

Film Ordinary People
Family Systems Therapy

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Family systems therapy is a therapy founded by Murray Bowen. Family system focuses on the family as a whole. The family system therapy suggest that family is more than the sum of its part. Bowen says that when one thing effects one member of the family it could have a resounding effect on other members of the family. Bowen says that emotional problems stem from generation to generation and must be dealt within. Bowen says change must be occur in the family and cannot be done alone (Corey, pg. 407).

Bowen family system theory involved from psychoanalytic principles and practices is referred to as multigenerational family therapy. Family system address the specific issues affecting the health and functioning of a family. The term family doesn't necessarily mean a biological family or blood family. The goal of family therapy is to work together to heal any mental, emotional, or psychological problems that might tear the family apart.

Two techniques that could possibly work for Conrad are structural family therapy. Structural family therapy was founded by Salvador Minuchin the therapist might direct the family towards change with within the session. Here the therapist might direct Conrad mother to take a more active role and display a united front to his son.

Another technique I could use for Conrad would be the strategic approaches developed by Jay Haley. Most of strategic approaches most of the work is done outside of the therapy session. The therapist will give the family homework and ask them to experiment with fresh responses to recurring problems.

I believe these techniques could work for Conrad and his family because he is distant from his mother but loving towards his father. Conrad thinks his mother is more in favor for his brother then him.

References

https://pluto.tv/en/ondemand/movies/ordinary101?utm_medium=textsearch&utm_source=google

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