

Systems Approaches: Family Therapy

Week 3



Systems Approaches: Family Therapy

- ▶ Journal of Family Therapy – On-line Journal access

Association of Family Therapy and Systemic Practice

- ▶ <http://www.aft.org.uk/view/index.html#tzc>
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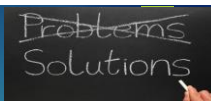


Family Therapy and Systemic Practice

- ▶ Family therapy addresses the problems people present with in the context of their relationships with significant people in their lives and their social networks.



Goals



- ▶ Improvement of family functioning on different levels,
- ▶ Enhancement of mutual understanding and emotional support among family members,
- ▶ Development of coping skills and problem-solving strategies in various life dilemmas and situations.

Systemic Therapy

- ▶ Community, society, cultural to which the family belongs.

Systemic Perspective (Summarise)



Individuals in relation to the different context in which people live:

- ▶ Partner in a couple relationship
- ▶ Family member
- ▶ Person with particular cultural and/or religious allegiances
- ▶ Socio-economic and socio-political circumstances
- ▶ 'context' is being paramount is one's well-being and psychological development.
- ▶ Systemic perspective in its broadest sense can contribute to strengthening solidarity, tolerance, trust and collaboration, the cornerstone of a health society.

Resources 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.

Systemic Contexts



- ▶ Organisations
- ▶ Conflict Mediation
- ▶ Restorative Practices (Restorative Justice)

Origin



- ▶ A worldview that emerged in the 1940s.
- ▶ Early proponents were dissatisfied with the lack of progress patients made when treated via individual psychotherapies.
- ▶ But they were encouraged by signs that group therapies had a positive impact on behavior.
- ▶ In addition, WWII produced new technologies that early theorists applied to families.
- ▶ Relationships are an agent for change.

Founders of Family Therapy Approaches

Alfred Adler 1870-1937
 Salvador Minuchin 1921 -
 Murray Bowen 1913-1990
 Virginia Satir 1916-1986
 Jay Haley 1923-2007
 Monica Goldrich - Genogram



- ▶ Salvador Minuchin Web Sites
<http://www.minuchincenter.org/>
- ▶ <http://www.abacon.com/famtherapy/minuchin.html>
- ▶ http://www.parentsurf.com/p/articles/mi_qa3658/a_199901/ci_n8847288
- ▶ Jay Haley Web Sites
<http://www.jay-haley-on-therapy.com/>
- ▶ <http://www.abacon.com/famtherapy/haley.html>
- ▶ <http://web.jonsys.com/~remedy/HALEY,%20Jay.htm>

- ▶ Murray Bowen Web Sites
<http://www.abacon.com/famtherapy/bowen.html>
- ▶ <http://www.thebowencenter.org/pages/murraybowen.html>
- ▶ Virginia Satir Web Sites
<http://www.avanta.net/>
- ▶ <http://www.abacon.com/famtherapy/satir.html>
- ▶ <http://www.satirsystems.com/>

Core of Family Systems



- Families and their pattern of their communication and interaction profoundly affect human beings.

Salvador Minuchin – Structural Therapy

Family structure is at the core of family therapy:

- ▶ “A family is a system that operates through transactional patterns. Repeated transactions establish patterns of how, when, and to whom, and these patterns underpin the system” (Minuchin, 1974).
- ▶ Therapist takes a leadership role, using the following techniques:
- ▶ Intensity.
- ▶ Enactment
- ▶ Unbalancing.
- ▶ complementarity
- ▶ Reframing.



The cartoon depicts a therapy session. A therapist, a man in a suit, sits behind a desk. A father, a mother, and a young girl sit on a couch facing him. The father is speaking, and the therapist is looking at him. A speech bubble from the father says: "My daughter has been acting really badly lately. She won't listen to me or her mother." The therapist responds with a speech bubble: "All right. What's the problem?" The mother then speaks: "She says I'm indecisive, but I don't know." The cartoon is signed "K. Fong" at the bottom right.

Murray Bowen – Bowen Therapy (Multigenerational Process)

- ▶ Bowen believed that the family emotional system reacted to what he considered to be a kind of innate or chronic anxiety in humans as well as in other species.
- ▶ **Calibration**, which is the formation of an independent self with the ability to recognize the difference between emotion and thinking and to react well to stress and crisis situations, is the foundation of Bowen's transgenerational family therapy. Undifferentiated people are overall controlled by their emotions are typically not able to respond well or rationally in stressful situations.



Bowen – Genogram Technique

- ▶ Monica Goldrich and Randy Gearson (1998)
- ▶ http://healingreligion.com/P51012/html/mcgoldrich_gerson.htm

GENOGRAMS

The Goldrich Family

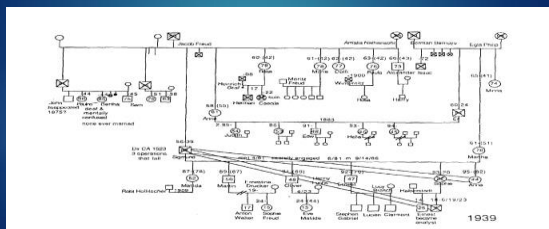
Legend:

- Male
- Female
- Married (Double line)
- Divorced (Dashed line)
- Adopted (Dashed line with 'A')
- Deceased (Crossed circle/square)
- Living (Open circle/square)
- Living Together as Affair (Open circle/square with 'L')
- Distance (Open circle/square with 'D')
- Back together after Distance (Open circle/square with 'B')
- Revised Generation (Open circle/square with 'R')
- Children: List in birth order beginning with the a



What does a genogram look like?

Freud Family Genogram



Triangulation – Understanding Process

- Occurs when a didactic relationship becomes stressful or conflicted. A third person is involved as a way of diffusing the tension.
-



Transgenerational Therapy

- Helping people to learn to recognise emotional patterns that lead to triangulation, through more insight into how they learned these patterns through transgenerational/multigenerational transmission.
- Diane Gerhart
- <https://www.youtube.com/watch?v=ILQOWoom2d0>

Virginia Satir – Humanistic Experiential Therapy (Human Growth Model)

- Emotional transactions
- Viewed any symptom or problem as blocked growth for that person and for the family at large, and she was interested in what a family had to give up to maintain this kind of negative balance.
- Family structure and family 'rules'
- Rules can be overt and covert, and part of the therapy process is to clarify these rules and how they affect individuals and the family.

Virginia Satir – Affect and touch

- Affect and touch as a way of promoting family growth.
- Family Sculpting
- Virginia Satir – Diane Gehart
- <http://www.youtube.com/watch?v=q3mPQcX7kY>

Current Models of Family Therapy

- Multisystemic therapy (MST) and added component of skills training. Stratton (2010)
- Multisystemic Therapy (MST) is an intensive family and community based intervention for children and young people aged 11-17, where young people are at risk of out of home placement in either care or custody due to their offending or having severe behaviour problems.
- MST – UK
- <http://www.mstuk.org/>
- Stratton, P. (2010). *The Evidence base of Systemic Family and Couples Therapy*. Association for Family Therapy, UK

Functional Family Therapy – James Alexander and Tom Sexton

- ▶ FFT is a short-term, high quality intervention program with an average of 12 to 14 sessions over three to five months. FFT works primarily with 11- to 18-year-old youth who have been referred for behavioural or emotional problems by the juvenile justice, mental health, school or social care. Services are conducted in both clinic and home settings, and can also be provided in schools, child welfare facilities, Youth Offending Services and mental health facilities.
- ▶ FFT is a strength-based model built on a foundation of acceptance and respect. At its core is a focus on assessment and intervention to address risk and protective factors that occur within and outside of the family.

– Postmodern Theories

- ▶ Narrative Therapy (Michael White and David Epston (1980)
- ▶ Solution focused Therapy (Steve de Shazer and Insoo Kim Berg, who were influenced by the work of Milton Erickson)
- ▶ Collaborative Therapy – Harlene Anderson
 - ▶ <http://www.harleneanderson.org/resources.html>
 - ▶ Diane Gerhart
 - ▶ https://www.youtube.com/watch?v=2yo3tM_gdE