

Family Therapy: Methods and Principles

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Some Family Therapy Principles

- ◆ System/Subsystem
- ◆ Interrelated parts and processes
- ◆ Resonance
- ◆ Homeostasis
- ◆ Family culture
- ◆ Triangles
- ◆ Reactivity vs. Proactivity

Stages of Change

- ◆ Reduce or manage anxiety
- ◆ Development of objective awareness
- ◆ Coaching
- ◆ Differentiation

Selected Techniques

- ◆ Ideal relationship/family is....
- ◆ Detriangling
- ◆ Ownership
- ◆ Communication ("I" statements)
- ◆ The 5 to 1 rule exercise
- ◆ Altruism Gifts