

**Movie analysis Treatment Plan Proposal**

*Mrs. Doubtfire*

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Defining the term 'family' varies from person to person, and English has no strict definition. For some, family refers to their relatives living with them, while others include extended family living near or far away. Some consider their pets as part of their family. Furthermore, one can describe the family as not limited as it encompasses many structures, such as childless couples, close friends who are considered family, and other family units. Despite the differences, all families share a common foundation of love and commitment.

**According to the U.S. Census Bureau in 2010, a family is a group of two or more individuals, including the householder, who are related by birth, marriage, or adoption and reside in the same household. This includes all members of the family, including subfamily members. Unrelated subfamilies, previously known as secondary families, are no longer counted as families since the 1980 Current Population Survey. Additionally, non-relatives living in the household are included in the count of family members but not in the count of family members. The text offers family subgroup breakdowns Nuclear, Divorced, Stepfamily/Blended, Single-Parent, Child-Free, Same-Sex couples, Living Apart Together, Living Apart Together, Living Apart Together, Aging, Multigenerational, and Transgender Family. (Capuzzi, 2015)**

Mrs. Doubtfire is a movie about a man named Daniel who disguises himself as a female housekeeper named Mrs. Doubtfire to spend time with his children after his wife files for divorce. The central issue in the movie is the breakdown of the family unit and the struggle to maintain meaningful connections with loved ones in the face of significant life changes. In order to create a successful treatment plan for the family's central issue in Mrs. Doubtfire, the film offers various themes and strategies that can be identified and applied in a clinical setting: Such as Communication, Empathy, Coping mechanisms Boundaries, and Forgiveness and reconciliation.

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In the film, Daniel struggles to communicate effectively with his wife and children, ultimately leading to their marriage breakdown. A central aspect of the treatment plan would involve helping each family member learn to communicate in a healthy, constructive manner, promoting honesty and openness while discouraging judgment and blame. Empathy is another critical aspect of the treatment plan, as it involves understanding and connecting with others' experiences and emotions. By cultivating empathy, each family member can gain a deeper appreciation for the challenges others face and work together to overcome them. In the movie, Daniel and his wife struggle to establish healthy boundaries in their relationship. A focus on boundary-setting can help each family member understand their own needs and communicate them effectively to others while also learning to respect and honor the boundaries of others. The stress and upheaval of divorce and family breakdown can significantly affect mental health and well-being. A treatment plan for the central issue of family in Mrs. Doubtfire can involve teaching each family member effective coping mechanisms for managing stress and emotions, such as mindfulness, relaxation techniques, and cognitive restructuring. Ultimately, the goal of the treatment plan would be to help each family member forgive and reconcile with one another, promoting a sense of unity and belonging in the family unit. This can involve working through past hurts and grievances, acknowledging each person's role in the family's breakdown, and cultivating empathy and understanding for one another.

The fundamentals of family therapy theory were developed by Ivan Boszormenyi-Nagy in 1987. This later evolved into contextual family therapy (CFT), a comprehensive and integrative model incorporating various elements. It is both psychodynamic and intergenerational, drawing on individual psychology, systemic interaction, and existentialism. Boszormenyi-Nagy introduced the idea of "relational reality" to emphasize the importance of considering unique aspects of individuals within the broader scope of systemic treatment. Compared to other psychodynamic family theories, Boszormenyi-Nagy's approach is more complex and inclusive because it addresses present family issues and

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influences from the past and potential impacts on an undefined future. (Capuzzi, 2015) Incorporating these themes and strategies into a treatment plan for the central family issue in Mrs. Doubtfire can help each family member develop the skills and resilience needed to navigate significant life changes and maintain meaningful connections with each other. In analyzing the family dynamics in Mrs. Doubtfire, different theories, such as Psychodynamic, Experiential, and Humanistic, offer unique perspectives. Psychodynamic theory delves into unconscious conflicts that may influence behavior. For instance, in Mrs. Doubtfire, Daniel's actions may result from unresolved conflicts with his parents. Experiential theory, on the other hand, highlights the significance of expressing emotions healthily in the present. In the movie, family members can benefit from this theory by learning to identify and express their emotions healthily. Lastly, Humanistic theory suggests that individuals can strive towards self-actualization and deeper connections with others. This theory can help individuals in the movie develop meaningful connections with each other.

The Bowenian Structural Theory can be applied to the main family issue in Mrs. Doubtfire. This theory emphasizes the importance of understanding and managing emotional boundaries within families. In the movie, the family experiences conflict and disconnection, which ultimately leads to the breakdown of Daniel and his wife's marriage and confusion and isolation for their children. To address these issues, therapy through the lens of Bowenian Structural Theory would involve identifying and addressing emotional patterns within the family system. This could include working on emotional differentiation to promote individuality, reduce emotional enmeshment, and identify triangulation.

Behavioral and Cognitive-Behavioral theories can also be applied to the central issue of family in Mrs. Doubtfire. These theories focus on the role of learning and behavior change in promoting healthy relationships and emotional well-being. While CBT is an evidence-based and standardized approach, it can be adapted to suit the individual characteristics and needs of each client. Clinical trials have consistently shown that CBT is highly effective in treating anxiety disorders, depression, and phobias in

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children and adolescents, whether delivered in individual or group settings and regardless of the specific techniques employed. This flexibility in approach allows clinicians to tailor the treatment to each client's unique circumstances, making CBT a versatile and powerful tool for mental health professionals.

(Tekbaş and Koçtürk 2023) This could refer to various things. Behavioral reinforcement: Identifying and reinforcing positive behaviors within the family, such as effective communication and problem-solving skills. Modeling: Providing role models for healthy behaviors, such as demonstrating effective conflict resolution strategies. Cognitive restructuring: Helping family members identify and challenge negative or unhelpful thought patterns that may contribute to conflict or emotional distress. Behavioral activation: Encouraging family members to engage in positive activities that can improve mood and promote well-being, such as regular exercise or enjoyable hobbies. Gradually exposing family members *Exposure to therapy* via situations that may cause anxiety or distress will help reduce fear and promote confidence.

Through these interventions, therapy based on Behavioral and Cognitive-Behavioral theories can help family members to learn new skills and behaviors that promote healthier relationships and emotional well-being. In addition, therapy can help family members develop a greater sense of self-efficacy and control over their own lives, leading to increased confidence and resilience in facing life's challenges. There are many potential benefits of applying various therapeutic approaches to family issues. Exposure to therapy is an intervention that could help family members gradually overcome their fears and anxieties, and other family issues. Being well-versed offers valuable insights into how different therapeutic approaches could address this issue in a clinical setting.

In conclusion, family is fluid and can vary from person to person. The U.S. Census Bureau defines a family as a group of two or more individuals related by birth, marriage, or adoption residing in the same household. However, families can take various forms, including childless couples, close friends, and non-traditional family units. The movie, *Mrs. Doubtfire*, centers around the breakdown of a family and the struggle to maintain meaningful connections during significant life changes. The themes

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and strategies presented in the movie, such as communication, empathy, coping mechanisms, boundaries, and forgiveness and reconciliation, can be applied in a clinical setting to develop a successful treatment plan for the central family issue. Using various theories, such as Psychodynamic, Experiential, Humanistic, Bowenian Structural, Behavioral, and Cognitive-Behavioral, can offer unique perspectives in addressing family issues. Promoting healthy communication, empathy, understanding, and resilience within families cannot be overstated.

**References**

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