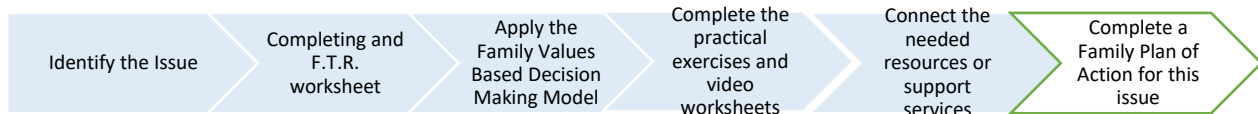


# Different Types of Family Therapy

## The “*Responding to Family Issues*” Process

### SEMINAR #4:



<b>Purpose:</b> The “Responding to Family Issues” creates a plan for future use in how the family will collectively respond to an issue.		
<input type="checkbox"/>	Instructions	The “Responding to Family Issues” process provides a step by step path for a family to consider when developing their response in how to best create a solution to a family issue. Complete each step below to formulate your possible family course of action.
	Identify the Issue	First, identify what issue you are seeking to address. Write what you know about the issue. Then proceed.
<input type="checkbox"/>	Complete Family Transformational Response (F.T.R.)	Complete each section in the F.T.R. worksheet using your identified issue. This seminar reviews the “Different Types of Family Therapy” topics include: Identify the different types of family therapy. Which Type is best for your family? What is your top choice of family therapy types? Determine which issue you seeking to address.
<input type="checkbox"/>	Complete Family Value Based Decision -Making Model	In the Family Value Based Decision-Making Model worksheet complete each section, then take that information and use it as your decision on what you will do collectively as a response to this issue.
<input type="checkbox"/>	Key Topic #1: Different types of family therapy	Your family will seek balance, by identifying with a professional therapist, which areas the family needs to adjust, the skills required to make this adjustment and a plan with the therapist on how to develop this change. Complete the practical exercise in the Seminar Workbook.
<input type="checkbox"/>	Key Topic #2: Which type matches your family needs	Your family members will seek to identify their level of need for therapy and the type that will most benefit the family dynamic. Complete the practical exercise in the workbook
<input type="checkbox"/>	Key Topic #3: Tops choices for families	Your family members will seek to determine the difference in your best choice from the other choices to confirm it is the best suited for your needs: 1Integrated Treatment Models, 2. Multidimensional Family Therapy, other therapy types. Know the difference.

# Family Plan of Action

## **I. SOLUTION:**

The Identified Solution: (From the completed F.T.R. Worksheet):

## **II. DECISION:**

The Decision-Making Process: (From the completed Family Values Decision-Making worksheet)

## **III. PLAN OF ACTION:**

### **Priority # 1.**

Task:

Task:

Task:

### **Priority # 2.**

Task:

Task:

Task:

### **Priority # 3.**

Task:

Task:

Task:

Prior to taking any action it is important to review your families plan of action with a professional therapist, counselor or licensed State/Federal professional. This step should not be ignored and will ensure safety, continuity and bring about the best results for your loved one and your family.