



FAMILY THERAPY WHAT IT IS AND HOW IT WORKS

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FAMILY THERAPY

A form of psychotherapy that seeks to
reduce distress and conflict
by **improving** the systems of interactions
between family members.

FAMILY THERAPY

Emphasizes **family relationships** as an important factor in **psychological health**.

Works with **family relationships and networks** to **nurture change and development**.

Recognizes family as a **unique social system** with its own **structure and patterns of communication**.

TYPES OF FAMILY THERAPY

Salvador Minuchin : Structural Family Therapy

Virginia Satir : Conjoint Family Therapy

Milton Erickson : Strategic Family Therapy

White and Epston : Narrative Family therapy

JOURNAL OF FAMILY THERAPY , 10(2) 1988

<http://onlinelibrary.wiley.com/doi/10.1046/j.1988.00311.x/pdf>

Contrasting four major family therapy paradigms: implications for family therapy training

Ken Israelstam

Charing Cross Hospital, London

THE ROLE A FAMILY PLAYS IN OUR LIVES

“It is here that we learn our vocabulary, our habits, our customs and rituals, and how to view and observe the world around us.”

“Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible -- the kind of atmosphere that is found in a nurturing family.”

ALL APPROACHES CAN WORK

Client centered

Cognitive Behavioral

Affective-Experiential / Humanistic

Transactional Analysis

Psychoanalytically oriented family therapy: the Milan approach

BUT WHO WILL HELP US DEAL WITH

Communication problems with “in-laws”

Dowry related issues

Inter-caste marriage and related issues

Joint and extended families

Religious and cultural nuances

Sharing domestic chores and child care

Gender and patriarchy

Infertility and family pressure for an heir

“Dual career families”.....*an Indian nomenclature?*

INDIAN JOURNAL OF PSYCHIATRY 2013, 55(SUPPL 2): S299–S309. CHADDA AND DEB . “INDIAN FAMILY SYSTEMS, COLLECTIVISTIC SOCIETY AND PSYCHOTHERAPY.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705700/>

“From a psycho-therapeutic viewpoint, in collectivistic societies like ours, the family may be a source of the trouble as well as a support during trouble.”

“It is therefore, plausible that the family might also provide solutions of the trouble and indeed, interventions focusing on the whole family rather than the individual often results in more gratifying and lasting outcome.”

WHAT I PREFER TO USE : POSITIVE

Behavioral Family Interventions (Sanders)

Based on a social information processing model.

Build on existing strengths, address known risk variables, connect to available social support networks, design to facilitate success, be gender sensitive and culturally appropriate.

Positive Parenting Program (PPP)

Resilience

Knowledge

Parents promote self regulation

Resourcefulness

Skills

self monitoring

self evaluation

self determination of goals

PROMOTE THE CONCEPT OF PERSONAL AGENCY

WHAT I PREFER TO USE : PREVENTIVE

Functional Family Therapy (Sexton and Alexander)

All domains of client experience: Biological

Behavioral

Affective

Cognitive

Cultural

Relational

Dissemination, Training, Development, Supervision, Adherence

WHAT I PREFER TO USE : REHABILITATION

Family support groups

Caregiver groups

Caregiving and caregivers: Challenges and opportunities in India

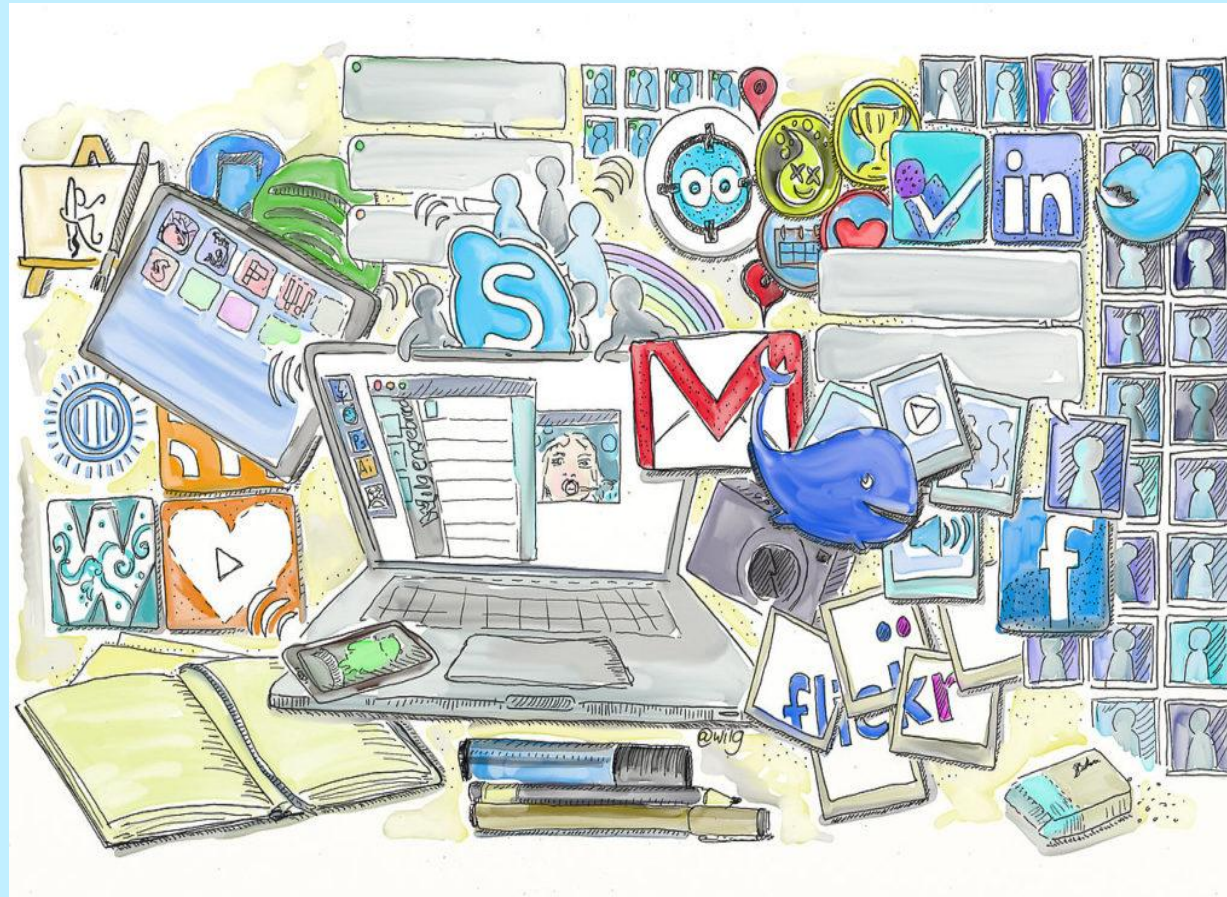
R. Srinivasa Murthy

Indian Journal of Social Psychiatry , 2016 , 32(1), 10-18.

<http://www.indjsp.org/article.asp?issn=0971-9962;year=2016;volume=32;issue=1;spage=10;epage=18;aulast=Murthy>

THE MOST RECENT CHALLENGE TO THE FAMILY

Internet



Screen addiction

Social media

Gaming

Self portraiture

THANK YOU



Wi-Fi went down for five minutes, so i had to talk to my family. They seem like nice people.