Joining, Reframing, & Hypothesizing

Structural, Strategic, & Systemic Family Theories

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Key Concepts

• Every family has an organizational structure
• The strive for organizational change
  – Organizations must evolve to meet developmental tasks
  – Changes in the system must occur ______________
• This theory organizes the larger family system into distinct subsystems each with specific

Key Concepts

• Emphasis is on:
  – Wholeness of family system
  – Influence of family’s hierarchical organization
  – Interdependent functioning of subsystems
Speaking of Boundaries

• What is a boundary anyway?
• Three major types:
  – _____________: rules & habits that encourage dialogue
  – _____________: keep people separated from each other
  – _____________: not enough separation between family members

When the Pyramid is out of whack…

• Alignments
  – Family members join together or oppose one another
  – _________________
• Coalitions
  – Alliances between specific family members against a third
• _________________ and inverted pyramids

Therapeutic Goals

• **Main goal**: to bring consistent, functional, _________________ to chaotic families
• Establish healthy partnerships within and between family subsystems
  – Focus on improving _________________, beginning with Marital
  – These strengthened subsystems will positively impact the entire system
Techniques for Change

- A fairly standardized counseling sequence
  - _______________ the family system
  - _______________ structural patterns
  - _______________ or loosening subsystem and system boundaries
  - _______________ systems

Some Common Techniques for Change

- Family mapping
- Boundary making
- Unbalancing
- Punctuation
- Enactment
- Restructuring
- Competence shaping
- Paradox
- Reframing

Strategic & Systemic Family Therapy
Concepts Common to Both Theories

- The family is a system – all the parts of the family influence each other reciprocally
- Symptoms keep the family system "__________" – every action has a purpose
- Symptoms are __________________________ by the system – watch what happens when you try to eliminate a symptom
- Families engage in repetitive patterns of behavior that can be destructive and keep the unit from achieving its goals.

Concepts Common to Both Theories

- All Families proceed through life in __________________________ that involve the completion of specific tasks.
- The family's current context (the present) is more important than its history
- Therapy is brief and problem-focused and the therapist (a) is goal-oriented, (b) assigns tasks, and (c) is active and directive
- ____________ is more important than insight

Therapeutic Interventions: Directives

- Tell the family directly what you want them to do
- Use the "devil's pact"
- Give the family an "ordeal"
- Assign penance or some action that will make up for guilt feelings
- Give the family metaphorical tasks
Therapeutic Interventions: Paradox

• ________________ – telling family they are incapable of doing anything other than what they are doing
  – Example: the family that was progressing very rapidly through therapy
• Outcomes
  – Reinforces ____________________________ without the counselor pointing them out

Therapeutic Interventions: Paradox

• ________________ – families are told to enact a dysfunctional behavior in/out of session
• Examples:
  – The family that scheduled their arguments
  – The couple that ignored one another
• Outcomes
  – If they accomplish it, then it was __________________________
  – If they don’t then the clients are ________________ the symptom
  – Either way, they are showing some type of ________________ with the situation

Therapeutic Interventions: Paradox

• ________________ – intended to break a pattern by introducing absurdity
• Example: the man that just wouldn’t listen…
• Outcomes
  – ____________ are disrupted
  – Both parties become __________________ of their part of the problem
Therapeutic Interventions: Circular Questioning

- Helps increase ______________________
- "What do you think ___________________ is thinking about your behavior?"
  - Designed to de-center the client (less selfish and only their own viewpoint)
  - Makes them look at themselves also
- "What do you think ____________ is thinking about you saying they are thinking ____________

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