

Ordinary People: Family System Therapy

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Family System Therapy is a form of therapy that set values on the family dynamic through theoretical assumptions and interventions that will have influences on an individual's family system. Using an integrative approach, therapists are able to observe, help with interactions, assist with implementing goals to promote change within the family system in the interest of what best for the family and the main individual seeking therapy.

Using the therapeutic technique, therapist can anticipate expected outcomes that will support the interest of the family without casting blame. The goal is to omit onus of dysfunction on either the individual or the family but to empower members of the family through exploring developmental and purposeful interaction patterns. Although exploring these internal factors are necessary, it is important to recognize external systems like culture and socioeconomic patterns that may influence the family system.

If I was the family system therapist for Connor and his family, my initial therapy session will have probably begun with me meeting with him to build a relationship with him. During our early sessions I will get a better understanding of him and the stressors that impact his daily life. As our session progress, I will invite his mother, father and other members of his community that have an influence in his life.

I will have a keen observation on the family system and how they interact with one another. Using what I learned about Connor in our earlier sessions, I would get an understand of how his family system and interactions impact his guilt and depression. Using that information, I will be able to implement strategic approaches like reframing and boundary setting to help him

develop healthy coping mechanisms to enhance his relationships at home, and most importantly with hi mom.

I believe this Family System therapy can be very successful for Connor because it will allow his family to get the support needed, and inevitably support Connor the most. I think the most difficult part of the form of therapy will be getting his mother to participate. In the movie, we witness his father being open to participating and even seeking help for himself. If his mother will be interested in participating, I think this form of therapy can be beneficial.

References

Corey, Gerald. (2015), *Theory and Practice of Counseling and Psychotherapy.*, 10th edition____
USA, Thompson Learning.

Redford, R. (Director). (1980). *Ordinary people* [Film]. Paramount Pictures.