

WEEK 1: SYSTEMIC, STRATEGIC AND STRUCTURAL FAMILY THERAPY

Strategic Family Therapy

- Strategic Family Therapy is a group of approaches to family therapy in which the focus is on identifying and applying novel interventions to produce behavioural change rather than on helping the family gain insight into the sources of their problems.
- Strategic family therapy is a brief form of therapy characterised by the clinician's specific focus on changing family behaviour associated with the identified problem.

Key Concepts of Strategic Family Therapy

- All behaviour is communication at some level.

Metacommunication

- Communication may occur simultaneously at many levels.
- Every communication has a report (content) and a relationship (command) aspect. - Relationships are defined by command messages.

Complementary and Symmetrical Patterns

- Relationships may be defined as being symmetrical or Complementary
- Relationships among equals and un-equals;
- equals = symmetrical, each sibling tries to become competent in tasks necessary to the family.
- un-equals = asymmetrical, family roles are rigidly different. Family more deeply affected with cessation of role action of a family member.
- Symmetrical relationships risk becoming competitive.
- Complimentary communication involves one person who assumes a superior position and another who assumes an inferior one.
- Complimentary communication inevitably involves one person who assumes a superior position, and another who assumes an inferior one.
- Each person punctuates a sequence of events in which they are engaged in different ways.
 - Problems develop and are maintained within the context of interactive patterns and feedback loops.

Double Blind Theory

- A repeated experience where a negative injunction is paired with a second, equally powerful, contradictory injunction.
- The double bind occurs when the person cannot confront the inherent dilemma, and therefore cannot resolve it.

Examples of double blind

- 'I don't want you to do it because I asked you to; I want you to do it because you want to'. [partner/child completes a given task] 'That doesn't