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PSY 444_ Psychotherapy (OA)

Unit 7 Essay

Chapter Fourteen

Questions 1.

When conducting counseling, the family systems perspective is one that can be understood by anyone through his/her interactions and roles within the context of family relationships.

Between family members and community or cultural background, any individual is seen as a whole within that context. While any psychological problem is a manifestation and projection of the relationship context any individual is in. I see that Biblical perspective also views human nature within a family cycle, that it often sees any individual in relation to their family tree and history and even the dynamic and patterns with the family and community. Christian's point of view put emphasis on generational influences, where both blessing and sin are in relation and can be pass down from generation to generations.

It seems to me that western culture and mentality often stress the individuality and autonomy, while the Bible views human nature in terms of multigenerational. From the Bible, we learn that God's perspective sees human as a whole and bigger picture, the past the present and the future that wiving into his internal purpose from each person of family, generation to all nations. Biblical are family orientated where it echoes the essence of the family systemic approach in counseling, it looks at individual's history and perspective, while include the family interactional relation into its experiences and impacts.

However, family systemic approach from secular often neglects the purpose of God's creation and internal aims, where the lens of family orientated can be narrow to the power of emotion and individuality. That is, the family systemic approach in counseling can fail to machinery view family as systematically, and its difficulties to intervene for such a diversity of family dynamics. The spirit and God centered perspective where it rooted within the story of God's redemption through his beloved son is the core in God's internal purpose of the big picture.

Questions 7.

There are several techniques and intervention strategies used by the family system models as follows:

- Multigenerational family therapy: it aims at identify the dysfunction with the structural family system, while help client establish the differentiation of self from the family and recognizing the family origin. It focuses on family patterns and needs among family members rather than their emotional states and feelings. The goal is to a balanced and well functioned family structure, while seek to diminish or eliminate the unhealthy behavioral patterns that formed from the interaction within the family system.
- Human validation process model: it focuses on family connections and emotional experiences among the family members, it often approaches with sculpting and family reconstruction to help the client build their connection and relationship within the family context. It stresses that the communication and presence of the therapist as the key to family healing and empowering client to progress with the family members for congruence and peace of the family

relationship. It is the experiential based approach that put family relational and health as priority, rather than pathologizing the symptoms or dysfunctions.

- Structural-strategic family therapy: the most utilized approach of family system model, where it is to identifies the individual's way of solution in the family system as its patterns to come to symptoms as its invalidity of way of solving problems within that relational family context. It also take the subsystem in to consideration when approaching individual's symptoms, with the lens of family interaction patterns, family roles and structure. The goal is to identify dysfunction, lead to constructive change in that system and set boundaries appropriately.

Questions 3.

Bowen's multigenerational family therapy including two key concepts:

- Differentiation of self: it is the establish of oneself from family, where the balanced and healthy relationship with family members and others. That is, the development of the sense of independency of the self, while maintaining the intimate, bonding and communicative relationship within the family structure. It is the ability to identify the feelings and emotion States while not being override and control by them, and without these disturbing feelings influence the problem solving or decision making. Hence, they can recognize their own self and differentiate how they feel from the intimacy and close relationship in between and among the family members. Differentiation of self is to acknowledge and distinguish the self within the family structure without separated from that relational context of family system. People with high differentiation of self are solid in their own understanding of self concept, and the

sense of assertiveness and confident, they are not easily disturbed by how other's negativity judgment about them, and understand the self-worth and self-validate.

- **Triangulation:** Bowen defines a triangle as a three person relationship where these three members have some kind of relationship with each other. Triangular relationship is a method to deal with anxiety in the emotional system through relationship, which reflects the process of emotional interaction among members of the family system. This method is natural and common, and the nature of the relationship can be emotional or physical. The continuation of a relationship can be temporary or permanent. Bowen pointed out that in a family, children are usually the best candidates to regulate the couple's emotions. When the degree of family integration is higher, the triangle relationship will be more obvious and intense. Usually, couples with lower differentiation are more likely to reduce long-term anxiety among each other through the mechanism of triangle relationship.

Questions 23.

Family systems, therapy approach individual with the understanding of their emotion, development, perception and behavior is often formed from their family system, while it seeks to understand the family origin in order to identify the dysfunction of individual within the family context. I see that it is especially helpful for individual with strong family orientated culture, that family interactional and behavioral patterns can be very influential to each members of the family, both positively and negatively. The participation of each family members can better facilitate the change to the process of therapeutic effectiveness. Therapists can effectively and

holistically help clients and each family member by understanding and acknowledging the family culture A journey of shared discovery and constructive change.

However, like many other theories, family systems therapy has some limitations. That is, when it comes to the differentiation of self, the definition and degree of its approach comes into different understanding from different cultures and background. The diversity of family structure and culture can be difficult for every therapist to draw close understanding and navigate the family orientation within the larger social and cultural context. In addition, it may be difficult for people with strong family-centered, cultural background to accept the differentiation of self or the development of individuality, in the sense that the western culture of counseling models is often not universal that makes it hard to work with the diversity of the clients.

Chapter Fifteen

Questions 24.

There are several criteria that would be take consideration while developing the interactive approach to counseling, these including the ***empirically evidenced***, where the theory and its approach should be research grounded in which the studies with data that proved it effectiveness and evidence of the therapeutic outcome. ***Person-centered***: the client's needs and problem are important to therapist, where attentiveness, present, authenticity of the therapist is believed to be a positive impact in the process of therapeutic work. ***Adaptivity***, whereas it is important to be flexible with the client's situation and ongoing process and when it comes to the diverse population of the client. ***Customatic integration***, a well established and through fully design

integration of various theory school in accordance with each client's needs and condition. Ongoing feedback from clients is critical to selecting an effective comprehensive consulting approach. Lastly, the *family structure* of the client would take into consideration, identifying any significant component into how client thinks and act that are impacted from how he or she nurture, whereby the family interaction patterns are play in part in the individual's way of thinking and behaving.

Not only would I pay more attention to the early experience, but I believe that the client, as an agent, has a responsibility to make choices. More importantly, I emphasize personal awareness of false beliefs while developing new thought patterns and leading to constructive change. Whereas, the authoritative as a therapist will be less likely in my therapist and client relationship. I believe that relationship between the therapy and client is cooperative in the journey of therapeutic healing and its quality of acceptance, genuineness, presence, empathy, and timely modeling and teaching when observe the need of the client.

When it comes to the counseling of a clients from diverse population, it is important to first understanding the client's needs, preference, and values. I would view and approach client with the lens of Christian perspective, to care, be accepting and empathize and be authentic. And a biblical approach can emerge if the client is open to religion and willing to embrace a Christian perspective during the session. The core value of Christianity in counseling is to bring comfort, healing, healthy spirituality and leading to the well-being of personal wholeness, while the redemption and spirituality can be the join work from therapist end, or with the client upon acceptance. While I am Christian myself, as developing the integrative counseling with each

client, it is emerging as who I am, where prayer and biblical perspectives would be a part of my presentation as a counselor.

Questions 28.

I believe that counselor function various depends on which client you are counsel with, while the relationship can be unique upon each client as well.

In general, I believe that an effective counselor has the key aspects as the ability to recognize or guild the alien to be aware of their problems, and leading to the explore and search for the meaning of life or solution to cope. The identification of the destructive belief of the client's and helping them to form a healthy thinking pattern approach self and other is also important. It is also helpful to practice through assignment and homework in which clients can carry out through daily life. Post-session continuation and future realistic planning and commitment to practice flexibility can facilitate continuation of the treatment process after consultation termination Throughout the treatment process, a strong therapist-client relationship and how ongoing feedback plays an important role in ensuring the effectiveness of the practice.

I see that counselor can be directive and educative in guiding and teaching client to learn new skills to deal and cope with their condition and behavior. It is significant important to help the client to be their own agent in setting up their renewed skills to deal with their issues and distress situation, the alliance work of client and therapist during the session can facilitate their capability to deal with problems in everyday life on their own.

Questions 23.

- Technical integration:

It is the approach to gather the techniques from varied of theories, where identified the usefulness of which techniques to employ in accordance to the need and effectiveness of approach on individual clients. Rather than aiming at the combination theoretical framework, the collection of the treatment tools of varied schools is more centered for the therapeutic treatment.

- Theoretical integration:

Its concept is for therapists to form a framework that combines various theoretical concepts to guide their approach and the direction of counseling, and it belongs to the therapeutic model itself. It aims at providing individual client a integrative theoretical structure with each its way of techniques to the therapeutic process. The example of this approach is the behavior therapy (DBT), acceptance and commitment therapy (ACT) and emotion-focused therapy (EFT) (Corey, 2015) .where the attention of integrative approach is the blending of varied theories underlying each empirical-based techniques.

- Assimilative integration:

It is rooted in a specific theory as a basis, and jointly selects other methods to meet the needs of the client's therapeutic effect. This is a concept of openness and flexibility in choosing other interventions within the main theoretical framework.

- Common factor approach:

It views psychotherapy integration as mastering useful components and practices from all approaches. It emphasizes that therapeutic effects are more important than different schools of thought, where commonly useful tools can often be drawn from these different theories. There

are important and common elements of psychotherapy approach in effectively treating client, such as the good relationship and cooperativeness between client-therapist, attentive support and empathy, warmth, encouragement, understanding personal relation to self and others, how thinking process influence and so on.

It is to note that counselor can truly develop his/her own integrative style base on their characteristic, while the ability to identify individual clients' need and be flexible in accordance to the condition of the client for the effective therapy. Amongst the four integrated approaches, I see that the common factors approach allows more freedom to target valid outcomes, reducing the possibility of blindness from theory and other aspects of the method.

Questions 34.

The early development of psychotherapy is divided and often against to each others, where the forces across the history of psychology such as psychodynamic, behavioral and humanistic approach in the early century are often in the separation of practice.

In developing counseling, one starts with a single theory of specific techniques for different clients. The multifaceted maturity of theoretical counseling models led counselors to finally realize that the integration of multiple models could facilitate better treatment of a wide range of diverse clients. Most counselors and practitioners now agree that clients benefit most from a mix of therapeutic approaches. While there are several of integrative approach, these include the technical integration, theoretical integration, assimilative integration and common factor approach.

It is now widely accepted and believed that only the well thought out and established integrative psychotherapy approach can provide the positive change and healing to clients. That said, psychotherapy that is uniquely framed from empirical and evidence-based of varied theories and techniques plays an important role in effective outcomes across diverse client modalities varies context.