



Learning Modular III

Seminar # 4

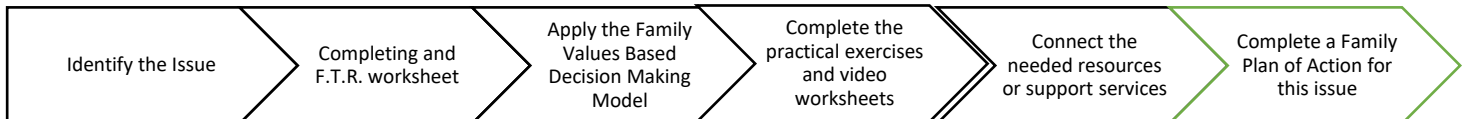
“Different Types of Family Therapy”

Learning Objectives:

1. The different types of family therapy
2. Determine what type of family therapy best meets your family needs.
3. The choice of family therapy models in therapy will make a considerable difference to each member of which the family and the one that is abusing substances. Use the information to talk with your therapist about what model will be best for your family.

Different Types of Family Therapy

“Respond to the Family Issue Checklist”



SEMINAR #4:

Purpose: The Responding to Family Issues creates a plan for future use in how the family will collectively respond to an issue.

- Instructions** The “Different Types of Family Therapy” 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.
- 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.
- 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.
- 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.
- 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
- 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: 1 Integrated Treatment Models, 2. Multidimensional Family Therapy, other therapy types. Know the difference.

Family Plan of Action

1. SOLUTION:

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

2. DECISION:

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

3. 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.