Putting it all Together: The Sequential Family Counseling Model

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“Integration, we can’t do that!”

• The early years – differentiation NOT integration
  – Emerging schools sought ______________
  – Differences from individual therapy
  – Integration implied the watering down of hard-won insights

• Results: after 40 years, we had a _______ of competing/contradictory models and techniques

How does one go about Integrating?

• Goal: to increase ______________ without losing

• Draw on existing models that can be synthesized with a clear and consistent direction

• Ways to approach integration
  – Apply principles or techniques from one field to the phenomena of another
  – Blend concepts and methods from separate schools together
  – Juxtapose different models sequentially, using one for one state of therapy and a second for another
The Ensuing Arguments…

- Why shouldn’t we integrate?
  - It robs __________________________ made possible by concentrating on certain elements of experience
- Why should we integrate?
  - Humans are __________________________, thinking, feeling, and acting creatures
  - Families exist in a __________________________ of biological, psychological, and social influences

How integration can turn out…

- Integration gone wrong:
  - The therapist shifts __________________________ between this idea and that technique without consistency or conviction
- Integration done right:
  - The therapist builds upon __________________________ or more worlds of experience, borrowing what works best for the family and the therapist

Internal Family Systems Therapy

(Schwartz, 1980s)

- Extends systems thinking beyond the boundaries of the family, beginning with people’s inner lives and extending out to larger cultural issues.
- Sub-personalities or “parts” – the internal system
  - The __________________________ – Working with abused clients
  - The __________________________ – Re-conceptualize resistance
  - The __________________________ – Helping families to identify which parts are reacting to other members’ parts
  - The __________________________
Internal Family Systems Therapy

- The therapist helps:
  - family members notice when their ___________________ and help them return to Self-leadership
  - family members create a vision of how they want to relate
  - lead discussions of the _______________________
    • in the family's environment,
    • in the family's structure, or
    • within each family member
    – that keep the family from achieving that vision and maintaining Self-leadership
  - collaborate with the family to find ways to release constraints

Metaframework Model

(Breunlin, Schwartz, & Kune-Karrer, 1980's)

- Selects key ideas that run through the different schools of family therapy and connects them with a set of presuppositions
  - Primary presupposition
    • People have the resources they need to ___________________
    • When they aren't relating harmoniously, the assumption is that something is constraining them from using those resources

Metaframework Model

- Major Tenants
  - Six core domains (metaframeworks) – serve as lenses through which to view a family or problem
    • Organization
    • Sequences
    • Development
    • Culture
    • Gender
    • Internal process
  - Application – centered on the practice of releasing constraints rather than finding deficits
Integrative Problem-Centered Therapy  
(Pinsof, 1980’s and 1990’s)  
- Rather than combining theories, it leaves each intact  
  - Encourages therapists to _______________ between theories  
- Major Tenants  
  - Begin with here-and-now interactions (structural, strategic, cognitive-behavioral, solution-focused, and psychopharmacological therapies)  
  - Move to those theories that target historical factors if needed (Bowenian, object relations, and self-psychology)

Narrative Solutions Approach  
- A synthesis of strategic and narrative models (with elements of solution focused)  
- Major Tenants  
  - The _______________ – people have strong preferences for how they would like to see themselves and be viewed by others.  
  - Problems result when people aren’t living their Preferred View  
  - To address this discrepancy, the view uses a combination of reframing (from strategic) and restorying (narrative)  
  - Solution-focused type questions  
    - “How do you prefer and hope to be?”  
    - “What will the future look like once the problem is solved?”

Narrative Solutions Approach  
- Therapist roles  
  - Maintain a _______________  
  - Explore how problems interfere with client preferences  
  - Find past and present stories that contradict the problem  
  - Discuss what the future will look like with no problem  
  - Ask “___________”  
  - Co-create alternative explanations for the problem  
  - Encourage clients sharing preferences, hopes, & intentions  
- Therapists are encouraged to use methods from a variety of approaches if they might be helpful to clients
Integrative Couple Therapy
(Jacobson & Christensen, 1996)

- Combines behavioral techniques with emotional acceptance and strategic change
- Where the functional analysis falls short
  - Successful relationships involve a certain amount of acceptance of differences and disappointments
- Major Tenants
  - Begins with “the formulation” – aimed at helping couples let go of blaming and open themselves to acceptance and change.
  - The Polarization Process – describes the maladaptive interaction pattern
  - __________________________ – defines the primary conflict
  - __________________________ – the impasse that prevents the couple from breaking the polarization cycle once its triggered

Integrative Couple Therapy

- Strategies to promote change
  - Quid pro quo and good faith contacts
  - Teaching couples to listen and express themselves
  - Active listening and making “I statements”

The Sequential Family Addictions Counseling Model

- Basic premise – combine theories: begin with the briefest model (short-term Tx), and given more time, move on to longer-term Tx models
- Difference from other integrated approaches
  - Progression through specific theories
  - Guidelines provided for # of sessions
  - Language carries nicely between theories
### The Sequential Family Addictions Counseling Model

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### Motivational Interviewing

**(__-___ sessions)**

- An assessment tool and intervention strategy
- Main Premise – successful behavior change depends on the client’s _______________
- This directive strategy helps to explore & resolve _______________
- The 1st interview can “make/break” success
- Involves six active processes (FRAMES), five helping tasks, and strategic questioning

### Motivational Interviewing

- Seeing things clearly involves: FRAMES
  - ______________ – help clients to reflect on their lives, choices, and behaviors
  - ______________ – all responsibility for change lies on the clients
  - ______________ – counselor actively gives clear, simple, and non-authoritative advice
  - ______________ – clients are given a menu of treatment choices
  - ______________ – the active ability to understand, and reflect that understanding, to the client
  - ______________ – the clients’ belief that they have the ability to succeed
Motivational Interviewing

• Helping Tasks to Support FRAMES
  – ______________ – expressing warmth, acceptance, and a nonjudgmental attitude
  – Point out discrepancies – between clients’ present behavior and their long-term goals
  – __________________ – confrontation leads to resistance, refer back to responsibility
  – Roll with resistance – change strategies, allow client to find their own solutions
  – Support self-efficacy – the most important aspect of MI

Motivational Interviewing

• Some examples of strategic questions:
  – Positives
    • “People usually _______ because it helps in some way - how have these behaviors helped you?”
  – _____________________________
    • “Can you tell me about the down side?”
  – Life Goals
    • “If things worked out well for you, what would you be doing in one year?”

Motivational Interviewing

• More examples of strategic questions:
  – _____________________
    • “Is their anything about your current behaviors that you need to change to get the things you want?”
  – Summarize and ask for a decision
    • “What do you think has to change?”
  – Plan a short-term Goal
    • “What will be your next (first) step?”
Solution Focused Family Therapy
(____ - ____ sessions)

• What IS working? (Capitalize ____________)
• Find exceptions to the problems
• Some Techniques:
  – The Miracle Question
  – The _______________________
  – Circular questioning
  – The Movie Director
  – The Mapping technique

Solution Focused Family Therapy

• Some examples of strategic questions:
  – “When was the last time this difficulty was absent?”
    • “What was different then?”
  – If the problem has “always” been there…
    • “How have you successfully dealt with it in the past?”
  – Projecting into the future
    • “What will life be like when the problem is over?”

Cognitive/Behavioral Family Therapy (____ - ____ Sessions)

• Goals of Cognitive/Behavioral Family Therapy:
  – Identify how the IPs _____________________
    engender/continue maladaptive behaviors
  – Promote understanding of how IPs negative behaviors are connected to negative & positive consequence
  – Help IPs develop new ____________________ of thinking and acting
Cognitive/Behavioral Family Therapy

- Common Techniques include:
  - Evaluating _____________________
  - Communication skills training
  - Identifying high risk situations (triggers) and ranking their power (1-10)
  - Contingency contracts – describe acceptable and unacceptable behaviors

Structural Family Therapy (___ - ___ sessions)

- Organizes the family system into distinct subsystems, each with ___________, tasks, and rules
- Goals are to 1) promote healthy partnerships between and within subsystems and 2) create a power hierarchy

Structural Family Therapy

- The counseling sequence
  - Joining the family system
  - Identifying structural patterns
  - Strengthening/loosening subsystem and system boundaries
  - Unbalancing systems
- Additional strategies
  - ________________
  - Spontaneous Behavior Sequences
Extended Family Systems Therapy
( ___ - ___ sessions)
• Investigates the cascading effects of pathology from three or more generations
• Key Concepts
  – _____________________ – ability to think logically (cognitively) without being encumbered by emotions
  – _____________________ – pull third person or behavior in to escape tension
  – _____________________ – parents transmit failed differentiation pathology onto children

Extended Family Systems Therapy
Key Interventions
• Address ____________
  – Stop emotions, help couple use non-emotional and cognitive speech
  – Triangulate with counselor if necessary
  – Redirect charged communications between parents onto the children’s needs
• Explore FoO issues
  – The ________________
  – (5 themes)
    ▪ Important historical, familial, and relationship dates
    ▪ Gender values
    ▪ Family secrets or cutoffs
    ▪ Losses
    ▪ Family themes suggesting “who we are” or “how we behave”

Modified Intergenerational Family of Origin Therapy (Optional)
• Involvement of the _____________________
  (live, phone, or web-cam)
• Goal is to determine if clients’ behaviors are the result of family pathology
• Cautions – past abuse, ________________
Modified Intergenerational Family of Origin Therapy

- Interventions
  - Identify who should participate
  - Client couples create a short, solution-focused, ______________________ (anthropologists)
    - What will a successful experience look like?
    - What will clients do if the experience does not go according to plan?
    - How will the results of the experience be used to positively impact the addictions within the current family system and their coupleship?

- The actual session
  - No __________________________ for injustices
  - Spouse does not have to participate
  - Opening questions
    - "What was it like as a child growing up in this family?"
    - "What do you remember most of growing up in this family?"

Psychodynamic Object Relations Therapy (___ + Sessions)

- Goal is to
  - Increase clients’ understanding of their internalized perceptions of self and others
  - Learn how such internalized perceptions impact their family relationships
- Counselor provides a corrective emotional experience for each family member
- Focuses on the ___________________
  - The infant’s “personality lens”
  - Attachments to primary caregivers
  - Resulting transference interferes with current relationships
Psychodynamic Object Relations Therapy

- Interventions – the long road to recovery
  - Creation of the “holding environment”
  - Each client is valued and safe to “be” and “act”
  - Clients are “____________________” by the counselor
- Clients speak freely with little direction from counselor
- Actively confront resistance