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Share in the Experience of Four-step Model in Family Treatment

Prof. MENG Fu
Dr. LIU Dan

**Eastern Hospital affiliated to Tongji University,
Clinical Psychology Division, Shanghai, PRC
Student Counseling Center of Tsinghua University, Beijing, PRC**

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Summary in interviews with family, the art of assessing is to explore what impedes family to gain their purpose. Joining the family members and let them understand, how to achieve the goal in their position. We use four steps to complete this task.

-- Salvador Minuchin

Four-step family therapy assessment

- **Opening up the presenting complaint :
change problems into relations**
- **Highlighting problem-maintaining
interactions : To explore how the problems is
maintained**
- **A structurally focused exploration of the
past : the impact of the past**
- **An exploration of alternative ways of relating:
try the possibility to solve problems**

Psychosomatogenic family characteristics

- **Enmeshment:** lack of emotional distance in family, everyone is deeply involved in each other's life
- **Overprotection:** to avoid conflict, particularly sensitive to others "uncomfortable", want to ease the pressure on the other side too rapidly and make the family can not handle their emotion
- **Rigidity:** to maintain the status quo
- **Approach -avoidance:** the children have symptoms involved in parents conflict

The basic situation of case

- **Female, student 20-year-old sophomore**
- **main symptoms: repeated overeating, vomit with weight loss, amenorrhea two and a half years**
- **Got local treatment before admission . suspend schooling in the second semester of sophomore because of increased symptoms, receive professional body psychological treatment in Shanghai four times**
- **study in Shanghai Individually, parents in the Kunming**

The importance of family therapy in the region

- Fragment 1
- Fragment 2
- Fragment 3

Performance and significance of family pattern

Eating disorders maintain a rigid family balance, the rigid system model constraints each member of the family

- Alienated parents relations**
- Daughter give excessive protection to the father and mother**
- respective Union with father and mother**
- Closer relations between father and daughter**
- Conflict between mother and daughter**
- the impact on family by parents primary mode of family relations, family mission and family taboo**

The possibility of change

- Enhance parents' capacity to collaboratively face and deal with problem
- Strengthen parents' responsibility to shared family function
- Help the children grow individually and independently
- Encourage children gradually separate from their families

Family therapists' main work

- How family members treat problem ?
- Pursuit of history
- Definition of the problem: family members must be aware of their self is also a part of symptoms, and accept their role to solve the problem. (We believe that family has the ability to grow in pain and solve problems, let family members in responsibility)
- Focus on improving family relations

Family therapists' main work

- encourage parents cooperate to increase child's weight
- discuss the unresolved family conflict, establish stable relations with each family member, encourage families contribute different approaches and interact
- continue to focus on family relations
- support family members to deduce the hinder the development process
- support family changes, let family members solve difficulties on their own efforts

Sentiment after family therapy

- Sentiment 1
- Sentiment 2
- Sentiment 3
- Sentiment 4

Thank you !