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Unit 8 (Part 2) - FAMILY SYSTEMS & INTEGRATIVE THERAPIES

24. I think that I would use family systems therapy and incorporate psychoanalysis. It is true that we all are born into a family group and will adopt behaviors that we see. As youngsters, we may not be able to differentiate what is healthy and unhealthy; functional or dysfunctional, but as we age, it will be important to maintain loving relationships with our relatives, but establish what is exclusively healing and whole for us.

Psychoanalysis will allow me to explore my client's past, target the destructive behaviors learned from family members and set goals for mental health betterment. I would definitely implement Christian elements in my approach. Prayer and scriptural guidelines would be a part of the informed consent process. I understand, as a Bible believer, that human beings are a trichotomy. We are made of three parts - a body, soul and spirit. To address the mind and body alone would be counterproductive.

25. Before approaching the question, "How does theory affect practice," it is important to know what a theory is. To grab from an online blog, "a theory is a carefully thought-out explanation for observations of the natural world that has been constructed using the scientific method, and which brings together many facts and hypotheses" (Angielczyk, 2017). In other words, theory undergoes a significant amount of work before it is considered appropriate for scientific use.

Theory establishes a wholesome foundation upon which knowing, explaining and action can stand. Counselors can better understand the dynamics of human behavior and ascertain what type of therapy is best for their clients.

26. From the integrated perspective, counselors tend to approach psychotherapy with a flexibility that freely incorporates different models. The intention is to see what they can learn or introduce from different approaches to treatment. Corey (2013) says that drawing from more than one school can “enhance the efficiency and applicability of psychotherapy.” Therapists are not confined to one technique.

However, drawing from more than one school has its disadvantages, too. It is possible that therapists may compromise the integrity of a theory or become conflicted/confused which is never good for the already-distressed client.

28. My role as a counselor is to help clients find ways of solving problems that cause emotional distress, build self-esteem, change negative behavior and maintain good mental health. My major responsibility as a helping agent would be to establish a foundation for right thinking and behaviors. I would expect my clients to open with me, trust my care, maintain a mutual level of respect and devote themselves to better mental health.

I would consider the relationship between my clients and I to be comfortable, mutually transparent, caring and trusting. I would want my client to know that I am dedicated to the process of his/her mental wellbeing and humble enough to explore therapeutic strategies that are unique to the individual.

References

Corey, G. (2013). *Theory and practice of counseling and psychotherapy* (9th ed). Brooks/Cole Cengage.

Angielczyk, K. (2017, March 10). *What Do We Mean by “Theory” in Science?* Field Museum. Retrieved December 13, 2021, from <https://www.fieldmuseum.org/blog/what-do-we-mean-theory-science>