

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

Rachel Sandford



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