

PSY 444

Question 4

The multi-generational family therapy-the goal of this approach is to foster healthy communication among family members who are experiencing conflict. It is utilized in addressing and resolving the impact of previous generations as well as current family problems.

Structural-strategic family – focuses on bringing to light and comprehension of behavioral patterns and interaction within a family base on existing family rules, family structures and patterns of behavior within the home with the intention of addressing problems caused by an imbalance within the family.

Human validation therapy- the goal of this approach is primarily to enable family growth and wellness. Focus is placed on the strengths and weaknesses of family members both individually and as a unit.

Question 3

Differentiation of self the key concept is to enable individual family members to be able to interact with each other in a way that helps them to balance their personal emotions and thoughts in such a way that they are able to refrain from being drawn into a system that is dysfunctional. Individuals are better able to maintain an individualized state of mind that helps them to exercise the ability to be constant in their own sense of self, thinking, and emotions regardless of environmental influences no matter their proximity or nature.

Triangulation- Is a form of manipulation in which members of a family engage in a battle against each other. The ability of each member of a family to interact independently where each member works towards creating a healthy balance and support whenever these triangles and their emotional constraints present themselves.

Question 2

The fundamental purpose/goal of the family system perspective is to directly scrutinize the existing elements within a family, which includes the members of the family, their relationships with each other, and the destructive/dysfunctional elements that either create problems or have the potential to do so. It then seeks to rectify these issues by forming new insights into the current situations and aims to create productive change in the family as a unit.

Both the family system theory and individual theories focus on the present living conditions and life events. However, while individual theories focus on determining an individualized diagnosis, the family system focuses on family influences. In the case of the family system, exploring the family interaction is used to determine the diagnosis, unlike the individual theory whose focus is placed on psychological influences. While the treatment method of individual theories focuses only on the person with the existing problem, the family system endeavors to address and present methods that will produce changes that will be beneficial to the entire family as a whole.

Question 1

The primary focus of the family system perspective is to engage the family using specific techniques in an effort to minimize family stress, assist each member to become more differentiated and edit or defuse existing family coalitions and alliances. In so doing positive changes and adaptations are evident and thus give way to a healthy approach which creates better functioning and relations between family members. There is evidence of similarity between this theory and Christianity in that biblical teachings place emphasis on the importance of living in unity, love, and family healing which comes from forgiveness, however, while including the entire family in the counseling therapy sessions, the family system perspective falls short by not focusing on and addressing individual issues, instead this theory subjectively focused on developing and resolving the interpersonal issues that exist within the family. Christianity teaches that every individual is accountable for his/her soul when it comes to where you spend eternity, which implies that your family members cannot give an account of your soul. Another area in which family system theory differs from Christianity is the inclusion and role of God in every family. It is the Christian belief that God should be the head of every family unit and His existence is necessary for the provision of structure. While there is the existence of similarity in

differentiation, which reinforces that no two persons are 100% alike, the family rife which influences triangulations is one area in which including God in the middle of that triangle will be beneficial to both each member individually and as a family.

Question 24.

Only he who wears the shoes knows how it fits, this is one of the quotes often expressed by my mom that I have embraced. The person with the problem ought to always be the center of the conversation, therefore it is on this basis that I will develop and establish my integrative approach to counseling. The person-centered approach, family system therapy, and Cognitive behavioral therapy are the models that I will use as my guidelines. Team efforts have proven effective base on a person-centered approach's techniques which provide honesty, unconditional positive regard, and empathy. When a member of a family unit has a negative experience, all the members are affected therefore it is vital to ensure the entire family is included in the treatment plan. Since my focus will most likely be on substance use disorder clients, it is essential that focus must be placed on addressing behaviors that are destructive to both self and others, therefore, implementing cognitive behavioral techniques such as rational emotive behavior therapy which engages in learning to recognize and change thought patterns. Whether or not I will implement biblical elements in my approach is yet to be determined, since I will have to spend more time assessing and understanding the models better.

Question 33

Psychotherapy integration- is a treatment approach that allows selection techniques from different models of therapy based on their relevance and effectiveness in treating a client's specific problem and contains the potential of producing the highest level of positive results.

Theoretical integration- is the compounding or integrating of two or more therapy that has the potential of producing a greater level of result, than each theory would independently.

The common factor approach- views all forms of counseling or psychotherapy are bound by and function on therapy principles that are common.

Technical integration- allows for the selection of techniques from other approaches that are best suited for an individual patient as well as their ideal situation/problem with the intent of producing the desired outcome.

Since each person's problem varies the integration approach which I believe will be most beneficial to the client is the theoretical integration approach.

Question 32

My first reaction to this statement is personal in that defining a new/budding counselor as your best technique is making a claim that is premature. Even with time, this statement should be restructured since it lacks flexibility or inclusion, which is common amongst most of the models presented. In my opinion over time, the ability to integrate, omit and personalize techniques will enhance our skills and methods of approach, however, counseling sessions like any form of treatment of any form of disorder or problem will continue to present the unfamiliar which implies that we as counselors will throughout our careers find ourselves having to both learn and unlearn the unexpected. Therefore, I will attempt to restructure this statement in a way that I think is most suitable to me, “as a counselor, I will continue to engage in, adapt to, and refer to the most effective and reliable source of support needed to enable me to focus on and address effectively the needs of the clients.

Question 31

In an effort to help clients make changes that are positive and beneficial in the process of creating behavioral change theory that facilitates change in behaviors that are less challenging yet produce a high level of the desired outcome. In so doing being able to understand why change is necessary, and what are the benefits of change?

Helping clients accomplish and maintain change is another goal that I value a lot since it is the goal of every counselor to help the client to be able to identify and apply the coping skills needed to maintain the changing process.

Restructuring self, meaning how you see yourself as a person will have a positive influence on your self-esteem, therefore helping a client redefine how they view themselves, will motivate them to engage in repairing and renewing relationships with family and loved ones, as well as forming other forms of friendships in which they will be able to interact socially without interruption.