

The Sum Can Be Greater Than the Parts: Multi-family Therapy in Action

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SINCE 1995

Intros



*Note

Throughout the presentation

Systemic ideas will be highlighted in sea-green and
Experiential ideas will be in orange.



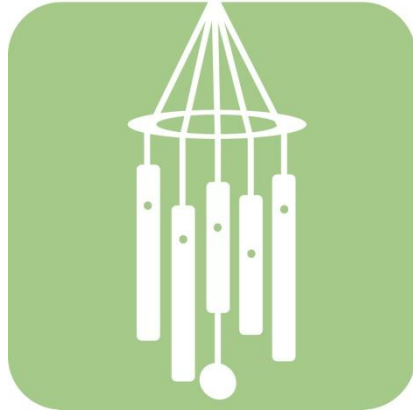
Systemic



Experiential



Systemic Concepts



Reciprocity



Structure

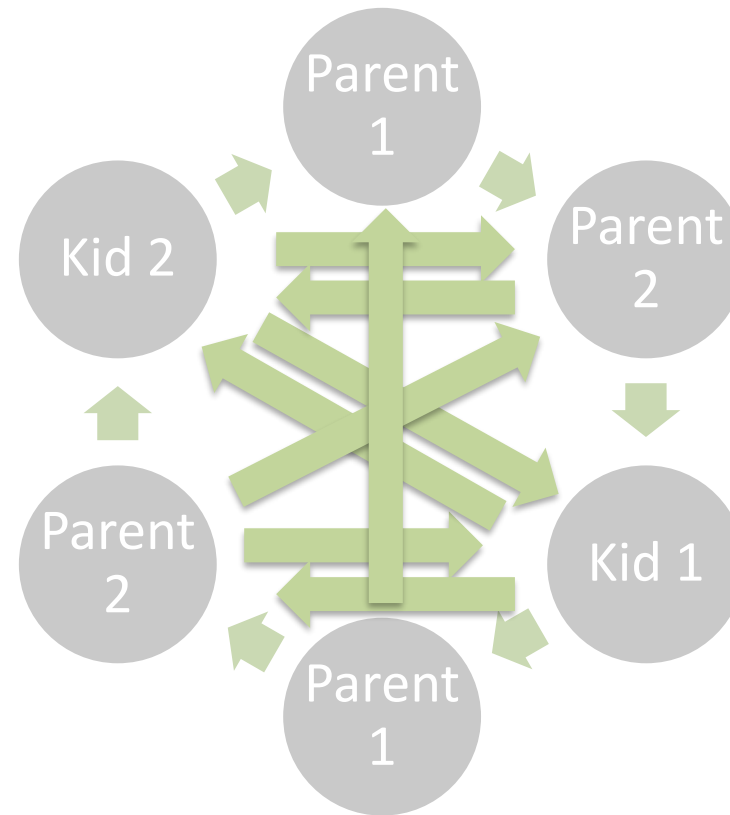
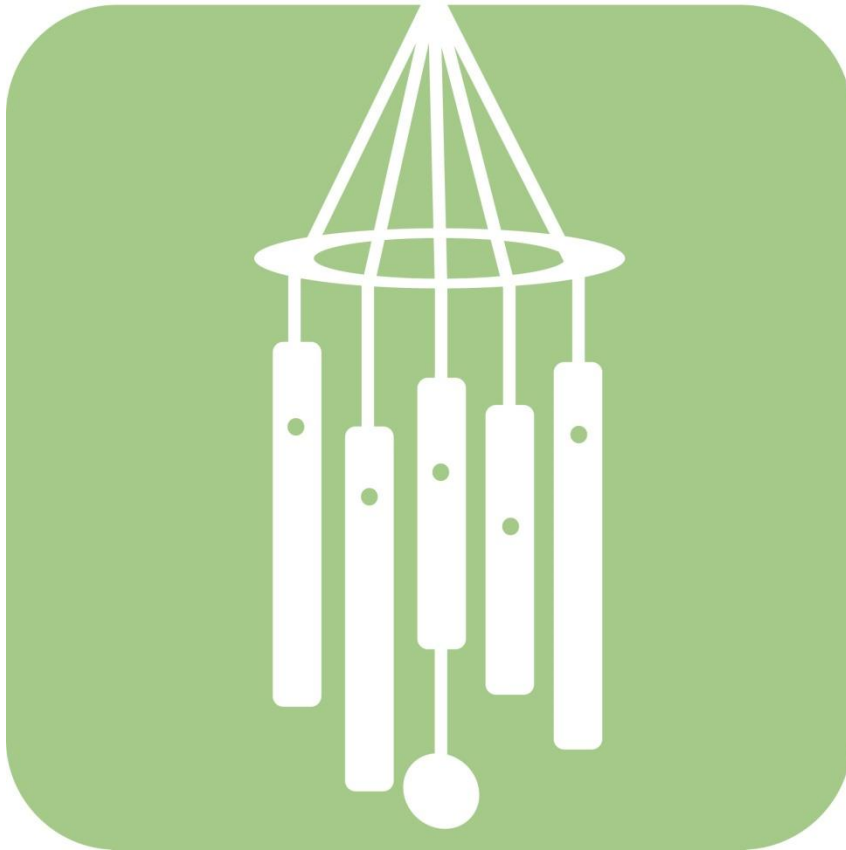


Change

A system is an entity made up of interacting parts. *You cannot add the parts together and get the total system.* Therefore, the system itself is more than the sum of its parts.



Systems are Predictable in General, but Unpredictable in Detail



What Does “Experiential” Mean?

“Experiential” means that we help someone experience what we want them to learn rather than just talking with them about it.

An Experiential Initiative primes someone to discern what is working or not working in their life and encourages them to change.

An Experiential Initiative engages as many of the senses as possible.

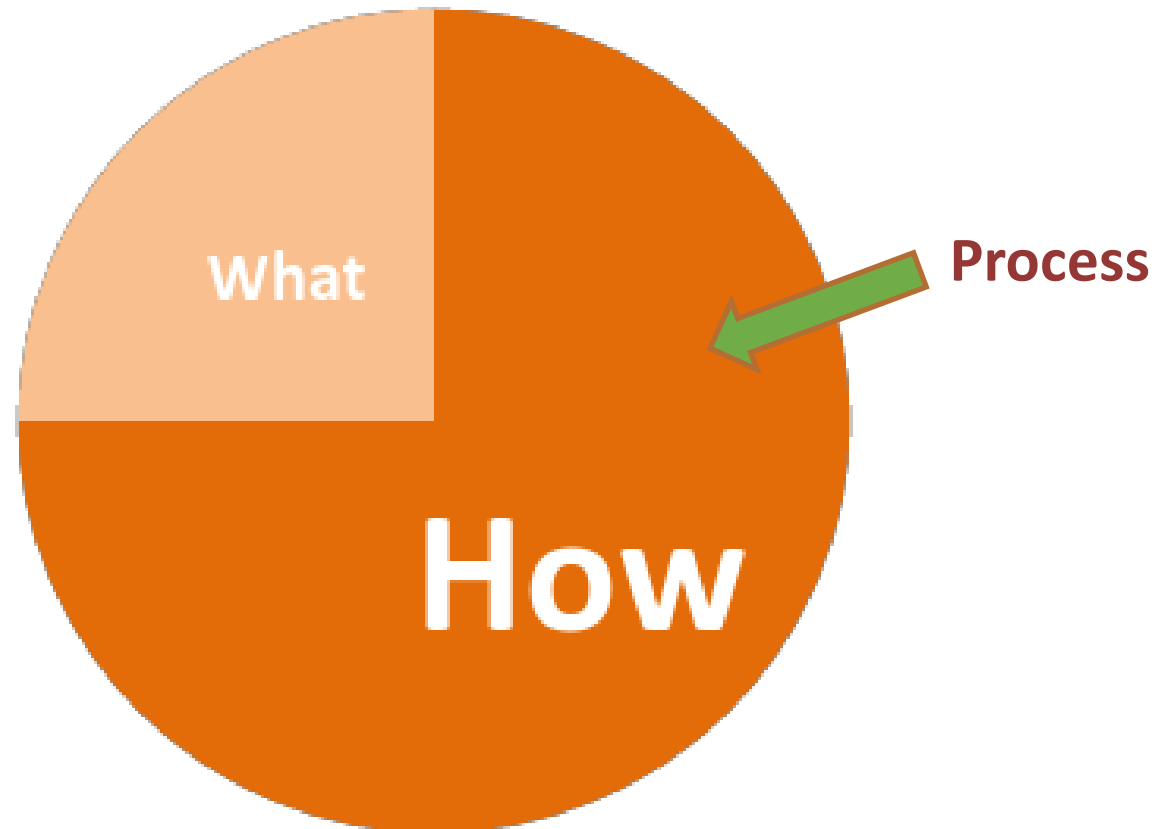
An Experiential Initiative allows someone to look in the mirror and become self-aware.

Experiential Initiatives create muscle memory that can be recalled later, in different situations.

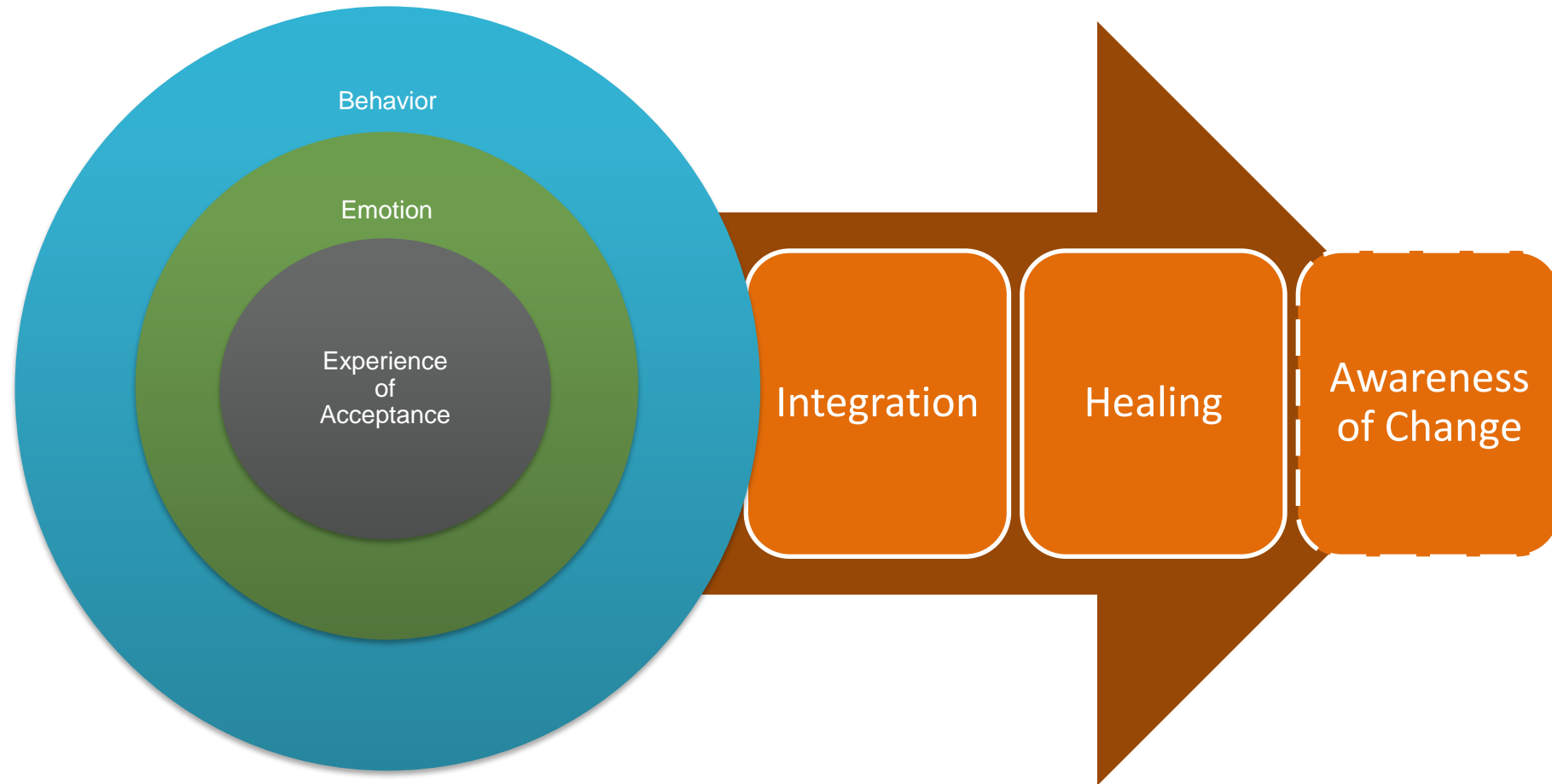


Content vs Process

Process (the manner in which they performed) is always richer than **content** (what they did).



Most Important Experience: The Experience of *Acceptance*



A Shared Experience of Acceptance Leads to Integration and Healing



Process: What to Look For

- **Power Differentials**
- **Hierarchies**
- **Non-verbal Permission**
- **Roles**
- **Sitting Arrangements**
- **Alignments**
- **Triangles**
- **Emotional Exchanges**
- **Body Language**
- **Incongruency with Words vs. Meaning/Emotion**



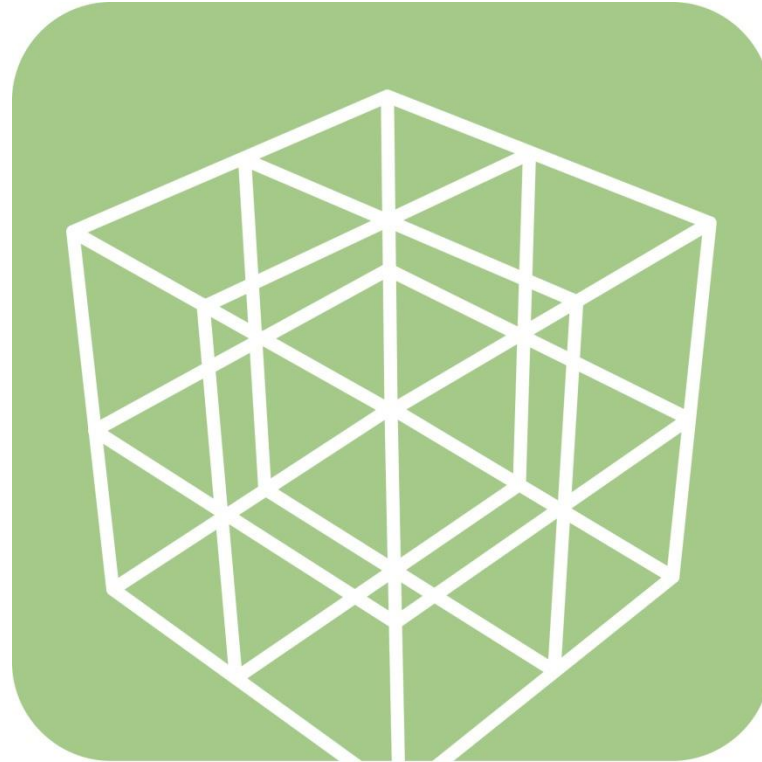
Do With Now

*Get them to do something. In this very moment.
And get them to do it with someone.*



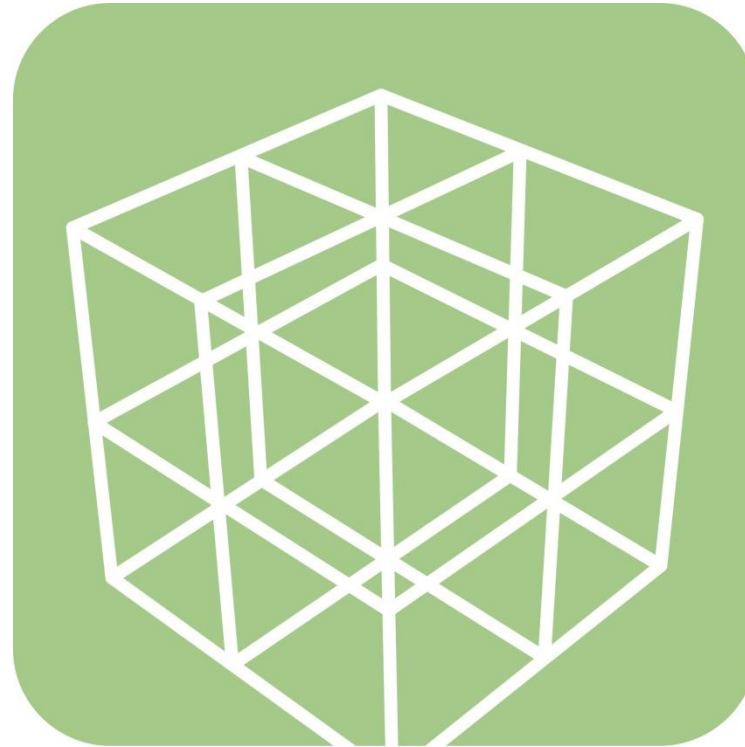
To Create Change in a Family System, Shift the 3 Rs

Roles
Rules
Relationships

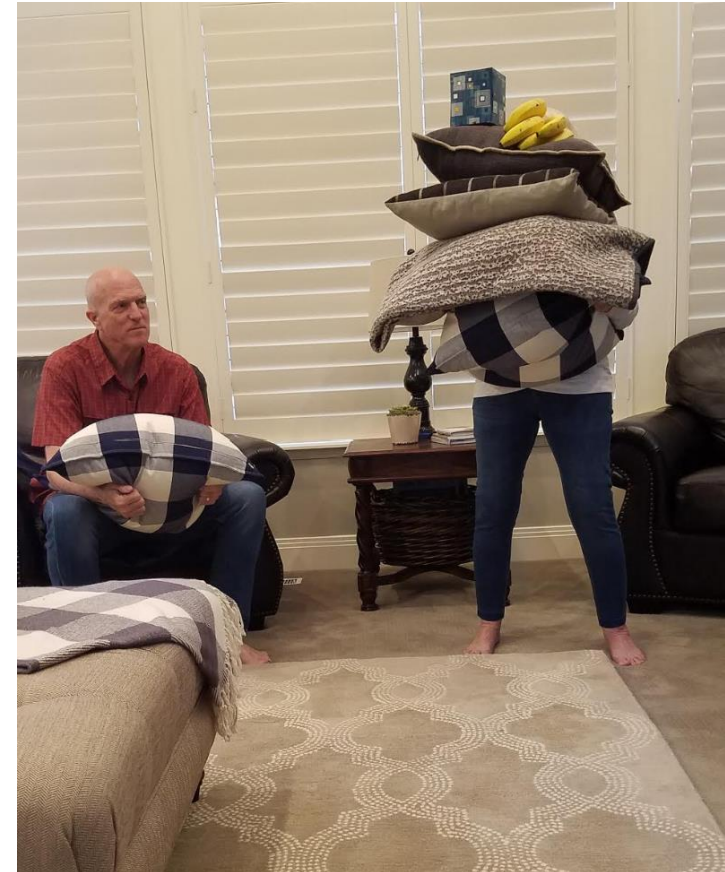


Common Roles Within Systems

- Common Roles
 - Truth-teller
 - Victim
 - Hero
 - ***Identified Patient***
 - Black sheep
 - Peacemaker
 - Switchboard Operator
 - Caretaker
 - Invisible
 - Chameleon

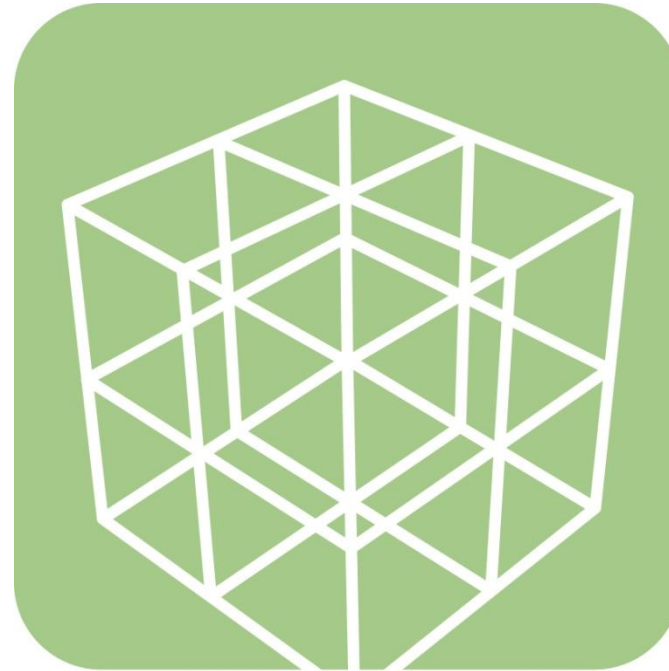


Pillow Stack



Common Rules Within Systems

- Common Rules
 - We don't ask for help
 - Never question the system leaders
 - Honesty is valued
 - Religion is our life
- Consider overt *and* unspoken rules

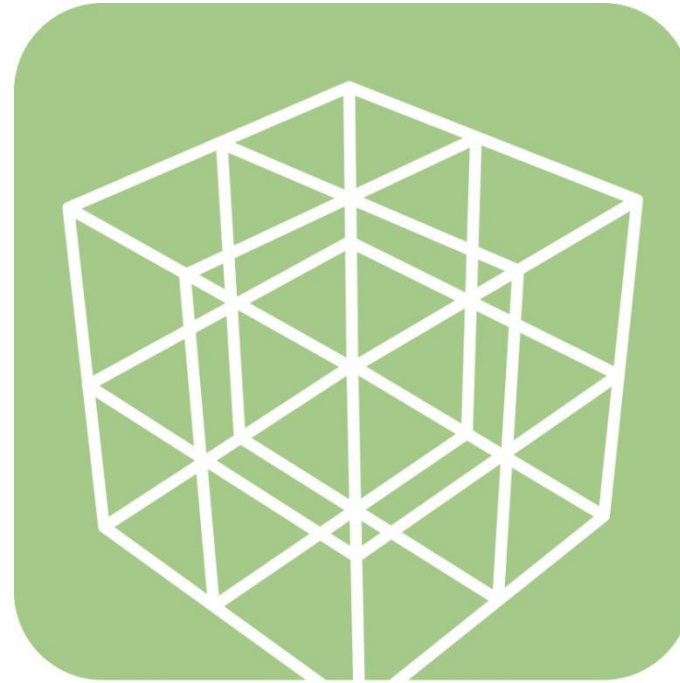


How Will You Use the Ingredients?



Relationship Structures within Systems

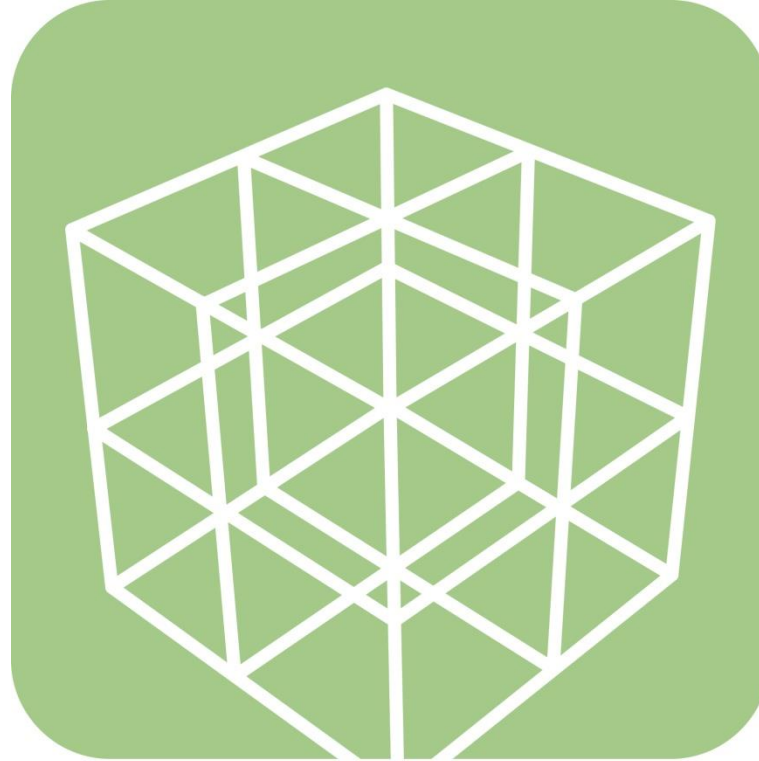
- Relationship Structures
 - Boundaries (ambiguous, rigid)
 - Hierarchies (visible or invisible)
 - Alliances
 - Subsystems
 - Triangulation



[illegible]

Activities Which Emphasize All Three

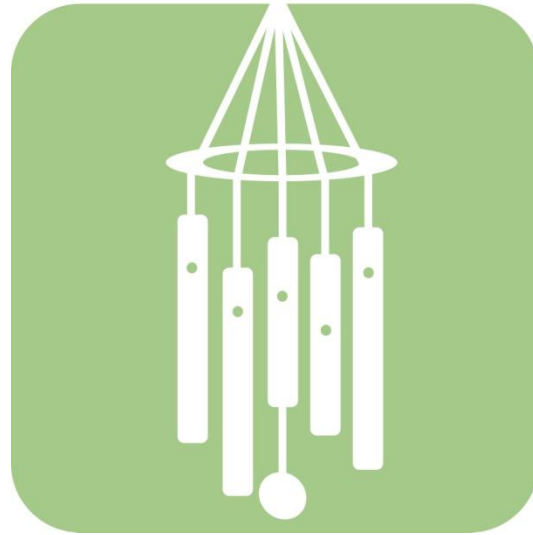
Roles
Rules
Relationships



Reciprocity Activity and Discussion

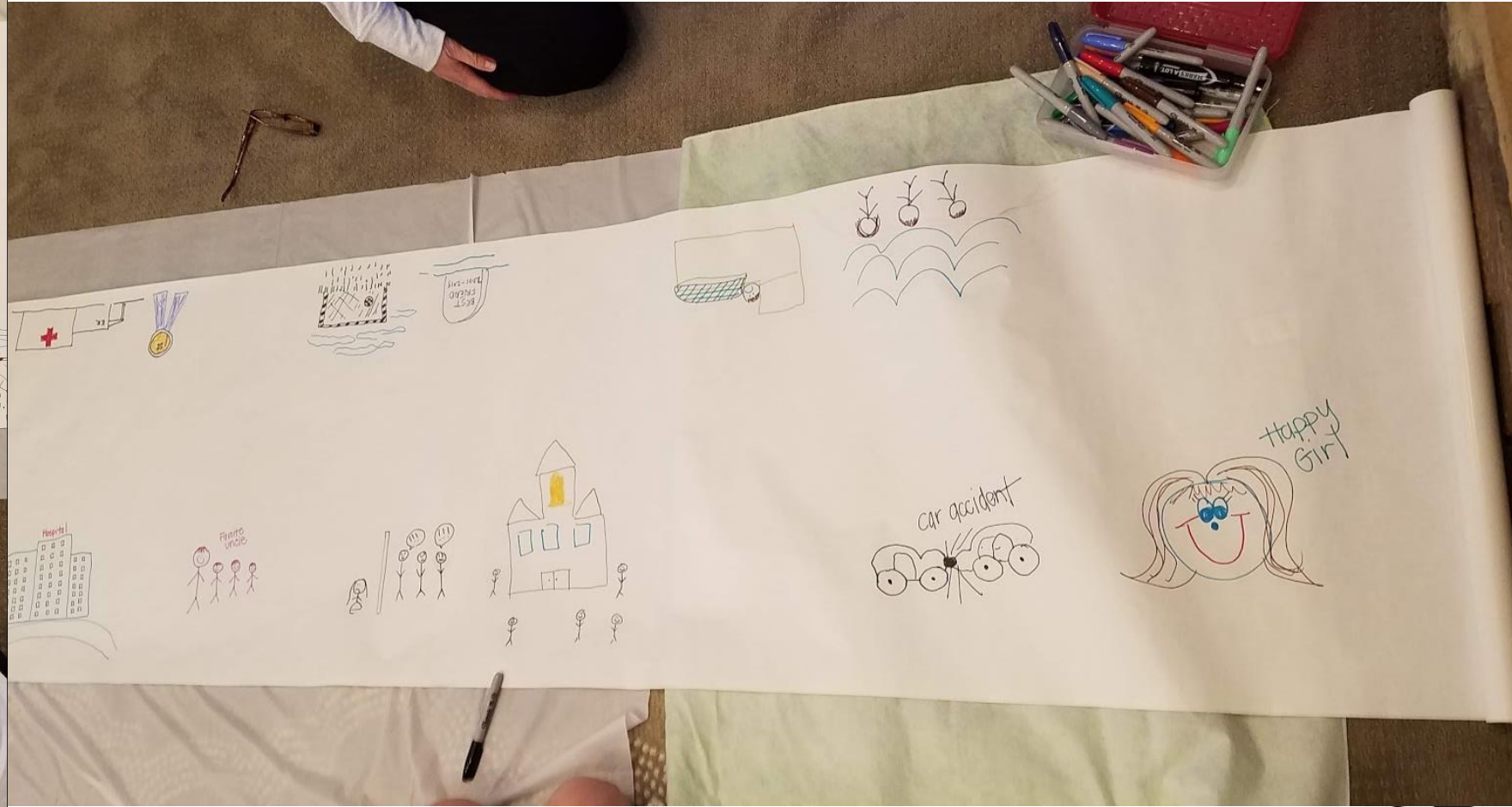
Pizza Party!

Video



Scary and Wonderful

Video



Family Collage



6 yrs old

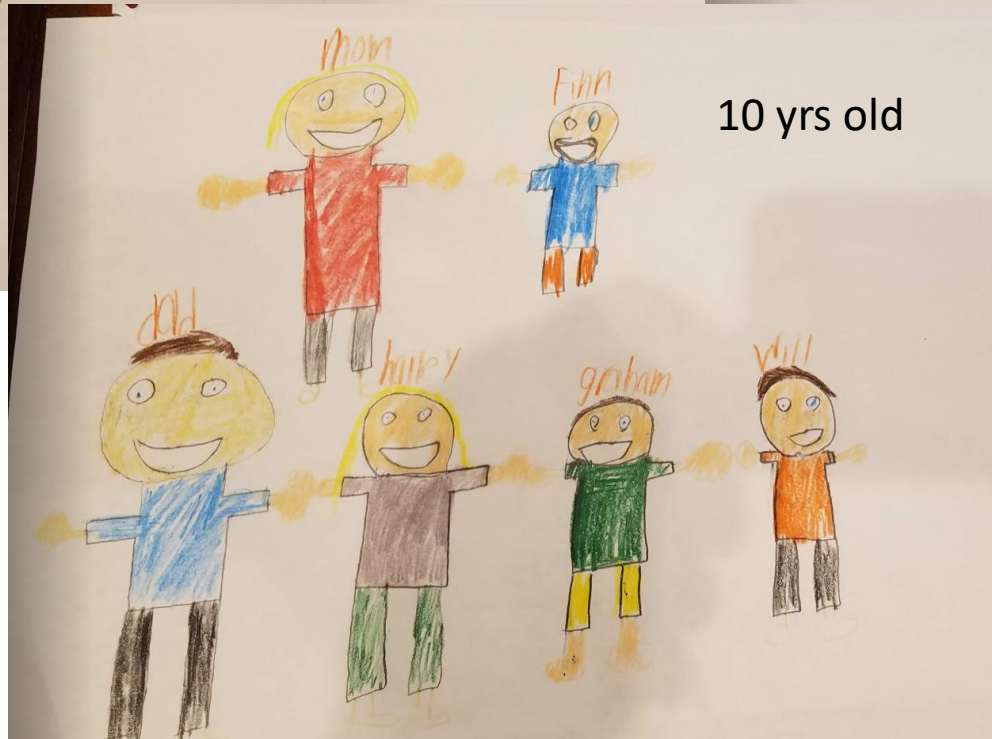


Family Drawings

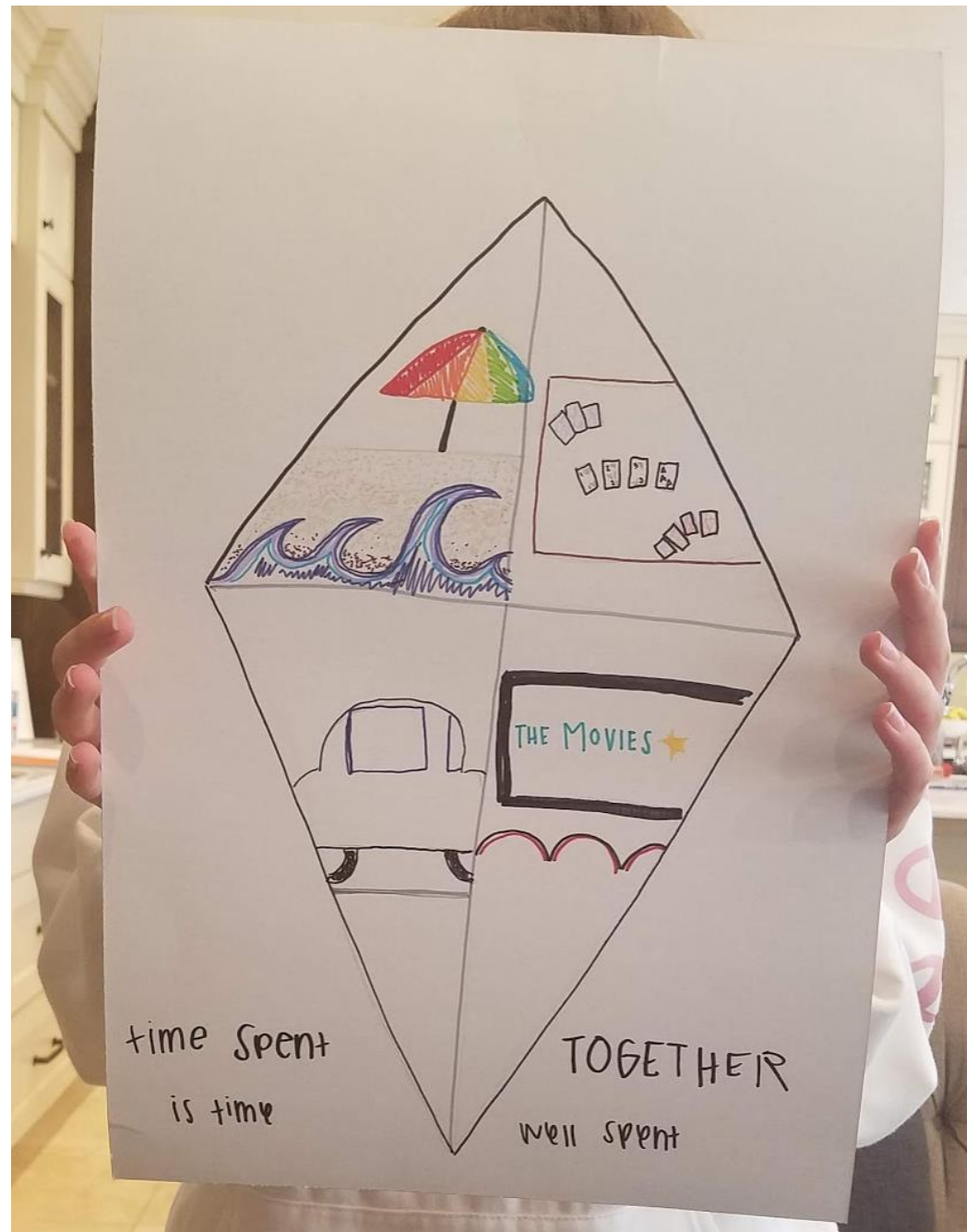
13 yrs old



10 yrs old



Family Crest



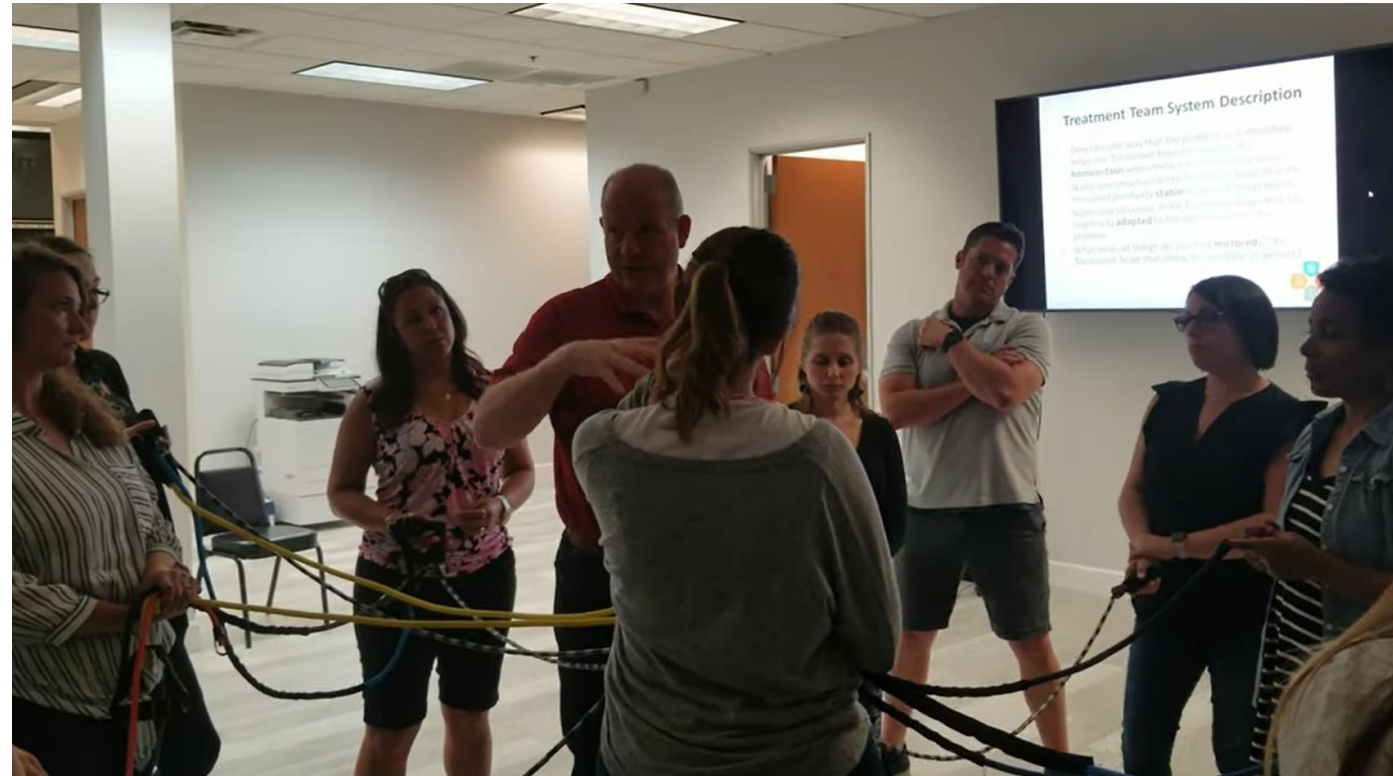
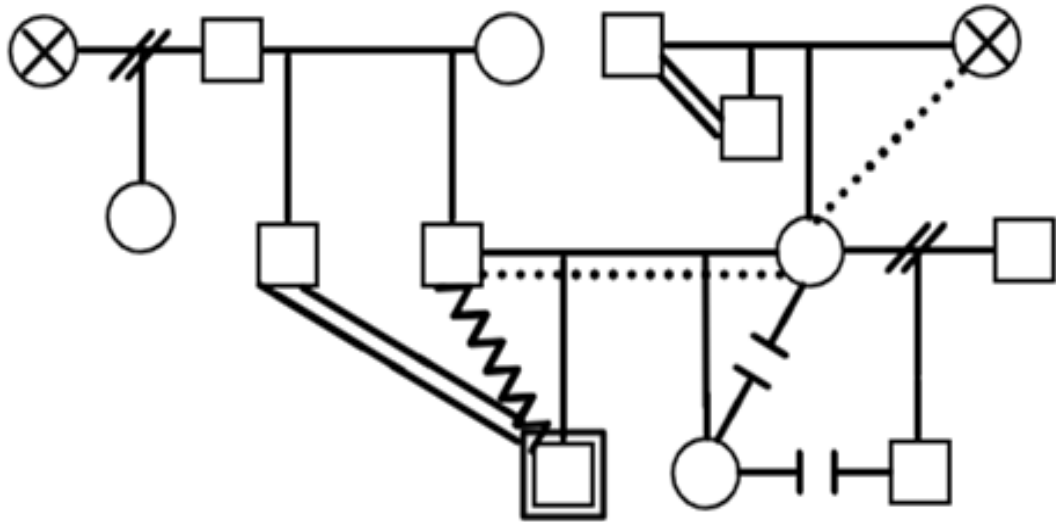
Blind Shape



Video



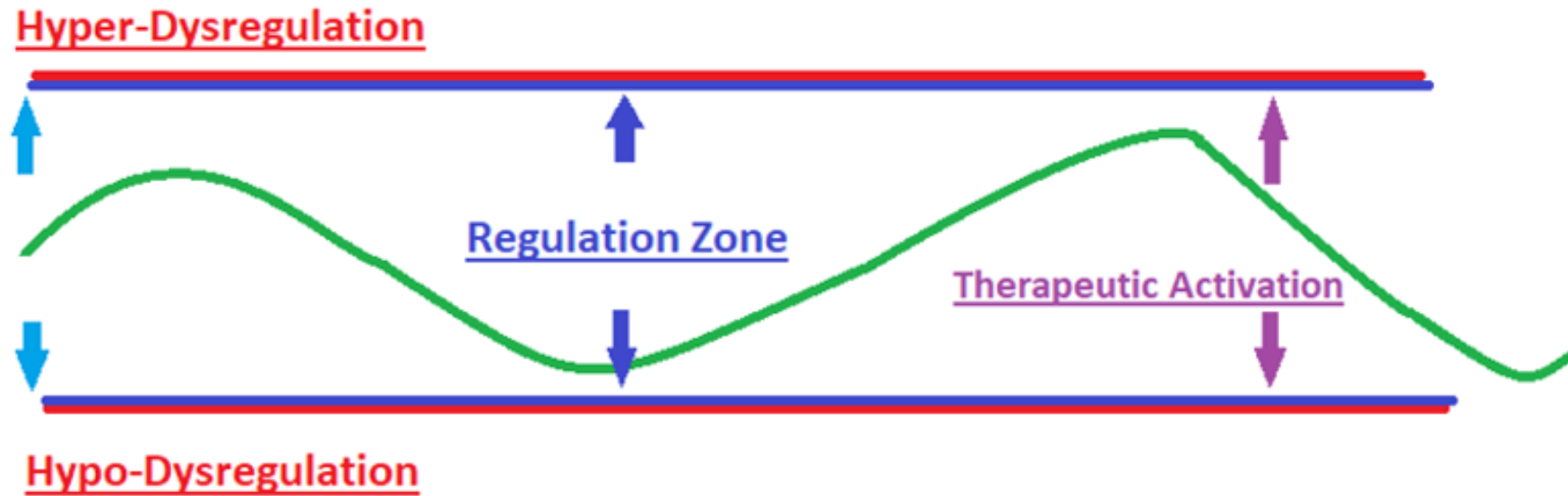
Genograms or Geno-Bands



Video



Consider Their Band of Regulation



Warnings About Experiential Interventions

Your Intervention May Fail If . . .

- They get outside their Regulation Zone
- It exceeds their capacity (physical, mental, developmental)
- It is emotionally unsafe: (requires too much vulnerability)
- It is too costly
- It is too complex
- There is confusion about who “owns it”



Thank You for Attending!

Please Provide Feedback So We Can Improve!



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