

FAMILY THERAPY THEORIES COMPARISON

<p>LEADERS</p> <ul style="list-style-type: none"> - Salvador Minuchin - Charles Fishman 	<p>ASSUMPTIONS:</p> <ul style="list-style-type: none"> - Problems reside within a family structure (although not necessarily caused by the structure) - Changing the structure changes the experience the client has - Don't go from problem to solution, we just move gradually - Children's problems are often related to the boundary between the parents (marital vs. parental subsystem) and the boundary between parents and children
<p>CONCEPTS Family structure</p> <ul style="list-style-type: none"> - Boundaries <ul style="list-style-type: none"> - Rigid - Clear - Diffuse - Disengaged - Normal Range - Enmeshment - Roles - Rules of who interacts with whom, how, when, etc - Hierarchy - Subsystems - Cross-Generational Coalitions - Parentified Child 	<p>GOALS OF THERAPY:</p> <ul style="list-style-type: none"> - Structural Change <ul style="list-style-type: none"> - Clarify, realign, mark boundaries - Individuation of family members - Infer the boundaries from the patterns of interaction among family members - Change the patterns to realign the boundaries to make them more closed or open
<p>ROLE OF THE THERAPIST:</p> <ul style="list-style-type: none"> - Perturb the system because the structure is too rigid (chaotic or closed) or too diffuse (enmeshed) - Facilitate the restructuring of the system - Directive, expert—the therapist is the choreographer - See change in therapy session; homework solidifies change - Directive 	<p>ASSESSMENT</p> <ul style="list-style-type: none"> - Assess the nature of the boundaries, roles of family members - Enactment to watch family interaction/patterns
<p>INTERVENTIONS</p> <ul style="list-style-type: none"> - Join and accommodate <ul style="list-style-type: none"> - mimesis - Structural mapping - Highlight and modify interactions - Unbalance - Challenge unproductive assumptions - Raise intensity so that system must change 	<p>CHANGE</p> <ul style="list-style-type: none"> - Raise intensity to upset the system, then help reorganize the system - Change occurs within session and is behavioral; insight is not necessary - Emotions change as individuals' experience of their context changes