

Foundational Assumptions of Psychoanalytic Family Therapies Essay

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The structure of psychoanalytic family therapy is exposing and comprehending unconscious urges and defenses opposing them. Psychoanalytic family therapy is not about analyzing individuals rather than interactions in a family but to uncover the fundamental fears and wants that prevent the individual from interacting in a mature, functional manner. Psychoanalytic family therapists see the behaviors of clients as a result of her or his interactions with others (Nichols, 2010). Goals of therapy One of the main goals of psychoanalytic family therapy is to release members of the family from her or his unconscious compulsions so that she or he is capable of interacting with all other family members as healthy, functioning human beings. Separation-Individuation (Katz, 1981) is typically the most commonly used objective, along with differentiation (Skynner, 1981). Psychoanalytic family therapists deem that an individual's emotional autonomy is best accomplished in striving on through discord and disagreements that occur in the family. One goal of the psychoanalytic family therapist is to bring together families to aid learning of how to establish boundaries in autonomy that allows all family members to be independent but still interconnected. Basic Foundational Assumptions of Cognitive-Behavioral Family Therapies The fundamental central assumption of cognitive-behavioral

therapy is simple; behavior is perpetuated by the resulting consequences. Consequences that increase behavior are reinforcers and consequences that decrease behavior are called punishers. The main principle in the cognitive-behavioral approach is an individual's interpretation of another individual's behavior alters the manner in which the individual responds (N..... middle of paperd life and also expresses concerns about going to jail. Ollie is completely unaware he is a victim of racism until his mother points it out and the family therapist states the fact as well. The family therapist offers to write a letter to Ollie's school, telling the school what a wonderful young man the therapist thinks Ollie is, the therapist is attempting to create a supportive audience for the version of Ollie that Ollie wants the world to see. The family therapist also suggests Ollie, his friends and family spread good rumors about Ollie, such as how smart and kind he is. Works Cited Nichols. (2010). Family Therapy; Concepts and Methods. Walter, J., and Peller, J. (1992). Becoming Solution Focused in Brief Therapy. New York: Brunner/Mazel White, M. (2000). Reflections on narrative practice . Adelaide, South Australia: Dulwich Centre Publications.

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