

Family Therapy Interventions Handout

Family Name: The Thompson Family

Date: 10/15/2023

Therapist Name: Dr. Angela Hart

Primary Goals for Therapy:

Improve communication and understanding among family members.
Resolve ongoing conflicts and establish healthy boundaries.
Strengthen family bonds and identify family strengths.

1. Genogram Creation

Family's Unique Patterns Identified:

Recurrent themes of strong women leading the family and men with careers in engineering.

Significant Insights Gained:

The family's history of divorce has created a fear of commitment among younger members.

2. Communication Skills Training

Specific Communication Goals:

Develop active listening skills and express emotions more openly.

Reflection on Progress:

Family members have shown improvement in listening but still struggle with expressing emotions.

3. Family Sculpting

Key Roles and Relationships Explored:

Explored the role of the eldest daughter as the mediator in the family.

Emotional Insights:

Revealed underlying resentment from younger siblings feeling overlooked.

Working With Families An Introduction To Family Therapy

Anthony S. Fauci



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