

**Essay Unit #7**

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1.

The Family system perspective from a Christian point of view, is useful in relationships especially during adolescence; it is shown to have a major impact. Although this may be the case, not every individual's emotions or actions are influenced due to the dynamics or patterns of relationships.

2.

The Family system perspective focuses on analyzing an individual/ client through their relationships. The perspective suggests that it is better and more accurate in assessing an individual based off of their family, friends and other individuals in their life; rather than seen as just an individual.

3.

1. Differentiation to self key concepts is that an individual's level of differentiation of self is fundamental to their capacity to achieve intimacy and mutuality in relationships
2. Triangulation is the key concept that a two person emotional system would be unstable, in that under stress it forms itself into a three person system or triangle.

4.

1. Multigenerational family therapy goal is to identify the family's current issues and examine the ways in which the families dysfunction causes generational patterns
2. Human validation process model goal is to focus on the growth and change that takes place when a family is able to adjust to un controlled circumstances or changes.
3. Structural - strategic family therapy goal is to improve communication within the family and present the right tools needed in creating a healthier family structure.

24. I would honestly include different models for different situations and clients. I think that there is not one model that works better than the others. The more I learned about each model, the more I realized that many of these models overlap each other in their approach . I would also include Christian elements but I would be respectful in my client's religious beliefs but I think Christian elements can be pursued other ways like, praying for God to guide me in being able to help a client to the best of my ability or even praying for a client.

25. Theory affects practice because a theory helps in forming a practice and many practices are started or created through theory. Learning different theories can help in corporate different practices that can better help the client.

26. The meaning of integrated perspective is an individualized, holistic approach to therapy that combines ideas and techniques from different therapeutic schools of thought depending on the unique needs of a given unit. The advantages would be that there is a broader look at ideas and techniques that can be useful in therapy.

27. The most important therapeutic goals would be facilitating behavior change, and helping to enhance the clients effectiveness and their ability to cope. I believe that in a way I would use psychodynamic therapy.