

# Family therapy techniques



Family therapy techniques address family conflict by improving communication and interaction within the family. Four main models dominate the spectrum.



## Structural family therapy



Theorizes that the family structure is responsible for its problem and that a certain level of hierarchy and boundaries are needed to remain healthy.



## Bowenian family therapy



Comprehensive approach where the goal of therapy is self-differentiation, or the ability to separate thoughts from feelings.

## Strategic family therapy



Families maintain problems through repeated responses to family interactions. Most work is done outside of the therapy session in the form of homework.



## Systemic family therapy



A family member develops symptoms to cope with the behavior of other family members. By changing one person's actions, the entire system can be altered as everyone is interconnected.



# Therapy Techniques Ideas

**Sebastian Brünink**



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