

Sabrina Zibell

PSY 444

Professor Stephen Maret

Assignment 7

1- From a Christian Biblical perspective we can say that families are organized around their belief systems and the interactions are dictated by their beliefs. Any attempt to work outside the belief system will cause stress in the family unit and challenge the role of its members. But on the positive side, it can bring strength and harmony to the system as well as support and a deeper sense of community and purpose. The Bible places the family system around God and everything should be viewed as a way of achieving holiness. Unfortunately in dysfunctional family systems, such loyalty can make it very hard to break free from the unit and keep the members in a toxic environment.

3- In Bowen's differentiation of self, the individual needs to be capable of differentiating feelings from thoughts, this capacity allows individuals to build intimacy in their relationships and experience fewer conflicts.

Triangulation is when the stress of the dyad brings a third person into the system to balance the interaction in between the three persons.

4- In multigenerational Family Therapy the goal is for the individual to be capable of differentiating himself from the system and to understand the family of origin and the role the individual plays in that system.

In the human validation process model communication and emotional experiences are the goal of the approach. The therapist's relationship to the family is most important and that emotional honesty is key in the family system.

10- A genogram is basically a picture of a family system. It can give you clues to why a person behaves the way she does and it can help the therapist visualize the points of conflict and brokenness within a system. It also highlights loss, death, adoption, divorce, and many other important factors that can influence the system and the individual.

24- In my personalized integrated approach I would like to use many different approaches. I feel that clients can benefit from an eclectic therapist that dominates various techniques and understands that sometimes the rigidity of staying true to one approach may not be the best course for the client. While I like The Existentialist Approach, I also can't deny the benefits of Family System Therapy or Behavioral Therapy. I would determine what best approaches for each school work for the client or clients and tailor a plan that would fit the needs of the client. Sometimes the use of some approaches can be more harmful than beneficial. I would not use a Christian perspective in my practice. I believe that we should serve every client and use what the Schools of Therapy have to offer. That is not to say that I can't behave like a Christian and practice my Christian view of loving my neighbor and accepting everyone unconditionally. Love the sinner and not the sin.

25- Theory affects practice to the extent that it has empirical evidence and a structured frame for counseling. The role of the Therapist can be focused on applying the techniques and helping the client in achieving his goals.

26- The advantage of drawing from more than one school is that the therapist can customize a therapeutic plan that best fits the client. The disadvantage is that the therapist has to understand each school of therapy in order to not use approaches that are not compatible with their goals.

32- This statement is just emphasizing the importance of the therapist being honest, truthful, and genuine. It also speaks to the importance of the role of the therapist. You may have all the techniques but if the client-therapist relationship is not strong, the benefits of therapy may never be realized.