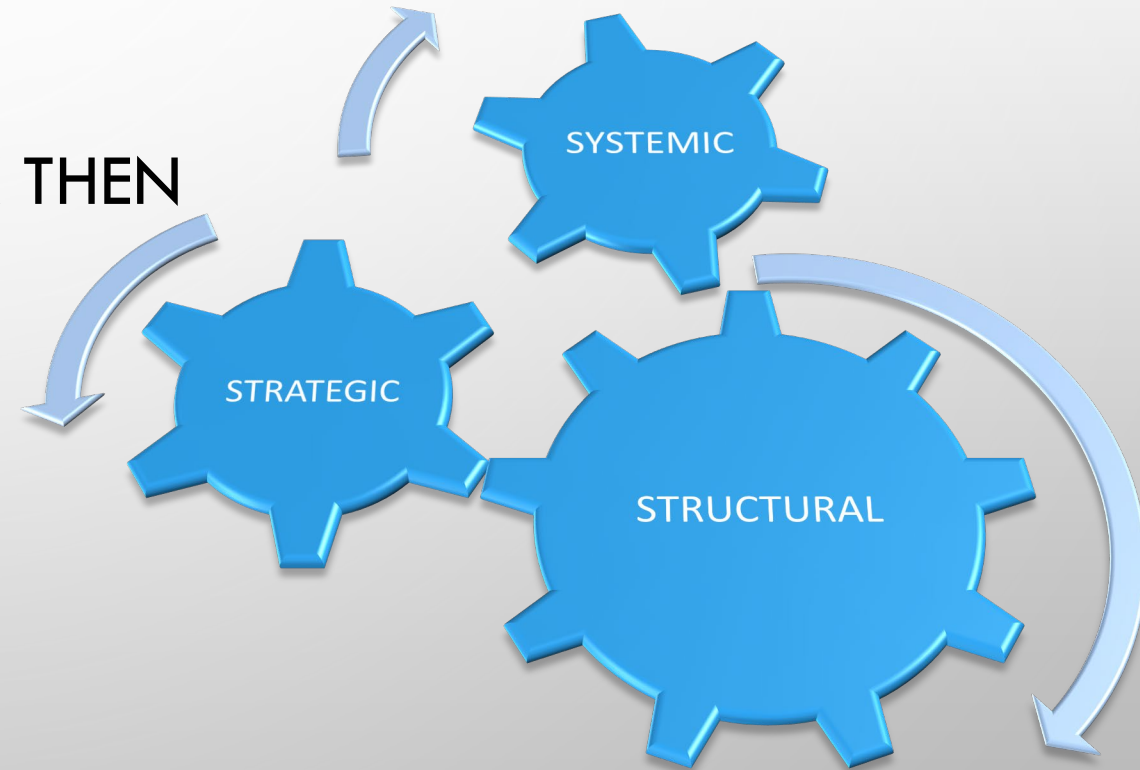
“FAMILY COUNSELING IS AN INTERVENTION IN WHICH MEMBERS IN A FAMILY IDENTIFY AND CHANGE PROBLEMATIC, MALADAPTIVE, REPETITIVE RELATIONSHIP PATTERNS AND SELF-DEFEATING BELIEF SYSTEMS”

GOLDENBERG & GOLDENBERG, 2008

THIS APPROACH TO TREATMENT CONSIDERS THE IDENTIFIED PATIENT IS HAVING A PROBLEM AS A RESULT OF THE TRANSACTIONS WITHIN THE FAMILY OR COMMUNITY.

HISTORY

- THE ORIGINS AND DEVELOPMENT OF THE FIELD OF FAMILY THERAPY ARE TO BE FOUND IN THE SECOND HALF OF THE TWENTIETH CENTURY.
- IT STARTED AFTER THE WORLD WAR II
- THERE WAS SO MUCH LOSS OF LIFE BACK THEN
- THIS IS THE STARTER FOR THIS THERAPY
- MANY TYPES OF FAMILY THERAPY :



- FAMILY THERAPY IS A FORM OF PSYCHOTHERAPY THAT SEEKS TO REDUCE DISTRESS AND CONFLICT BY IMPROVING THE SYSTEMS OF INTERACTIONS BETWEEN FAMILY MEMBERS.
- FAMILY THERAPY IS A THERAPY THAT WORKS WITH FAMILIES AND COUPLES IN INTIMATE RELATIONSHIPS TO NURTURE CHANGE AND DEVELOPMENT.
- FAMILY MEMBERS ARE :
 - CONNECTED EMOTIONALLY
 - AFFECT EACH OTHERS FEELINGS, THOUGHTS AND EMOTIONS
- ENABLES FAMILY MEMBERS, COUPLES AND OTHERS WHO CARE ABOUT EACH OTHER TO EXPRESS AND EXPLORE DIFFICULT THOUGHTS AND EMOTIONS SAFELY.

WHAT DEFINES A FAMILY?

1. A GROUP OF PEOPLE:

BOUND TOGETHER BY PHILOSOPHICAL, RELIGIOUS OR OTHER
CONVICTIONS WITH A COMMON ANCESTRY, LIVING UNDER
THE SAME ROOF


2. “THE BASIC BIOSOCIAL UNIT IN SOCIETY HAVING AS ITS NUCLEUS TWO OR MORE ADULTS LIVING TOGETHER AND COOPERATING IN THE CARE AND REARING OF THEIR OWN OR ADOPTED CHILDREN.”

(MERRIAM WEBSTER’S COLLEGIATE DICTIONARY)



AMERICAN INDIAN FAMILY TODAY

AMERICAN INDIANS WOULD DEFINE FAMILY AS MEMBERS MADE UP OF BLOOD RELATED AND NON-BLOOD RELATED (ADOPTED), EXTENDED FAMILY, TRIBAL COMMUNITY AND THE NATION OF AMERICAN INDIANS AS A WHOLE TODAY.



HISTORY OF THE FAMILY

- 16TH CENTURY FATHER:
 - DOMINANT
 - HEAD OF THE HOUSEHOLD
 - AUTHORITARIAN
 - MOTHER: TAKE CARE OF CHILDREN, COOK AND CLEAN, TAKE CARE OF HUSBAND
- 18TH CENTURY
 - **FATHER:** WORK OUTSIDE THE HOME
 - **MOTHER:** ASSUMED ALL THE RESPONSIBILITY FOR PARENTING THE CHILDREN, COOKING, CLEANING, NURSE, AND TAKE CARE OF HUSBAND.



DIVERSITY IN FAMILY STRUCTURE

- TRADITIONAL FAMILY
 - SINGLE PARENT
 - GRANDPARENTS
 - GAY OR LESBIAN
 - TEENAGE PARENTHOOD
 - DIVORCED FAMILY
- 

FAMILY THERAPY AS A THERAPEUTIC MODALITY

- TO BE EMPLOYED WHEN OVERT CONFLICT IS RECOGNIZED IN MEMBERS OF THE SAME FAMILY AND PSYCHOTHERAPEUTIC INTERVENTIONS ARE REQUIRED.
- IS AN ESSENTIAL INTERVENTION IN A FAMILY SYSTEM TO CHANGE THE FAMILY.
- FAMILY IS THE UNIT WHICH IS BEING TREATED FOR BETTER INTERACTIONS AMONG EACH OTHER.
- CAN BE CONDUCTED AT THE OFFICE OR NOWADAYS HOME VISIT PROGRAMS.
- MAXIMUM OF 20 SESSIONS ARE PLANNED AND BY THE END OF THE 10TH SESSION CHANGES CAN BE SEEN.

DEFINITION

- “A PSYCHOTHERAPEUTIC APPROACH THAT FOCUSES ON INTERACTIONS BETWEEN A COUPLE WITHIN A NUCLEAR FAMILY OR ITS MEMBERS IN AN EXTENDED FAMILY OR BETWEEN THE FAMILY OR OTHER INTERPERSONAL SYSTEM WITH THE GOAL OF ALLEVIATING PROBLEMS INITIALLY PRESENTED BY INDIVIDUAL FAMILY MEMBERS, FAMILY SUBSYSTEMS, THE FAMILY AS A WHOLE OR OTHER REFERRAL SOURCES.”

WYNNE, 1998



COMMON REASONS FOR SEEKING FAMILY THERAPY

- WHEN A CHILD IS HAVING A PROBLEM SUCH AS WITH SCHOOL, SUBSTANCE ABUSE, OR DISORDERED EATING
- A MAJOR TRAUMA OR CHANGE THAT IMPACTS THE ENTIRE FAMILY (I.E., RELOCATION TO A NEW HOUSE, NATURAL DISASTER, INCARCERATION OF A FAMILY MEMBER)
- UNEXPECTED OR TRAUMATIC LOSS OF A FAMILY MEMBER
- ADJUSTMENT TO A NEW FAMILY MEMBER IN THE HOME (I.E., BIRTH OF A SIBLING, ADOPTION, FOSTER CHILDREN, A GRANDPARENT ENTERING THE HOME)
- DOMESTIC VIOLENCE
- DIVORCE
- PARENT CONFLICT

The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the frame, with a higher concentration in the top-left and bottom-right corners, leaving the center area where the text is located relatively clear.

FOUNDERS

SYSTEMIC

Murray Bowen



- Born on 31 January 1913
- Murray Bowen was a 20th century psychiatrist who developed family systemic family therapy, also known as Bowen theory.
- He graduated from the University of Tennessee with a bachelor's degree in science in 1934.

STRUCTURAL

Salvador Minuchin



- Was born in 1921 in San Salvador, Argentina.
- In 1947, he earned a degree in medicine and briefly opened a paediatrics practice, before joining the Israeli army to help protect the newly established state.
- He is a contemporary psychiatrist who helped to develop family therapy and pioneered the field of structural family therapy.

STRATEGIC

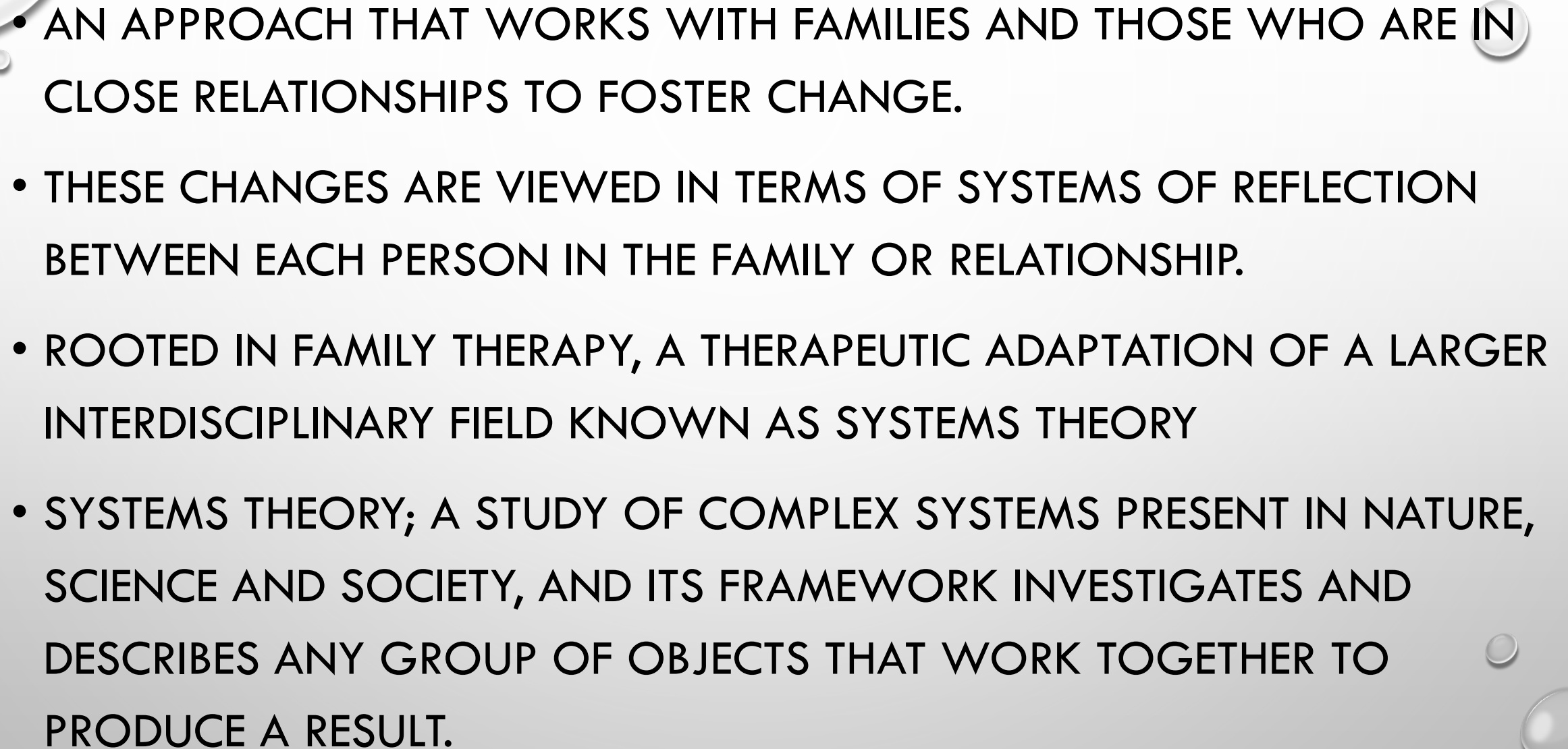


Jay Haley

- Was born on July 19, 1923 in Midwest, Wyoming.
- Jay Haley was a 20th century psychotherapist who helped develop brief therapy, family therapy, and strategic psychotherapy.
- Studied in University of California, Los Angeles.

The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the frame, with a higher concentration in the top-left and bottom-right corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

SYSTEMIC

- 
- AN APPROACH THAT WORKS WITH FAMILIES AND THOSE WHO ARE IN CLOSE RELATIONSHIPS TO FOSTER CHANGE.
 - THESE CHANGES ARE VIEWED IN TERMS OF SYSTEMS OF REFLECTION BETWEEN EACH PERSON IN THE FAMILY OR RELATIONSHIP.
 - ROOTED IN FAMILY THERAPY, A THERAPEUTIC ADAPTATION OF A LARGER INTERDISCIPLINARY FIELD KNOWN AS SYSTEMS THEORY
 - SYSTEMS THEORY; A STUDY OF COMPLEX SYSTEMS PRESENT IN NATURE, SCIENCE AND SOCIETY, AND ITS FRAMEWORK INVESTIGATES AND DESCRIBES ANY GROUP OF OBJECTS THAT WORK TOGETHER TO PRODUCE A RESULT.

BOWEN'S KEY TECHNIQUES

- TALK TO THE THERAPIST, NOT TO EACH OTHER – TO KEEP EMOTIONAL REACTIVITY AND ANXIETY IN SESSIONS LOWER.
- PERSON TO PERSON RELATIONSHIP – ALLOWS THEM TO SHARE THEIR PERSONAL THOUGHTS AND FEELINGS DIRECTLY WITH THE THERAPIST.
- ASKING FREQUENT FACTUAL QUESTIONS – SERVES TO FOCUS ON THINKING AND INTELLECTUAL PROCESSES.
- EMOTIONAL NEUTRALITY – THERAPIST REMAINS EMOTIONALLY NEUTRAL TO AVOID TAKING SIDES.
- GENOGRAMS – USED TO ORGANIZE FAMILY INFORMATION.
- DETRIANGLING – PROCESS OF REMAINING OBJECTIVE.

GOALS OF FAMILY THERAPY

- FACILITATING AWARENESS OF HOW THE EMOTIONAL SYSTEMS FUNCTIONS.
- INCREASING LEVELS OF DIFFERENTIATION WHERE THE FOCUS IS ON MAKING CHANGES FOR THE SELF RATHER THAN ON TRYING TO CHANGE OTHERS.

COMMON REASONS

1. PROBLEMS IN SCHOOL, SUBSTANCE ABUSE OR AN EATING DISORDER.
2. MAJOR TRAUMA
3. UNEXPECTED OR TRAUMATIC LOSS OF A FAMILY MEMBER IN THE HOME.
4. ADJUSTMENT TO A NEW FAMILY MEMBER IN THE HOME.
5. DOMESTIC VIOLENCE
6. DIVORCE
7. PARENTAL CONFLICT



CONCEPTS

1. FUSION

2. DIFFERENTIATION

3. TRIANGLES

4. NUCLEAR FAMILY

5. SIBLING POSITIONS

6. FAMILY PROJECTION


7. EMOTIONAL FUSION

8. TRANSMISSION





THERAPIST'S ROLE

- CONNECT WITH THE FAMILY
WITHOUT BECOMING
EMOTIONALLY REACTIVE
 - DIFFERENTIATED STANCE
 - CALM AND INTERESTED
- 

- SYSTEMS THEORY AND SYSTEMIC THERAPY CAN BE APPLIED TO INDIVIDUALS, COUPLES AND IN A VARIETY OF OTHER SETTINGS
- COMMONLY PRACTICED IN A FAMILY SETTING, AS IT DOES NOT SEEK TO ADDRESS PEOPLE ON AN INDIVIDUAL LEVEL AND INSTEAD FOCUSES ON UNDERSTANDING PROBLEMS IN A CONTEXTUAL FRAMEWORK.

THE SYSTEMIC THERAPY PERSPECTIVE ON PROBLEMS

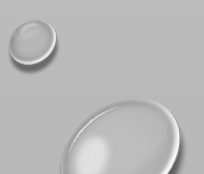
- FAMILY THERAPY AND SYSTEMIC PRACTICE SUPPORTS THE NOTION THAT FAMILY RELATIONSHIPS FORM A KEY PART OF THE EMOTIONAL HEALTH OF EACH MEMBER WITHIN THE FAMILY.
- HELP PEOPLE WHO CARE FOR EACH OTHER FIND WAYS TO COPE COLLABORATIVELY WITHIN ANY DISTRESS, MISUNDERSTANDING AND PAIN THAT IS AFFECTING THEIR RELATIONSHIP IN THE FAMILY.
- CONDITIONS THAT GET GIVEN LABELS SUCH AS DEPRESSION, ANXIETY, AND CONDUCT DISORDER ARE VERY OFTEN EFFECTS OF RELATIONSHIP
- COMMON PROBLEMS INCLUDE STRESSFUL AND TRAUMATIC EVENT, WORK AND SCHOOL-RELATED PROBLEMS, PSYCHOSEXUAL DIFFICULTIES AND PARENT-CHILD CONFLICT.
- CONVERSELY, WHEN SYSTEMIC FAMILY THERAPISTS SEE SOMEONE IN PSYCHOLOGICAL DISTRESS THEY LOOK FIRST FOR RELATIONSHIP THAT HAVE GONE WRONG.

ADVANTAGES OF SYSTEMIC INTERACTIONAL BASED THERAPIES

- RELATIONSHIP PROBLEMS ARE USUALLY BEST TREATED WITHIN THOSE RELATIONSHIPS.
- PROBLEMS ARE BEING TREATED IN THE CONTEXT IN WHICH THEY AROSE
- THE OTHER PEOPLE IN THE FAMILY OR GROUP WITH CLOSE RELATIONSHIP ARE A POWERFUL (AND NEARLY ALWAYS WILING) RESOURCE FOR CHANGE.
- THERAPEUTIC GAINS THAT HAVE BEEN ACHIEVED IN COLLABORATION WITH THE FAMILY AND OTHER RELATIONAL SYSTEMS ARE MOST LIKELY TO CONTINUE AS THE PERSON MOVES FORWARD IN THEIR CONTEXT OF EVERYDAY LIVING.



HOW SYSTEMIC FAMILY THERAPY WORKS



- SYSTEMIC FAMILY THERAPY HAS DEVELOPED A VARIED REPERTOIRE OR COMPILATION OF HIGHLY EFFECTIVE METHODS THAT A FAMILY THERAPIST CAN CALL ON TO MEET THE NEEDS OF CLIENTS AND FAMILIES.
- THESE INCLUDE:
 1. AN AWARENESS OF HOW FAMILY PROCESSES OPERATE AND ABILITY TO MAKE THESE APPARENT TO THE FAMILY
 2. AN ABILITY TO WORK WITH CHILDREN IN RELATION TO THEIR PARENTS AND VICE-VERSA.
 3. WORKING WITH FAMILIES TO UNDERSTAND AND PRODUCTIVELY USE THE INFLUENCE OF THEIR FUNCTIONS



CONT..

4. THROUGH BOTH CONVERSATION AND ACTION, HELPING FAMILY MEMBERS TO RECOGNISE OPTIONS THEY HAVE NOT BEEN MAKING USE OF.

5. COLLABORATIVE EXPLORATION OF STRENGTHS AND RESOURCES OF FAMILY MEMBERS THAT THEY CAN BRING TO BEAR TO SUPPORT EACH OTHER.



IMPORTANT CONCEPTS

Understanding general systems theory:
Feedback and Homeostasis

deal with ways in which systems and their
unit function.

Feedback: the communication pattern
within the units of a system.

2 basic patterns of communication – Linear
and Circular



LINEAR CAUSALITY

- COMMUNICATION OCCURS IN A SINGLE DIRECTION.
- EXAMPLE: “WHEN MY WIFE HAD A STROKE, I THOUGHT THAT WE ALL HAD TO PITCH IN AT HOME IN RUNNING THE HOUSE.”

CIRCULARITY

- EACH UNIT MAY CHANGE AND THUS AFFECT ANY OF THE OTHER UNITS.
- EXAMPLE: “MY WIFE IS IN THE CHAIR MOST OF THE DAY. HELEN COMES HOME AFTER SCHOOL, LEAVES HER BOOKS, GOES OUT AND DOES NOT COME HOME UNTIL AFTER DINNER. I AM ANGRY AT HELEN FOR NOT HELPING. I WISH MY WIFE WOULD DO MORE. SHE SEEMS TO THINK THAT I DO NOT DO ENOUGH.” – HUSBAND’S PERSPECTIVE

Pam aims

Pam throws

Aquarium shatters

Bob aims

Bob throws

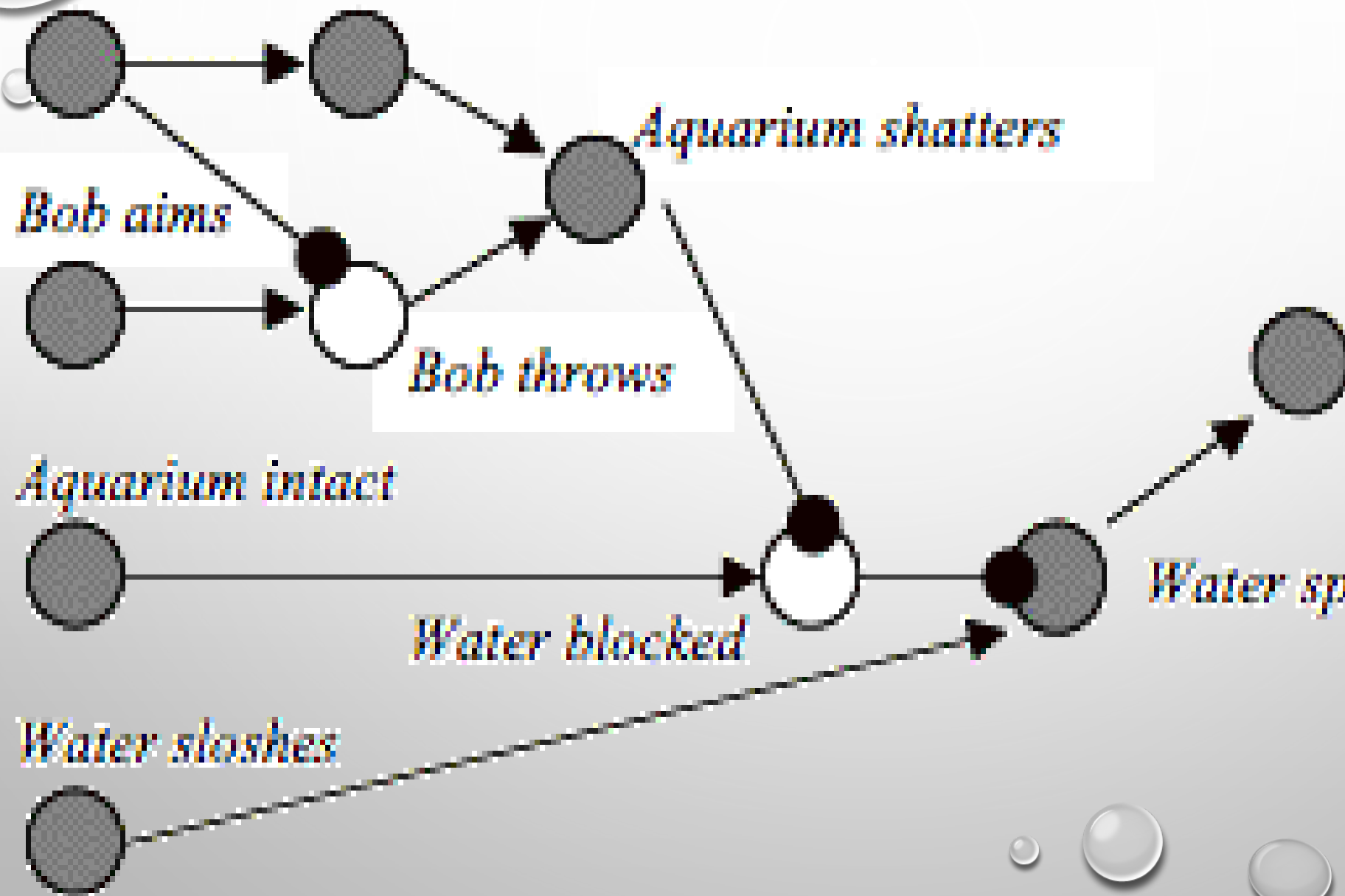
Carpet soaked

Aquarium intact

Water blocked

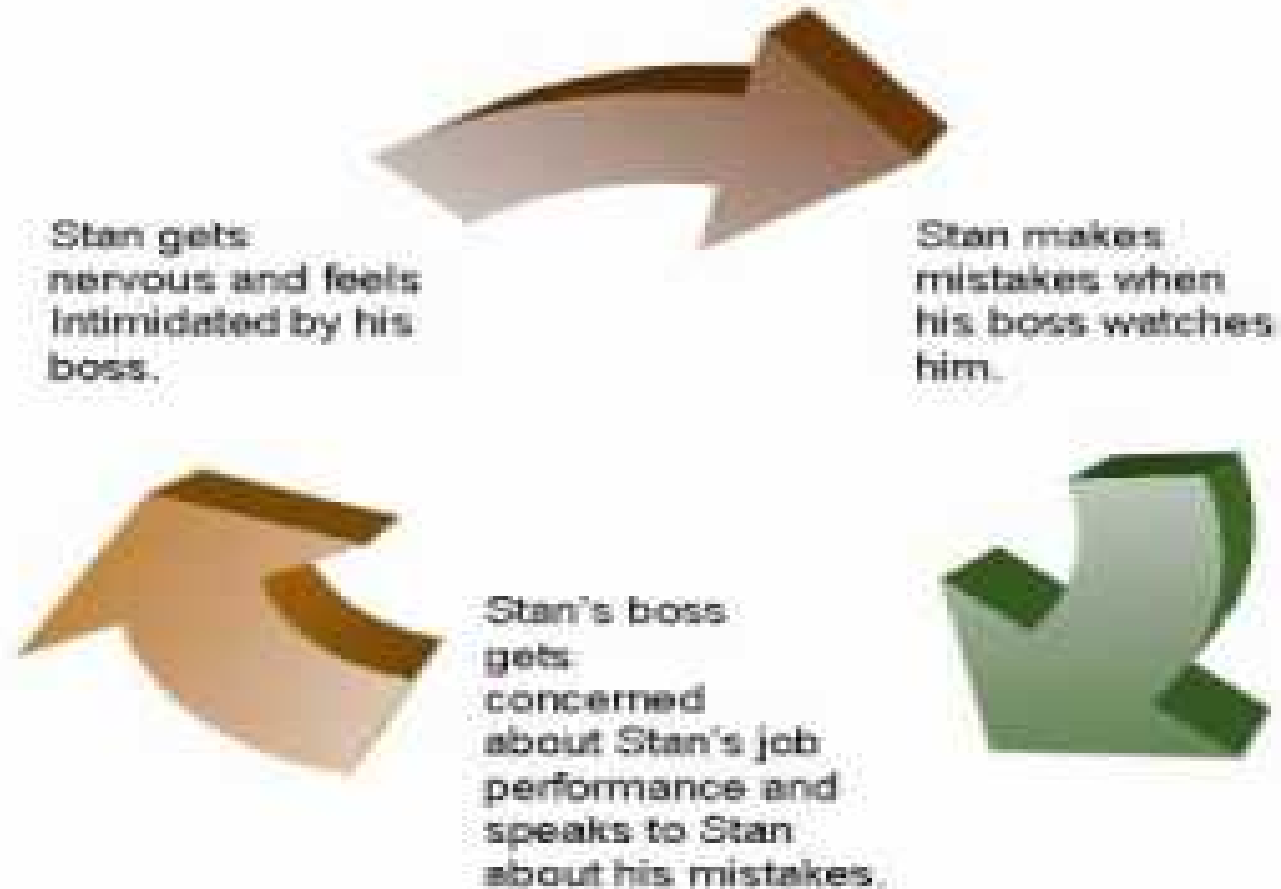
Water spills

Water sloshes



Circular Causality

- The same happens in human interactions.
- Stan and his boss are stuck in a pattern that mutually reinforces each other negatively.

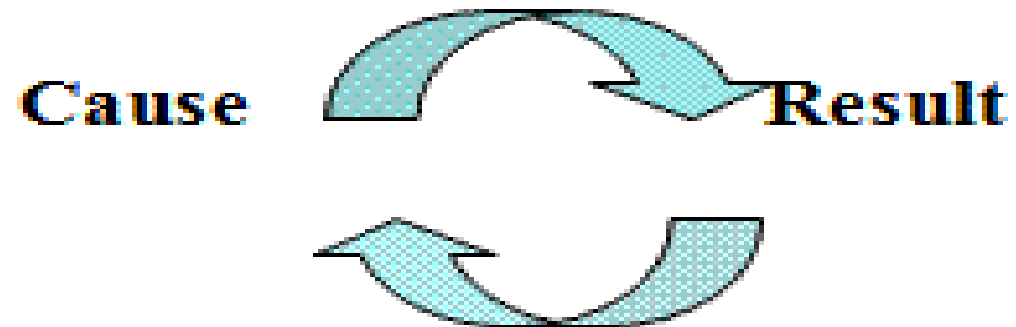


Linear Causality と Circular Causality

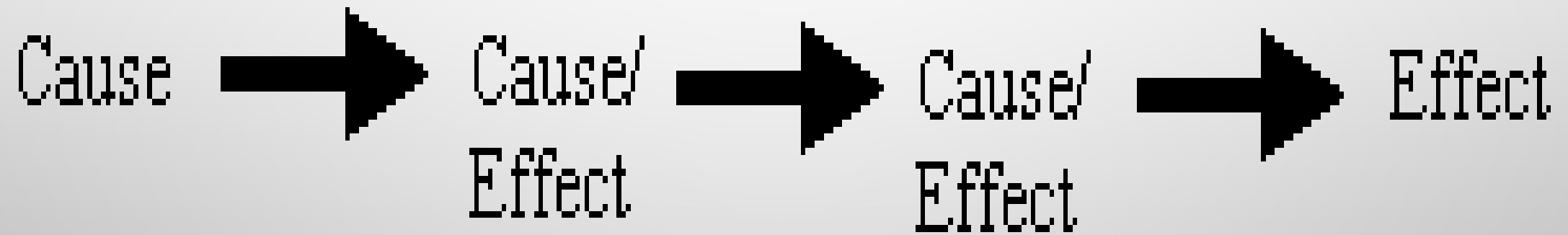
- 1. Linear Causality



- 2. Circular Causality



Linear Cause and Effect



CONT..

- CIRCULAR INTERACTION IS OBSERVED AND NOT BLAMING.
- THE IDEA IN FAMILY SYSTEMS THERAPY THAT EMPHASIS IS ON THE PROCESS RATHER THAN CONTENT.
- FOCUS ON WHAT IS HAPPENING IN THE PRESENT RATHER THAN WHAT HAPPENED OR THE SEQUENCE OF EVENTS THAT LED UP TO AN EVENT.
- HOMEOSTASIS: SYSTEMS HAVE A TENDENCY TO SEEK STABILITY AND EQUILIBRIUM.
- A FAMILY SYSTEM ATTEMPTS TO REGULATE ITSELF SO THAT STABILITY AND EQUILIBRIUM CAN BE MAINTAINED.

IMPORTANT CONCEPTS

- HOMEOSTASIS: SYSTEMS HAVE A TENDENCY TO SEEK STABILITY AND EQUILIBRIUM.
- THE PROCESS BY WHICH EQUILIBRIUM IS ACHIEVED IS FEEDBACK FROM UNITS WITHIN THE SYSTEM. IN FAMILY, NEW INFORMATION BROUGHT INTO A SYSTEM AFFECTS ITS STABILITY.
- 2 BASIC TYPES OF FEEDBACK – NEGATIVE AND POSITIVE.
- POSITIVE FEEDBACK, CHANGE OCCURS IN THE SYSTEM
- NEGATIVE FEEDBACK, EQUILIBRIUM IS ACHIEVED

CONT..

- EXAMPLE:
 - IF HELEN'S FATHER TALKS WITH HELEN ABOUT WHY SHE IS LATE AND WORKS WITH HER TO REDUCE THE BEHAVIOUR, THAT CAUSES EQUILIBRIUM AND NEGATIVE FEEDBACK AFFECTS THE FAMILY SYSTEM.
 - IF INSTEAD, HE GETS ANGRY AND YELLS AT HER, SHE MAY STAY OUT LATE MORE OFTEN, AND THE SYSTEM IS CHANGED THROUGH THE USE OF POSITIVE FEEDBACK PROCESSES. THUS, POSITIVE FEEDBACK IS SEEN AS HAVING AN UNHELPFUL IMPACT ON A FAMILY.
- DEPENDING ON THE NATURE OF THE CHANGE THAT OCCURS, POSITIVE FEEDBACK MAY ALSO BE HELPFUL.

The slide features a light gray background with several white, 3D-rendered bubbles of varying sizes. Some bubbles are clustered in the top left corner, while others are scattered along the right edge and bottom right corner, creating a soft, aquatic aesthetic.

WHO GETS SYSTEMIC THERAPY?


- SENSITIVE TO DIVERSE FAMILY FORMS AND RELATIONSHIPS, BELIEFS AND CULTURES.
- CONSIDERATE OF THE NEEDS AND PROBLEMS OF EACH INDIVIDUAL WITHIN A FAMILY UNIT AND TAKES INTO ACCOUNT ALL OTHER KEY RELATIONSHIPS IN PEOPLE'S LIVES.
- USEFUL APPROACH FOR PEOPLE FOR ALL AGES AND BACKGROUNDS, FAMILIES FROM SOCIALLY AND ECONOMICALLY DISADVANTAGED BACKGROUNDS AND FAMILIES WHO HAVE CHILDREN WITH BEHAVIOURAL ISSUES.

CONT..

- A TYPICAL FAMILY THERAPY CLINIC HELPS FAMILIES DEAL WITH A GREAT VARIETY OF PHYSICAL AND PSYCHOLOGICAL DIFFICULTIES.
- THE FAMILIES WILL VARY WIDELY IN TERMS OF FAMILY STRUCTURE, ETHNICITY AND CULTURE.
- TREATMENT MOST OFTEN CONSISTS OF ABOUT SEVEN SESSIONS, SPREAD OVER SIX MONTHS.
- ULTIMATELY ALL ELEMENTS OF FAMILY THERAPY INCLUDING THE SETTING, FAMILY THERAPY TECHNIQUES AND LENGTH OF SESSIONS WILL RESULT FROM A COLLABORATION AND MUTUAL AGREEMENT BETWEEN THE THERAPIST AND THE FAMILY.

The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the slide, with a higher concentration in the top-left and bottom-right corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

STRUCTURAL

- 
- DEVELOPED BY SALVADOR MINUCHIN
 - DEALING WITH PROBLEMS AS THEY AFFECT CURRENT INTERACTIONS OF FAMILY MEMBERS.
 - OF PARTICULAR INTEREST ARE BOUNDARIES BETWEEN FAMILY MEMBERS
 - THERAPEUTIC APPROACHES – CHANGING THE NATURE & INTENSITY OF RELATIONSHIPS WITHIN FAMILY INSIDE & OUTSIDE THE THERAPY SESSION

CONCEPTS

- HOW FAMILIES OPERATE AS A SYSTEM & THEIR STRUCTURE WITHIN THE SYSTEM
- MINUCHIN FORMS AN IMPRESSION OF FAMILY BASED ON ORGANIZATION OF THE FAMILY, RULES AND GUIDELINES THEY USE TO MAKE DECISIONS

Family
Structure

Family
Subsystems

Boundary
permeability

Alignments
and
coalitions

FAMILY STRUCTURE

- ❖ RULES THAT HAVE BEEN DEVELOPED TO DETERMINE WHO INTERACTS WITH WHOM
- ❖ TEMPORARY OR LONG-STANDING
- ❖ IT IS MINUCHIN'S VIEW THAT THERE SHOULD BE HIERARCHICAL STRUCTURE WITHIN THE FAMILY
- ❖ BEING AWARE OF FAMILY RULES & STRUCTURE IS IMPORTANT FOR THERAPIST IN DETERMINING THE WAY TO HELP DYSFUNCTIONAL FAMILY CHANGE

FAMILY SUBSYSTEMS

- ❖ FOR A FAMILY TO FUNCTION WELL, MEMBERS MUST WORK TOGETHER TO CARRY OUT FUNCTIONS
- ❖ THE MOST OBVIOUS SUBSYSTEMS ARE HUSBAND-WIFE, PARENTS-CHILDREN AND SIBLINGS
- ❖ MARITAL SUBSYSTEMS IS TO MEET THE CHANGING NEEDS OF THE TWO PARTNERS
- ❖ PARENTAL SUBSYSTEM IS USUALLY FATHER-MOTHER TEAM BUT MAY ALSO PARENT OR ANOTHER RELATIVE WHO IS RESPONSIBLE FOR RAISING CHILDREN
- ❖ IN SIBLING SUBSYSTEMS, CHILDREN LEARN HOW TO RELATE WITH THEIR BROTHERS OR SISTERS AND HOW TO BUILD COALITIONS AND MEET THEIR OWN NEEDS AS WELL AS DEAL WITH PARENTS
- ❖ OTHER SUBSYSTEMS MAY DEVELOP, SUCH AS CHILD-PARENT SUBSYSTEM



BOUNDARY PERMEABILITY

- ❖ DESCRIBES THE TYPE OF CONTACT THAT MEMBERS WITHIN FAMILY SYSTEMS AND SUBSYSTEMS HAVE WITH EACH OTHER
- ❖ A HIGHLY PERMEABLE BOUNDARY WOULD BE FOUND IN ENMESHED FAMILY, WHEREAS NON-PERMEABLE OR RIGID BOUNDARY WOULD BE FOUND IN DISENGAGED FAMILY.

ALIGNMENTS AND COALITIONS

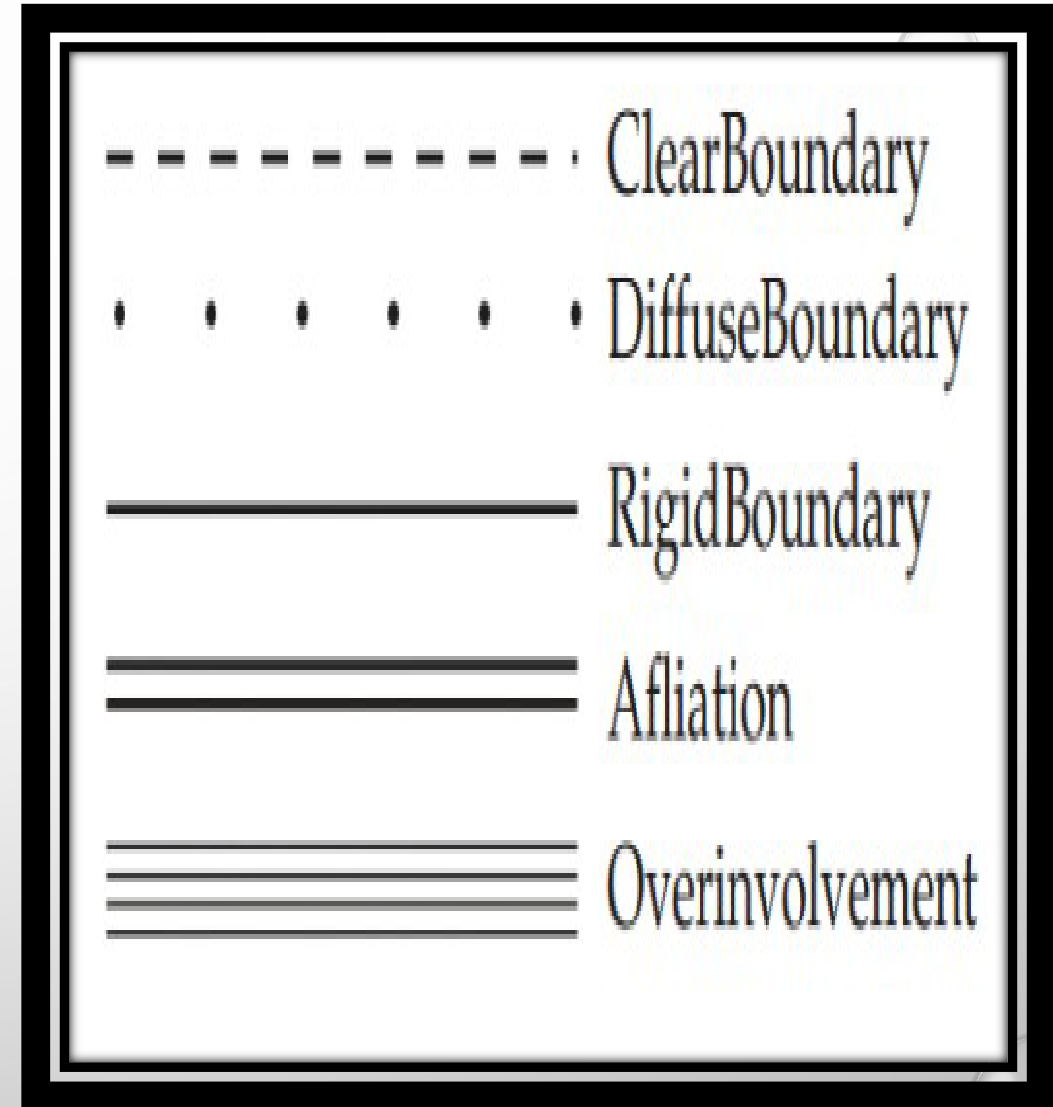
- ❖ IN RESPONDING TO CRISES OR DEALING WITH DAILY EVENTS, FAMILIES MAY HAVE TYPICAL WAYS THAT SUBSYSTEMS WITHIN THE FAMILY REACT
- ❖ ALIGNMENTS REFER TO THE WAYS THAT FAMILY MEMBERS JOIN WITH EACH OTHER OR OPPOSE EACH OTHER IN DEALING WITH AN ACTIVITY
- ❖ COALITIONS REFER TO ALLIANCES BETWEEN FAMILY MEMBERS AGAINST ANOTHER FAMILY MEMBER
- ❖ SOMETIMES THEY ARE FLEXIBLE AND SOMETIMES THEY ARE FIXED
- ❖ MINUCHIN USES THE TERM *TRIANGLE* MORE SPECIFICALLY THAN DOES BOWEN TO DESCRIBE A COALITION IN WHICH “EACH PARENT DEMANDS THAT THE CHILD SIDE WITH HIM AGAINST THE OTHER PARENT” THUS, POWER WITHIN THE FAMILY SHIFTS, DEPENDING UPON ALIGNMENTS AND COALITIONS

GOALS

- BRING ABOUT CHANGE IN THE FAMILY
- ESTABLISH BOUNDARIES WITHIN THE FAMILY THAT ARE NEITHER TOO RIGID NOR TOO FLEXIBLE
- HELP THE FAMILY SYSTEM USE POWER IN A WAY THAT FUNCTIONS WELL

TECHNIQUES

- **FAMILY MAPPING**
 - MAPS OF FAMILY INTERACTION ALLOW THERAPISTS TO BETTER UNDERSTAND REPEATED DYSFUNCTIONAL BEHAVIOR SO THAT STRATEGIES FOR MODIFICATION CAN BE APPLIED
 - MINUCHIN'S SYMBOLS FOR FAMILY MAPPING :



ACCOMMODATING AND JOINING

- By joining a family system, a structural therapist not only has a good understanding of the family's systemic operation but also is in a good position to make changes in it
- To bring about change within a family, Minuchin (1974) believes that it is important to join a family system and accommodate to its way of interacting
- One example of joining the family is mimesis, which refers to imitating the style and content of a family's communications

ENACTMENT

- BY INSTRUCTING THE FAMILY TO ACT OUT A CONFLICT, THE THERAPIST CAN WORK WITH PROBLEMS AS THEY APPEAR IN THE PRESENT RATHER THAN AS THEY ARE REPORTED
- THIS ALLOWS THE THERAPIST TO UNDERSTAND THE FAMILY'S COALITIONS AND ALLIANCES AND THEN TO MAKE SUGGESTIONS FOR CHANGING THE FAMILY SYSTEM

The top corners of the slide are decorated with several white, 3D-rendered bubbles of varying sizes. Some are perfectly spherical, while others are slightly flattened or elongated, giving them a realistic, liquid appearance. They are scattered across the top edge, with a higher concentration on the right side.

INTENSITY

- INTENSITY CAN BE ACHIEVED IN ENACTMENT BY HAVING THE FAMILY DRAW OUT AN INTERACTION OR REPEAT IT.
- AS THE THERAPIST BECOMES FAMILIAR WITH THE FAMILY'S STYLE OF INTERACTING AND ITS BOUNDARIES, MORE SUGGESTIONS FOR CHANGE DEVELOP.

CHANGING BOUNDARIES

- AS THE THERAPIST OBSERVES THE FAMILY INTERACTING EITHER IN AN ENACTMENT OR IN GENERAL PRESENTATION, THE THERAPIST USES BOUNDARY MARKING TO NOTE BOUNDARIES IN THE FAMILY.
- TO CHANGE BOUNDARIES, THERAPISTS MAY REARRANGE THE SEATING OF THE FAMILY MEMBERS AND CHANGE THE DISTANCE BETWEEN THEM.
- THEY MAY ALSO WISH TO UNBALANCE THE STRUCTURE SO THAT POWER WITHIN A SUBSYSTEM CHANGES

REFRAMING

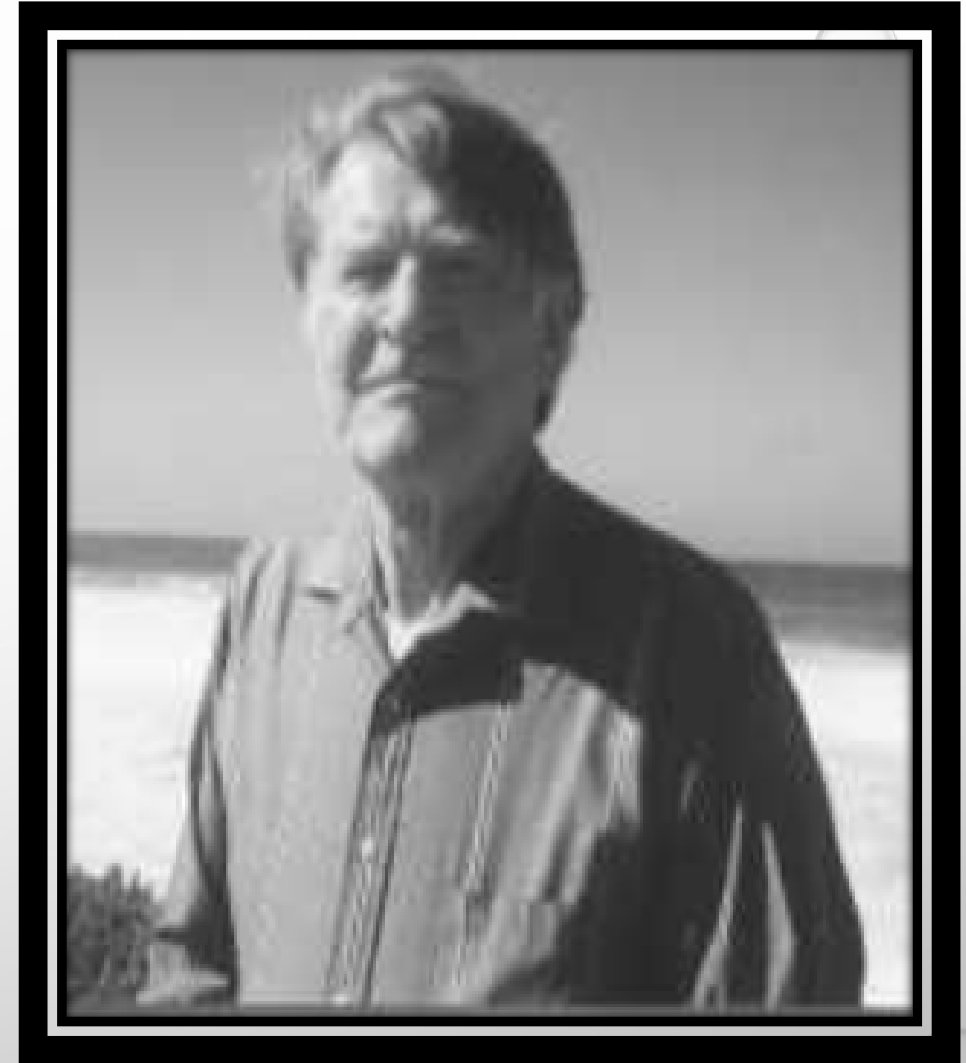
- THERE ARE SEVERAL WAYS TO SEE AN EVENT OR SITUATION OR TO REFRAME IT.
- RELABELING PROBLEMATIC BEHAVIOR BY VIEWING IT INTO A NEW, MORE POSITIVE LIGHT THAT EMPHASIZES ITS GOOD INTENTION.

The background is a light gray gradient with several realistic water droplets of various sizes scattered across it. Some droplets are in the top left, some in the bottom right, and others are smaller and more numerous in the center and bottom. The droplets have highlights and shadows, giving them a three-dimensional appearance.

STRATEGIC

STRATEGIC FAMILY THERAPY

- DEVELOPED BY JAY HALEY
- BY FOCUSING ON THE PROBLEM, STRATEGIC THERAPISTS DESIGN THE BEST WAY TO REACH THE FAMILY'S GOALS.
- IN DEVELOPING HIS APPROACH, JAY HALEY WAS INFLUENCED BY MILTON ERICKSON (HALEY, 1973), WHO WAS KNOWN FOR HIS USE OF HYPNOTIC AND PARADOXICAL TECHNIQUES



CONCEPTS

- LIKE MINUCHIN, HALEY OBSERVES THE INTERACTION AMONG FAMILY MEMBERS, ATTENDING PARTICULARLY TO POWER RELATIONSHIPS AND TO THE WAYS PARENTS DEAL WITH POWER
- WHAT SEPARATES STRUCTURAL FROM STRATEGIC APPROACHES IS THE ATTENTION GIVEN BY STRATEGIC FAMILY THERAPISTS TO SYMPTOMS. FOR HALEY, SYMPTOMS ARE AN UNACKNOWLEDGED WAY OF COMMUNICATING WITHIN THE FAMILY SYSTEM, USUALLY WHEN THERE IS NO OTHER SOLUTION TO A PROBLEM. FOR STRATEGIC THERAPISTS, THE SYMPTOM IS OFTEN METAPHOR (MADANES, 1981) FOR A WAY OF FEELING OR BEHAVING WITHIN THE FAMILY

GOALS

- HELPING FAMILY MEMBERS SHOW LOVE AND CARING IN INTERVENTIONS AND LESS ON POWER IN THE FAMILY RELATIONSHIPS

TECHNIQUES

- BECAUSE THE PRESENTING PROBLEM IS THE FOCUS OF STRATEGIC THERAPY, TASKS TO ALLEVIATE THE PROBLEM OR SYMPTOM ARE ITS CORNERSTONE
- GENERALLY, TASKS ARE OF TWO TYPES:
STRAIGHTFORWARD TASKS, WHERE THE THERAPIST MAKES DIRECTIONS AND SUGGESTIONS TO THE FAMILY, AND PARADOXICAL TASKS FOR FAMILIES THAT MAY RESIST CHANGE.

STRAIGHTFORWARD TASKS

When strategic family therapists judge that the family they are trying to help is likely to comply with their suggestions, they may assign a straightforward task

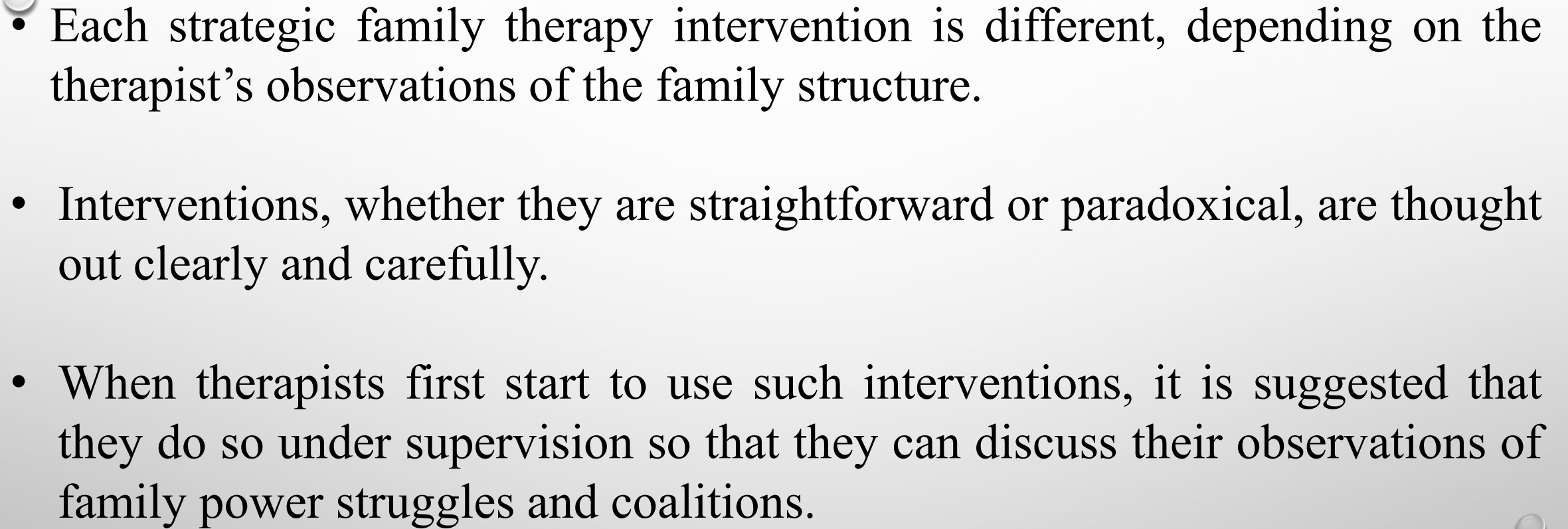
In strategic family therapy, the therapist is clearly the expert, and she may make use of her status as the expert to get the family to comply with her instructions.

Designing tasks, particularly metaphorical tasks, takes experience and confidence.

Sometimes, however, straightforward tasks, whether they are metaphorical or direct, may not be sufficient to bring about change.

PARADOXICAL TASKS

- BASICALLY, PARADOXICAL SUGGESTIONS ARE THOSE THAT ASK THE FAMILY TO CONTINUE THE BEHAVIOR FOR WHICH THEY ARE REQUESTING HELP, BUT IN SUCH A WAY THAT WHETHER THEY COMPLY OR NOT, POSITIVE CHANGE WILL RESULT.
- THE THERAPIST IS TRYING TO GET THE FAMILY TO DECIDE NOT TO DO WHAT THEY HAVE BEEN ASKED TO DO.
- FAMILIES ARE OFTEN CONFUSED BY WHY THE THERAPIST IS NOT ASKING THEM TO CHANGE.
- USE OF PARADOXICAL DIRECTIVES TAKES EXPERIENCE AND CONFIDENCE ON THE PART OF THE THERAPIST, AND THEY ARE USED ONLY WHEN THE FAMILY RESISTS STRAIGHTFORWARD SUGGESTIONS.

- 
- Each strategic family therapy intervention is different, depending on the therapist's observations of the family structure.
 - Interventions, whether they are straightforward or paradoxical, are thought out clearly and carefully.
 - When therapists first start to use such interventions, it is suggested that they do so under supervision so that they can discuss their observations of family power struggles and coalitions.

The background of the slide is a light gray gradient. In the top-left and bottom-right corners, there are several realistic water droplets of various sizes, some overlapping, adding a fresh and clean aesthetic to the design.

A MULTILAYERED PROCESS

OF FAMILY THERAPY

Forming
relationship

Conducting an
assessment

Hypothesizing
and sharing
meaning

Facilitating
change

1

FORMING RELATIONSHIP

- FAMILY THERAPY IS BEST SUPPORTED BY COLLABORATIVE THERAPIST-CLIENT RELATIONSHIP
- A TIME WHEN COUNSELOR CAN LET FAMILIES KNOW THEIR POSITION WHETHER ALL MEMBERS SHOULD BE PRESENT OR NOT
- A FOCUSED INTEREST ON EACH FAMILY MEMBER HELPS TO REDUCE THE ANXIETY OF THE FAMILY MAY BE FEELING
- THE THERAPIST SHOULD NOT FOCUS TOO TIGHTLY ON CONTENT ISSUES
- FAMILY THERAPY IS ALMOST ALWAYS FACILITATED BY *HOW* QUESTIONS. *WHAT*, *WHY*, *WHERE* OR *WHEN* TEND TO OVEREMPHASIZE CONTENT.
- UNDERSTANDING AND ACCEPTING THINGS JUST AS THEY ARE.

2 CONDUCTING AN ASSESSMENT

- IT EMPHASIZES ON GENOGRAMS.
- MEANING: A SCHEMATIC DIAGRAM OF A FAMILY'S RELATIONSHIP SYSTEM IN THE FORM OF A GENETIC TREE. IT INCLUDES THREE GENERATIONS TO TRACE RECURRING BEHAVIOR PATTERNS WITHIN THE FAMILY.
- THERE ARE IMPORTANT SYMBOLS IN GENOGRAM.

3

HYPOTHESIZING AND SHARING MEANING

- MEANING: TO FORM A SET OF IDEAS ABOUT PEOPLE, SYSTEMS AND SITUATIONS THAT FOCUS MEANING IN A USEFUL WAY.
- A COLLABORATIVE WORK THAT HAS PASSIONATE INTEREST AND CURIOSITY TO ASK QUESTIONS AND GATHER INFORMATION AND PERSPECTIVES OF THE FAMILY MEMBER.
- THERAPIST IS IN CHARGED OF THE PROCESS NOT THE PEOPLE.

GOALS

- TO CONJOIN THE HYPOTHESIS AND SHARING IDEAS.
- TO GET FEEDBACK FROM VARIOUS FAMILY MEMBERS
- TO DEVELOP A GOOD FIT WITH EACH OTHER.
- TO CEMENT A WORKING RELATIONSHIP.
- TO ENGAGE WITHOUT GIVING UP THEIR RIGHT TO DISCARD ANYTHING THAT DOES NOT FIT.
- TO REDIRECT THE CONVERSATION TOWARD MORE USEFUL CONCEPTUALIZATION.

4

FACILITATING CHANGE

- MEANING: TO SEE WHAT HAPPENS WHEN FAMILY THERAPY IS VIEWED AS A JOINT OR COLLABORATIVE PROCESS.
- TECHNIQUES ARE IMPORTANT.
- TWO OF THE MOST COMMON FORMS FOR FACILITATION OF CHANGE ARE ENACTMENTS AND ASSIGNMENT OF TASKS.
- ENACTMENTS MEANS INSTRUCTING THE FAMILY TO ACT OUT A CONFLICT.
- PURPOSES: TO UNDERSTAND THE FAMILY'S UNION AND TO MAKE SUGGESTIONS FOR CHANGING THE FAMILY SYSTEM.
- KNOWING THE GOALS AND PURPOSES FOR OUR BEHAVIORS, FEELINGS AND INTERACTIONS TENDS TO GIVE US CHOICES ABOUT THEIR USE.
- PROVIDE MULTIPLE PATHS FOR CHALLENGING PATTERNS AND THE ENACTMENT OF NEW POSSIBILITIES.

FAMILY SYSTEM THERAPY FROM A MULTICULTURAL PERSPECTIVE

STRENGTHS

- PLACE GREAT VALUE ON THE EXTENDED FAMILY
- EACH FAMILY HAS UNIQUE CULTURE
- THERE ARE FEMINIST VOICES THROUGHOUT THE WORLD
- THERAPIST CAN LOOK FOR WAYS IN WHICH CULTURE CAN INFORM & MODIFY FAMILY WORK.



SHORTCOMINGS

- WOULD NOT HAVE THE SAME CONCEPTUALIZATION OF TIME OR EMOTIONS
- THERAPISTS, REGARDLESS OF ANYTHING MUST FIND WAYS TO ENTER THE FAMILY'S WORLD & HONOR THEIR TRADITION.
- PRACTITIONERS WHO ASSUME WESTERN MODELS OF FAMILY ARE UNIVERSAL.



TECHNIQUES USED

- **ENACTMENT** – ROLE-PLAYING EFFORTS TO BRING THE OUTSIDE FAMILY CONFLICT INTO THE SESSION SO THAT THE FAMILY MEMBERS CAN DEMONSTRATE HOW THEY DEAL WITH IT AND THE THERAPIST CAN START TO DEVISE AN INTERVENTION PLAN.
- **FAMILY SCULPTING-** FAMILY MEMBERS TAKE A TURN AT BEING A "DIRECTOR" AT PLACING EACH OF THE OTHER MEMBERS IN A PHYSICAL ARRANGEMENT.

TECHNIQUES CONT...



- **CIRCULAR REASONING** – ASKING SEVERAL MEMBERS THE SAME QUESTION REGARDING THEIR ATTITUDES ABOUT SAME EVENTS AND RELATIONSHIPS.
- **COGNITIVE RESTRUCTURING** – MODIFYING A CLIENT'S PERCEPTIONS OF EVENTS IN ORDER TO BRING ABOUT BEHAVIORAL CHANGE.

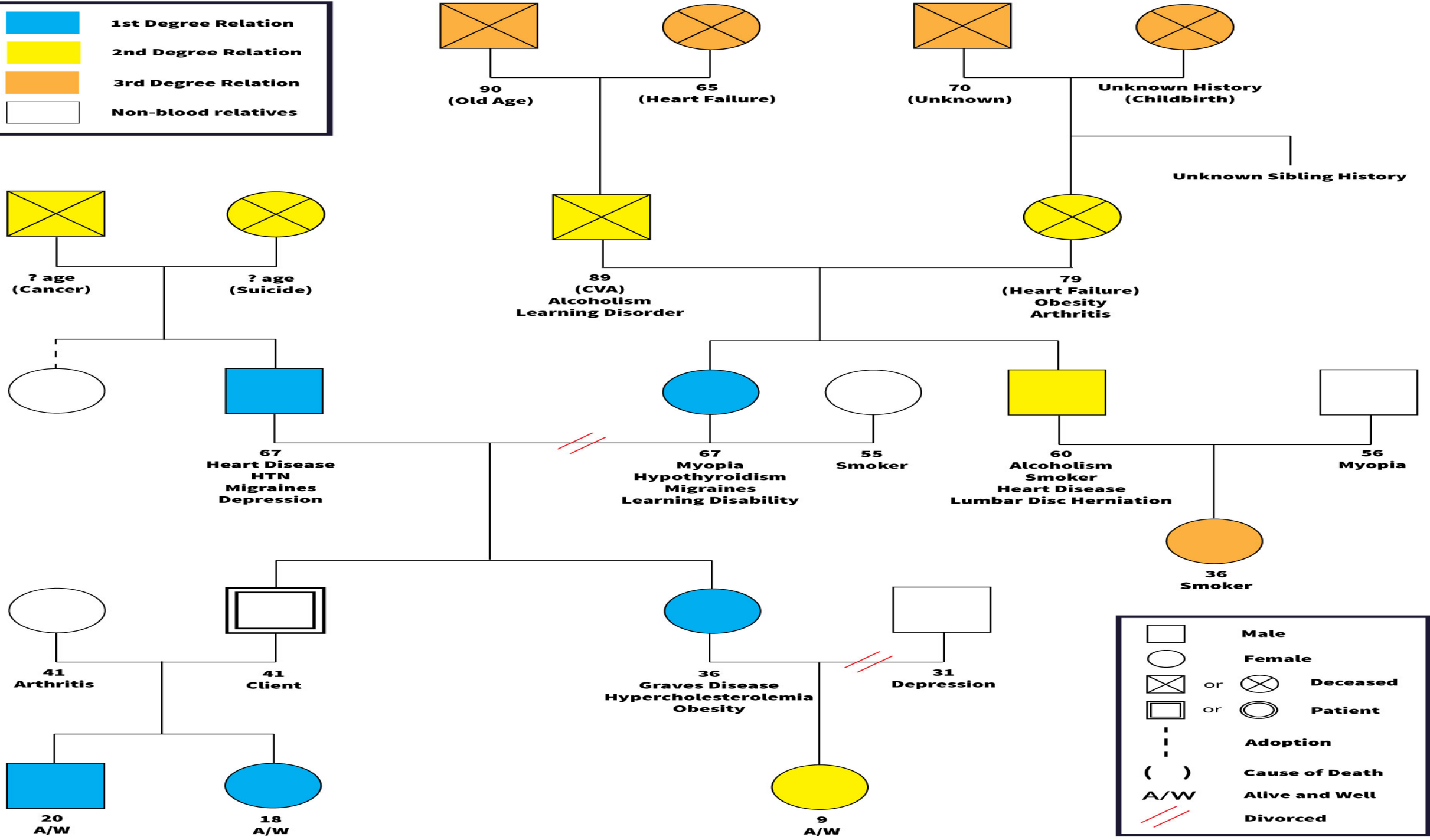
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









- **MIRACLE QUESTION** – CLIENTS ARE ASKED TO CONSIDER WHAT WOULD OCCUR IF A MIRACLE TOOK PLACE AND, UPON AWAKENING IN THE MORNING, THEY FOUND THE PROBLEM THEY BROUGHT TO THERAPY SOLVED.
- **EXTERNALIZATION** - VIEWING THE PROBLEM AS OUTSIDE OF THEMSELVES. (USUALLY USED BY NARRATIVE THERAPISTS)

GENOGRAM

- A TECHNIQUE OFTEN USED IN EARLY FAMILY THERAPY, PROVIDES A GRAPHIC PICTURE OF THE FAMILY HISTORY. GENOGRAM REVEALS THE FAMILY'S BASIC STRUCTURE AND DEMOGRAPHICS.
- THROUGH SYMBOLS, IT OFFERS A PICTURE OF THREE GENERATIONS. NAMES, DATES OF MARRIAGE DIVORCE, DEATH, AND OTHER RELEVANT FACTS ARE INCLUDED. IT PROVIDES AN ENORMOUS AMOUNT OF DATA AND INSIGHT FOR THE THERAPIST AND FAMILY MEMBERS EARLY IN THERAPY. AS AN INFORMATIONAL AND DIAGNOSTIC TOOL, THE GENOGRAM IS DEVELOPED BY THE THERAPIST IN CONJUNCTION WITH THE FAMILY.


	1st Degree Relation
	2nd Degree Relation
	3rd Degree Relation
	Non-blood relatives



	Male	
	Female	
	or 	Deceased
	or 	Patient
	Adoption	
	Cause of Death	
	Alive and Well	
	Divorced	




STAGES OF TREATMENT

- **INITIAL PHASE** – (GENOGRAM), NEGOTIATE W/FAMILY WHAT PROBLEM TO ELIMINATE
 - **MIDDLE PHASE** – REDEFINING PROBLEM, RELATIONSHIP CHANGES OCCUR
 - **FINAL PHASE** – LEARN EFFECTIVE COPING SKILLS
- 



THE ROLES AND FUNCTIONS OF FAMILY THERAPIST


1. **STRUCTURAL CHANGE** – THEY ACTIVELY CHALLENGE RIGID, REPETITIVE PATTERNS THAT HANDICAP OPTIMUM FUNCTIONING OF THE FAMILY MEMBERS.
 2. **BEHAVIORAL CHANGE** – THEY HELP CLIENTS ABANDON OLD DYSFUNCTIONAL BEHAVIOR. (PARADOXICAL INTENTIONS)
- 



EXPERIENTIAL CHANGE

HELP FAMILIES LEARN MORE EFFECTIVE WAYS OF COMMUNICATING WITH ONE ANOTHER AND ON TEACHING THEM TO EXPRESS WHAT THEY ARE EXPERIENCING. (SATIR)

HELP FAMILY MEMBERS TO LEARN TO ASK FOR WHAT THEY WANT FROM ANOTHER, THUS FACILITATING SELF-EXPLORATION, RISK TAKING, AND SPONTANEITY.



HOW FAMILY THERAPY HELPS

CLIENTS ARE CHALLENGED TO ESTABLISH A NEW MORE HONEST RELATIONSHIP (WHITAKER)

HELP CLIENTS RECOGNIZE HOW THEY HAVE HIDDEN THEIR PRIMARY EMOTIONS OR REAL FEELINGS AND INSTEAD HAVE DISPLAYED DEFENSIVE OR COERCIVE SECONDARY EMOTIONS (EFC THERAPISTS)

COGNITIVE CHANGE

PROVIDE CLIENT FAMILIES WITH INSIGHT AND UNDERSTANDING.

GAINING AWARENESS OF ONE'S "FAMILY LEDGER".

GAINING INSIGHT INTO INTROJECTS REPROJECTED ONTO CURRENT FAMILY MEMBERS OR TO COMPENSATE FOR UNSATISFACTORY EARLY OBJECT RELATIONS.

OPEN UP CONVERSATIONS ABOUT CLIENTS' VALUES, BELIEFS, AND PURPOSES SO THAT THEY HAVE AN OPPORTUNITY TO CONSIDER A WIDE RANGE OF CHOICES AND ATTACH NEW MEANINGS TO THEIR EXPERIENCES.



ANY QUESTIONS? OR COMMENTS

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