

# SOUL AND SYSTEM: THE INTEGRATIVE POSSIBILITIES OF FAMILY THERAPY

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This article presents a review of the interface of family systems theory and therapy with religious, spiritual, or faith perspectives, with particular emphasis on Christian theology and Scripture. A brief review of the literature shows the relative paucity of work in this area to date. It is argued that family therapy is a particularly fertile ground for the integration of theological, religious, and spiritual considerations. Three points of intersection between family systems theory and biblical concepts—context, legacy, and body life—are discussed to illustrate the considerable promise of family systems theory for future integrative work. Implications for practice are discussed within a framework outlining three means of including religion or spirituality in the clinical work of family therapy—as resource, as culture, or as context. Borrowing from the family systems theory emphasis on epistemology, a definition of “second-order integration” is suggested, which may help to clarify the field’s “thinking about thinking” about integration.

Interest in religion and spirituality in American popular culture has dramatically increased in recent years (Campbell & Moyers, 1988; Prest & Keller, 1993). This is no less true in the professional fields of health care and mental health care, where alternative approaches to healing—including the impact of patients’ faith practices—are being openly considered and increasingly promoted and researched by the mainstream medical and mental health establishments (Bergin, 1991; Butler, 1990; Byrd, 1988; Comstock & Partridge, 1972; Larson,

Koenig, Kaplan, Greenberg, & Tyroler, 1989; Larson et al., 1992; Levin & Vanderpool, 1989; Markowitz, 1996; McKee & Chappel, 1992; Rosner, 1975; Ross, 1994; Thomas & Henry, 1985). The increasing openness in popular and professional culture to these matters of religion, faith, and spirituality makes discussion of the relationship between Christianity and family therapy a particularly timely one.<sup>1</sup>

## FAMILY SYSTEMS THEORY AND THERAPY AS GROUND FOR INTEGRATION

Family therapy is arguably the most amenable of the mental health disciplines to consideration of spiritual and religious issues. There are several reasons for such openness. First, the professional roots of family therapy are multidisciplinary and extend to religious and spiritual traditions (Humphrey, 1983). Marriage counseling, for example, at one time was primarily the purview of pastors, family doctors, and counselors trained outside the traditional mental health disciplines (Broderick & Schrader, 1991). As the field of family therapy developed, practitioners were drawn from these and other disciplines to form a multidisciplinary profession with no allegiance to any one professional ideology. Consequently, the anti-religious bias of Freudian thinking and the medical model find much less of a foothold in family therapy.

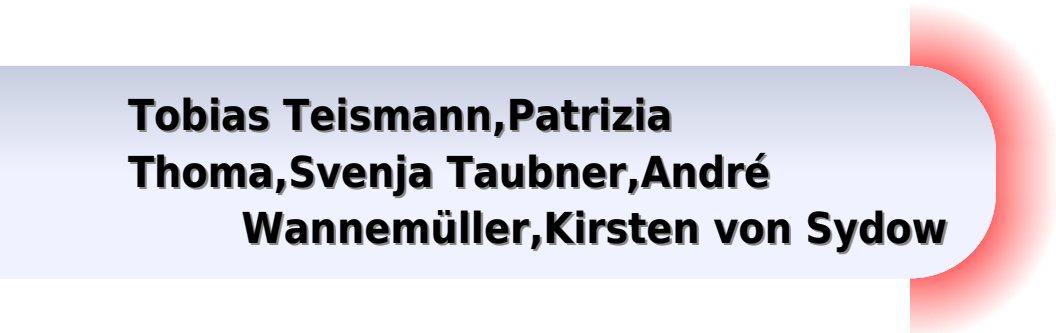
The founding fathers and mothers of the field

<sup>1</sup>In this article, I will use religion, spirituality, faith, theology, and Christianity rather interchangeably to refer to ways of being in the world that include active awareness of the role of the transcendent in daily life. While I realize that there are very important distinctions to be made between these five terms, these distinctions are, I believe, less relevant for the purposes of this article. In most of what I argue, what is said of one of these terms can typically also be said of each of the others. I leave it to the reader to grasp my meaning by my use of these words as pointers to a realm for which no adequate common language currently exists in the professional mental health literature.

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Potter and Perry's Canadian Fundamentals of Nursing - E-Book Barbara J. Astle, Wendy Duggleby, Patricia A. Potter, Anne G. Perry, Patricia A. Stockert, Amy Hall, 2023-02-15 Get the solid foundation you need to practise nursing in Canada Potter Perry s Canadian Fundamentals of Nursing 7th Edition covers the nursing concepts knowledge research and skills that are essential to professional nursing practice in Canada The text s full colour easy to use approach addresses the entire scope of nursing care reflecting Canadian standards culture and the

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**Klinische Psychologie und Psychotherapie** Tobias Teismann, Patrizia Thoma, Svenja Taubner, André Wannemüller, Kirsten von Sydow, 2024-06-10 Das Lehrbuch stellt die zentralen Inhalte des reformierten Masterstudiengangs Klinische Psychologie und Psychotherapie dar Eingegangen wird dabei auf alle psychotherapeutischen Richtlinienverfahren also die Kognitive Verhaltenstherapie die Systemische Therapie die Tiefenpsychologisch fundierte Therapie und die Analytische Psychotherapie sowie auf die Neuropsychologische Psychotherapie Das Lehrbuch richtet sich primär an Masterstudierende des Direktstudiengangs Psychotherapie und orientiert sich in seinen Inhalten an der Psychotherapie Approbationsordnung Kapitel zu den theoretischen Grundlagen werden ergänzt durch praxisbezogene Kapitel in denen konkrete verfahrensspezifische Interventionen beschrieben werden Weitere Kapitel beschäftigen sich mit verschiedenen Verfahren psychologischer Diagnostik mit therapeutischen Basiskompetenzen mit Erstgespräch Fallkonzept und Therapieplanung sowie mit Therapieabschluss und evaluation Zudem werden Anpassungen für spezifische Zielgruppen aufgezeigt z B für Kinder und Jugendliche für ältere Erwachsene oder für Menschen aus anderen Kulturen und Menschen mit Intelligenzminderung Darüber hinaus wird auf Besonderheiten spezifischer Settings und den Einbezug von Bezugspersonen Gruppentherapie die Arbeit im

Mehrpersonensetting und Onlinetherapie eingegangen Weitere 34 Kapitel fassen zentrale Informationen zu verschiedenen Störungsbildern im Kindes und Jugendalter sowie im Erwachsenenalter komprimiert zusammen und stellen Störungsmodelle und Behandlungsansätze aus der Perspektive der verschiedenen Therapierichtungen dar Kapitel zur Prävention Rehabilitation zur Psychopharmakologie zur Begutachtung sowie zu rechtlichen und ethischen Rahmenbedingungen runden den Band ab Die Darstellung im Buch wird durch 225 Lernkontrollfragen inklusive Antworten ergänzt die nach erfolgter Registrierung von der Hogrefe Website heruntergeladen und zur Prüfungsvorbereitung genutzt werden können

Consideration of Reports Submitted by States Parties Under Article 12, Paragraph 1, of the Optional Protocol to the Convention on the Rights of the Child on the Sale of Children, Child Prostitution and Child Pornography United Nations. Committee on the Rights of the Child, 2015

**Los Angeles Magazine**, 2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

**Working with Families** Allie C. Kilpatrick, Thomas P. Holland, 1999

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**The Practice of Family Therapy** Suzanne Midori Hanna, Derek A. Ball, 2024-12-10

Now in its sixth edition The Practice of Family Therapy comes at a time when traditional approaches to psychotherapy have given way to multidimensional strategies that best serve the needs of diverse groups who are grappling with the many challenges unique to family therapy practice With expanded coverage of different models along with new developments in evidence based and postmodern practices this integrative textbook bridges the gap between science and systemic relational approaches as it guides the reader through each stage of family therapy

Part I lays the groundwork by introducing the first second and third generation models of family therapy teaching the reader to integrate different elements from these models into a systemic structure of practice

Part II explores the practical application of these models including scripts for specific

interventions and newly updated clinical examples that highlight how to effectively work with diverse client populations of today Students will learn how to make connections between individual symptoms and cutting edge family practices to respond successfully to cases involving substance abuse trauma grief depression suicide risk violence LGBTQIA families and severely mentally ill clients and their families This newly updated and streamlined edition includes fresh information on working with LGBTQIA families and on the family as a resource for suicidal members and it also includes new discussion of models such as emotion focused couple therapy and internal family systems This text also encourages students to think more broadly about community connections as important resources for clients such as chosen families and cultural identities that affect one's sense of belonging in relationships With study guides for each model and a glossary to review main concepts this text is a comprehensive and accessible guide for students and practitioners Aligned with the knowledge and content statements of the Association of Marital and Family Therapy Regulatory Boards AMFTRB this textbook will be key reading for graduate students who are preparing for the national licensing exam in marriage and family therapy

**EBOOK: An Introduction to Family Therapy: Systemic Theory and Practice** Rudi Dallos, Ros Draper, 2015-09-16 The fourth edition of the bestselling *An Introduction to Family Therapy* provides an overview of the core concepts informing family therapy and systemic practice covering the development of this innovative field from the 1950s to the present day The book considers both British and International perspectives and includes the latest developments in current practice regulation and innovation looking at these developments within a wider political cultural and geographical context The fully revised fourth edition also contains new material on EXPANDED Chapter 4 Ideas that keep knocking on the door updated with applications of attachment narrative therapy linking these ideas to issues of developing the therapeutic alliance with families EXPANDED Chapter 5 Systemic Formulation updated with a view of formulation as a core skill in many therapeutic models and an alternative to diagnosis EXPANDED Chapter 6 21st Century Practice Development updated to include cutting edge innovations in the field such as integrative practice EXPANDED Chapter 7 Couple Therapy updated to include the more recent process and outcome research in the models making link with current systemic practice and using more illustrative examples and highlighting how Relate has changed EXPANDED Chapter 8 Research and Evaluation updated with a greater range of research methods and contemporary emphasis on evidence based practice Greater focus on key family therapy skills throughout the book in the updated Formats of Exploration feature in each chapter Expanded lists of key texts and diagrams suggested reading organized by topic and new practical examples and exercises are also used in order to encourage the reader to explore and experiment with the ideas in their own practice This book is key reading for students and practitioners of family therapy and systemic practice as well as those from the fields of counselling psychology social work and the helping professions who deal with family issues

**Systemic Family Therapy** Jon L. Winek, 2009-07-27 No other available text offers such a hands on approach to marriage and family therapy theory At the core of Systemic Family Therapy are

comprehensive sections devoted to each developmental phase of the family therapy movement With clear descriptions and session by session case examples the author explores specific approaches within each of these phases With this pragmatic tenor students will gain a clear and in depth understanding of how family theory concepts relate to practice as well as ways those concepts interact with each other Key Features Uses specific examples and session by session case studies to illustrate how theoretical construct actually work in practice Outlines the shifts in thinking of the family therapy field from modern to postmodern Uses rich graphic representations and straightforward tables to illustrate key theoretical concepts Incorporates compelling questions and learning exercises that will lead to dynamic class discussions Intended Audience A refreshing departure from traditional instruction of family therapy theory this core textbook is an excellent resource for upper level undergraduate and graduate students of family therapy counseling social work and family studies

*Integrative Family Therapy* David C. Olsen, Pastoral counselors therapists in training and clergy are usually introduced to one method of family assessment and treatment which works better in some situations than in others Integrative Family Therapy introduces the major schools of family therapy proposes a tested model that integrates the various approaches and illustrates how this model functions both for assessing and treating family problems Seven central concepts are discerned as a way of understanding the various family therapies as a group Then the major family therapy theories are discussed including cognitive family life cycle developmental interactional communication multigenerational object relations problem solving and structural family After examining their deep structures an integrated model of six discrete moments is presented and illustrated Charts direct the reader through the model and illustrate how the model is employed by means of several case studies

**Handbook of Family Therapy** Thomas L. Sexton, Jay Lebow, 2015-12-07 Integrative research based multisystemic these words reflect not only the state of family therapy but the nature of this comprehensive handbook as well The contributors all well recognized names who have contributed extensively to the field accept and embrace the tensions that emerge when integrating theoretical perspectives and science in clinical settings to document the current evolution of couples and family therapy practice and research Each individual chapter contribution is organized around a central theme that the integration of theory clinical wisdom and practical and meaningful research produce the best understanding of couple and family relationships and the best treatment options The handbook contains five parts Part I describes the history of the field and its current core theoretical constructs Part II analyzes the theories that form the foundation of couple and family therapy chosen because they best represent the broad range of schools of practice in the field Part III provides the best examples of approaches that illustrate how clinical models can be theoretically integrative evidence based and clinically responsive Part IV summarizes evidence and provides useful findings relevant for research and practice Part V looks at the application of couple and family interventions that are based on emerging clinical needs such as divorce and working in medical settings Handbook of Family Therapy illuminates the threads that are common to family therapies and gives voice to

the range of perspectives that are possible Practitioners researchers and students need to have this handbook on their shelves both to help look back on our past and to usher in the next evolution in family therapy

**The Practice of Family Therapy** Suzanne Midori Hanna, 2018-10-15 Now in its fifth edition The Practice of Family Therapy comes at a time when traditional approaches to psychotherapy have given way to multidimensional strategies that best serve the needs of diverse groups who are grappling with the many challenges unique to family therapy practice With expanded coverage of different models along with new developments in evidence based and postmodern practices this integrative textbook bridges the gap between science and systemic relational approaches as it guides the reader through each stage of family therapy Part I lays the groundwork by introducing the first second and third generation models of family therapy teaching the reader to integrate different elements from these models into a systemic structure of practice Part II explores the practical application of these models including scripts for specific interventions and rich case examples that highlight how to effectively work with diverse client populations Students will learn how to make connections between individual symptoms and cutting edge family practices to respond successfully to cases of substance abuse trauma grief depression suicide risk violence LGBTQ families and severely mentally ill clients and their families Also included are study guides for each model and a glossary to review main concepts Aligned with the Association of Marital and Family Therapy Regulatory Boards AMFTRB knowledge and content statements this textbook will be key reading for graduate students who are preparing for the national licensing exam in marriage and family therapy

**Integrative Problem-centered Therapy** William M. Pinsof, 1995-11-06 Part of a growing trend toward bridging the gap between rival schools of therapy this book goes beyond other works to envision a mental health professional who like a family doctor can serve as a resource for an entire family either individually or together throughout their lives

Family Therapy for Treating Trauma David R. Grove, Gilbert J. Greene, Mo Yee Lee, 2020 Despite the widespread and serious nature of trauma as a serious health issue many who suffer from trauma avoid seeking services while many drop out of services prior to completion Additionally family as a potential source of healing from trauma is a seriously neglected topic in the field This book offers a flexible family treatment approach that can adapt to issues trauma survivors are willing to work on

*Systemic Family Therapy* William C. Nichols, Craig A. Everett, 1986

**Integrative Family and Systems Treatment (I-FAST)** J. Scott Fraser PhD, David Grove LISW-S, Mo Yee Lee PhD, Gilbert Greene PhD, Andy Solovey MSW, 2014-03-28 Funders of mental health services to youth and families have increasingly required providers to use treatments deemed to be evidence based There are several evidence based family treatment EBFT approaches found to be effective with the same types of presenting problems and populations All of these EBFTs claim to be based on similar theoretical approaches and have specified treatment protocols that providers must follow to be faithful to the model These EBFTs are expensive for agencies to establish and maintain Many agencies that initially adopted one of these EBFTs later de adopted it because they could not sustain it when billing Medicaid is the only way to pay for such



services Meta analyses of treatment outcome studies have found that various theoretical approaches to therapy are effective but no one approach is more effective than any other What accounts for client improvement is not the specific treatment approach but rather the factors they all have in common To provide an effective affordable and flexible approach to family treatment the authors of this book developed and have conducted researched on an approach they call Integrative Family and Systems Treatment I FAST I FAST is a meta model organized around the common factors to family treatment Such a model does not require practitioners to learn a completely new way to provide treatment but rather it builds on and incorporates the clinical strengths and skills they already possess This book is a manual for how to faithfully and flexibly provide I FAST A manual for a meta model to treatment based on the common factors has never been provided This book provides clear guidelines illustrated by cases examples for not only how to provide I FAST but also how to teach and supervise it as well as how to integrate I FAST with the rest of an agency s services and programs *Integrative Couple and Family Therapies* Patricia J. Pitta, Corinne C. Datchi, 2019 This book demonstrates how integrative clinical practices provide a flexible systematic and responsive approach to working with couples and families with complex challenges Couples and families experience stressors of all kinds such as infertility blending families infidelity military trauma incarceration and sexual abuse Complicating these already difficult issues may be added social scrutiny due to racism undocumented immigration or LGBTQ status Likewise new technologies such as social media and data tracking while having many positive uses can also intensify problematic patterns Couples and families entering treatment need a tailored clinical approach which integrative therapies offer Contributors to this edited book summarize current scientific knowledge about the complex clinical problems that bring couples and families to treatment and discuss integrative couple and family therapy models Eleven detailed case conceptualizations illustrate how practitioners and therapists use integrative models to provide care for couples and families This roadmap of integrative treatments is for trainees as well as currently practicing psychologists social workers counselors and marriage and family therapists *Systemic Family Therapy* William C. Nichols, Craig A. Everett, Emotionally Focused Family Therapy James L. Furrow, Gail Palmer, Susan M. Johnson, George Faller, Lisa Palmer-Olsen, 2019-06-11 Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of emotionally focused therapy EFT to the complexities of family life The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics considering a broad range of presenting problems and family groups The first section applies EFT theory and principles to the practice of family therapy The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families In the final section the authors provide case examples of emotionally focused family therapy EFFT practice with chapters on traumatic loss stepfamilies externalizing disorders and internalizing disorders Integrating up to date research with clinical transcripts and case examples throughout Emotionally Focused Family Therapy is a must read for therapists looking to promote the

development and renewal of family relationships using the principles of EFT      Integrating Individual And Family Therapy  
Larry B. Feldman, 2014-07-22 Presents a comprehensive model of integrating individual and family therapy with clinical examples to illustrate the model Throughout the book the importance of tailoring the structure and process of therapy to meet the particular needs of specific individuals and families is emphasized

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