Systemic Conceptualization and Intervention in Individual Psychotherapy

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Training in Unified Psychotherapy

TUP Level Two / Part Two

September 14, 2024

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Working Interactively with Cognition, Emotion, & Behavior

▶ TUP 1-1.   **Unified Framework**
▶ TUP 1-2.   **Cognitive Focus**
▶ TUP 1-3.   **Experiential & Emotional Focus**
▶ TUP 1-4.   **Behavioral Focus**
▶ TUP 1-5.   **Developmental Focus**
▶ TUP 1-6.   **Unified Treatment Planning**

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Working Interactively with Cognition, Emotion, & Behavior

▶ TUP 2-1. Interpersonal Focus – July 2024

▶ **TUP 2-2. Systemic Focus – September 2024**

▶ TUP 2-3. Cultural Focus – October 2024

▶ TUP 2-4. Psychodynamic Focus - 2025

▶ TUP 2-5. Biological Focus - 2025

▶ TUP 2-6. Case Formulation & Advanced Treatment Planning
        - 2025

Training in Unified Psychotherapy (TUP)

TUP is based on…

▶ A Holistic Model of Psychological Functioning
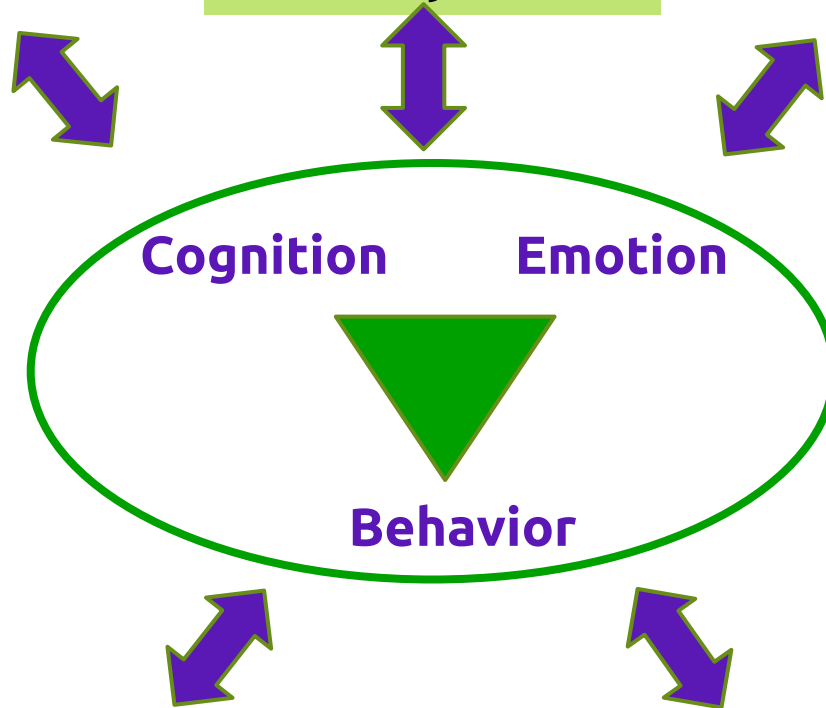
▶ A Unified Framework for Individual Psychotherapy

(Harris, Dreier, Mandala, & MacPhee, 2023)

A Unified Framework for Individual Psychotherapy

	Practice Domains	Focal Dimensions
A. Immediate Psychological Experience	1. Cognitive	Thoughts & the Cognitive System
	2. Experiential	Emotions & the Experiential-Affective System
	3. Behavioral	Actions & the Behavioral System
B. External Contexts	4. Developmental	Development across Life Experiences
	5. Interpersonal	Interpersonal Patterns
	6. Systemic	**Families and Other Microsystems**
	7. Cultural	Sociocultural Macrosystems
C. Internal Influences	8. Psychodynamic	Unconscious Processes, Conflicts, & Defenses
	9. Biological	Biology, Physical Health, & Maturation

A. Introduction
to Systemic Psychotherapy

Systemic Themes in Psychotherapy

➢ Family Systems

➢ Family Roles

➢ Multigenerational Patterns

➢ Family Belief Systems

➢ Homeostasis

➢ Family Life Cycle

➢ Microsystems

➢ Social Support

➢ Role Transitions

Impact of Family Systems on Individual Functioning

▶ Where do *maladaptive* cognitions, emotions, and behaviors come from?

▶ Many maladaptive patterns are learned within *family systems* and these dysfunctions often become patterns that are repeated.

▶ An integrative psychotherapist can *work interactively* between the *systemic context* and *current functioning*, encouraging more adaptive thoughts, feelings, and actions.

External Influences are Embedded within One Another

These overlapping social contexts all influence the way humans think, feel, and act.
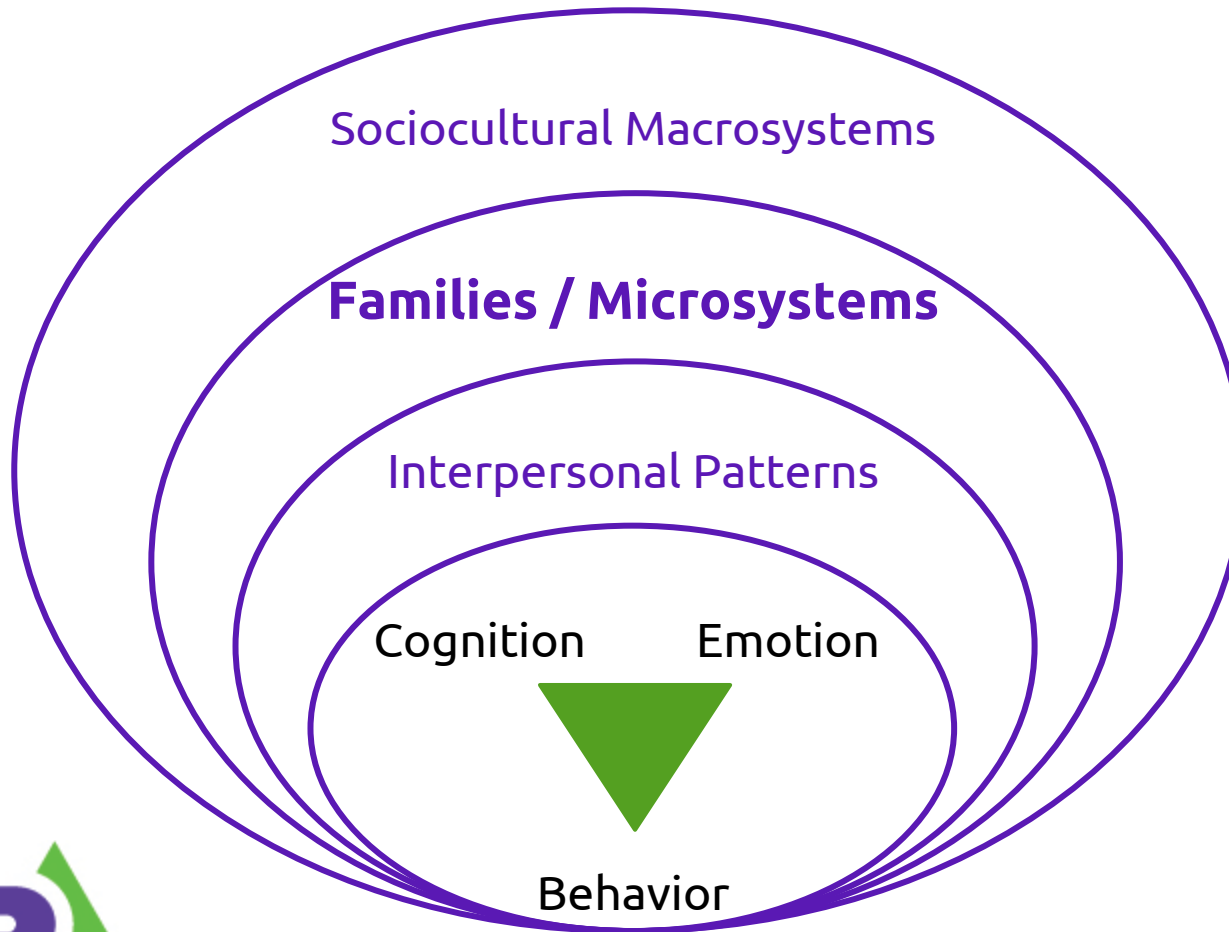
Sociocultural Macrosystems

Families / Microsystems

Interpersonal Patterns

Cognition   Emotion

Behavior

External Influences are Embedded within One Another

➢ Family systems are shaped by broader sociocultural macrosystems.

➢ In turn, families and other social systems shape the way people relate to other individuals.

➢ Families and other microsystems shape current cognition, emotion, and behavior.

➢ The patterns of thinking, feeling, and acting that individual learn in their family of origin, have a long-term impact on functioning.

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Families & Other Microsystems

➢ As humans, our foundational development occurs within a *family system* which shapes the way each of us thinks, feels, and acts throughout life.

➢ The family system creates the broader context that shapes *dyadic relationships* with parents, siblings, and others.

➢ Children are introduced to *cultural rules and assumptions* first in the family and family expectations shape how individuals embrace or resist cultural norms.

➢ Families shape the way individuals construct reality and family systems are internalized in the form of *personal narratives.*

B. Historical Context and Key Concepts from Systemic Psychotherapy

Historical Context:
Systems Theory & Family Therapy
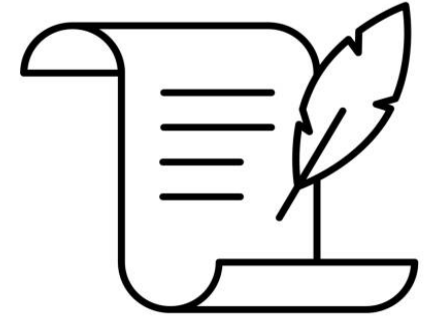
➢ When one family member is in pain, the entire family is affected (Virginia Satir, 1964).

➢ Family therapy represented a fundamental paradigm shift from the traditional focus on the individual (Jay Haley, 1971).

➢ Using a zoom lens, you can zoom in to magnify individual functioning or zoom out to take a wider angle and look at the broader family system (Salvador Minuchin, 1974).

Systems View

"*The whole is more than the sum of its parts.*"
(attributed to Aristotle)

- Family ≠ group of independent individuals
- Family = dynamic and interactive system

Therefore…

- Individual behavior is dependent on the behavior of all others

Systems View

- All behavior is communication within the system
- Communication can be…
  - Verbal or Non-verbal
  - Direct or Indirect
- Family is always present
- No one acts independently of the system, even when alone

Virginia Satir's Family Roles

Stance	Represents
Blamer	Power, Dominance
Computer	Intellect, Dissociation from Feelings
Distracter	Spontaneity, Fun
Placater	Service, Helplessness, Submission to Avoid Conflicts
Leveler	Frankness, Truth, Potential Healing
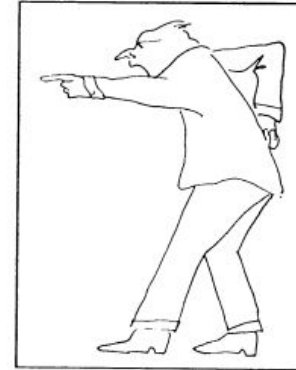
Blame

Compute

Distract

Plakate

Roles in Dysfunctional Families

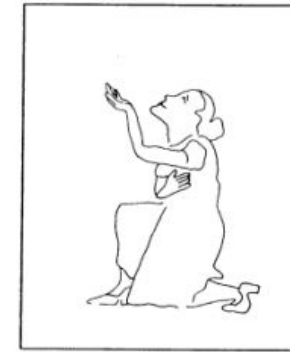| Role	Outside	Inside
Addict/Abuser	Aggression, Manipulative, Self-Pity, Blaming, Rigid values	Shame, Guilt, Fear, Pain, Hurt
Enabler	Martyr, Family Protector, Passive, Self-righteous	Anger, Hurt, Guilt, Low Self-Esteem
Hero	Responsible, High Achiever, Rule Follower, Seeks Approval	Hurt, Guilt, Fear of Inadequacy
Mascot	Family Clown, Cute, Immature, Fragile, Hyperactive	Fear, Anxiety, Insecurity
Scapegoat	Problem child, defiant, hostile, rule breaker	Rejection, Hurt, Jealousy, Guilt, Anger
Lost Child	Shy, Quiet, Fantasy Life, Solitary, Attaches to Things	Rejection, hurt, anxiety

Strategic Family Therapy

- ❖ Views the family as a system that is self-regulating

- ❖ Examines patterns rather than individuals

- ❖ Problem focused – looks at specific problems

- ❖ Does not dive deep into either family history or individual psychopathology

- ❖ Very active therapist who takes a directive stance

Strategic Family Therapy

General Stages of Treatment

- **Joining** – creating an alliance

- **Tracking strengths and weaknesses –** looking at problems and identifying patterns

- **Restructuring** – making changes in the interactive sequences to expand range of actions

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Strategic Family Therapy Techniques

1. Reframing
   o Relabeling
2. Paradoxical Interventions, symptom prescription
3. Restructuring
4. Boundary setting
5. Enactment during session
6. Strategic Visual Mapping
7. Homework

Multigenerational Family Patterns

Murray Bowen's Contribution

- ❖ People choose partners with similar levels of differentiation to themselves

- ❖ Anxiety travels through the family system

- ❖ Parents transmit anxiety and their level of differentiation to their children

- ❖ People are pulled toward both:

  - o Togetherness

  - o Separateness

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Multigenerational Family Patterns

Murray Bowen's Contribution

❖ *Differentiation* allows…

- Awareness of, and access to emotional guidance system and intellectual guidance system

- Differentiates self from others, able to be close without losing self

❖ *Triangulation:* When there is tension between two people in a relationship they tend to pull in a third party to dissipate the tension

Enmeshment

Enmeshment involves…

- Poorly defined or nonexistent boundaries
- Roles and expectations are confused
- Lack of independence among family members
- Parents are overly and inappropriately reliant on their children for support
- Children are not allowed to become emotionally independent or separate from their parents.

Disengagement

Disengagement involves…

- Rigid boundaries
- Cold, indifferent, unsupportive, and emotionally withdrawn family relationships
- Communication across family subsystems is stymied and difficult
- Family members function as distinct entities rather than part of a unified whole

Parentification

Generational Boundaries Blurred:

"Parentification"

Parents lack resources to give to children

1. **Instrumental Parentification** – child takes care of siblings, runs the home, pays bills.

2. **Emotional Parentification** – child supports parent emotionally, mediates between members, becomes advisor for parent.

Q & A

Do you have any questions or comments about systemic psychotherapy?

C. Systemic Focus in Individual Psychotherapy

Focusing on Families & Other Microsystems

➢ Social systems may become a focal dimensions in in… psychotherapy…

- When maladaptive patterns were learned and reinforced within the family system.
- When systemic patterns are being repeated in other social microsystems.

➢ Individual psychotherapy may not have a direct impact on social systems but counseling can help clients change they way the think, feel, and act.

➢ As clients change their actions, this will impact the social system.

Focusing on Social Systems

Markers for a Systemic Focus include:

➤ Family Conflicts

➤ Multigenerational Patterns

➤ Rigid Family Roles

➤ Conflictual Social or Work Groups

➤ Distorted Construction of Meaning
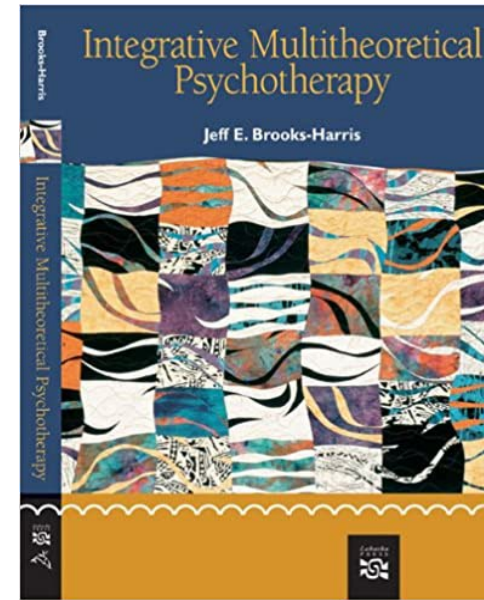
(Brooks-Harris, 2008, p. 96)

Systemic Adaptation

Systemic psychotherapy is designed to encourage adaptive social practices and adaptive personal narratives.

Social Practices	Personal Narratives
Adaptive social practices allow individual growth and individuation without threatening stability of the system.	*Adaptive personal narratives* construct meaning in a way that matches a person's experience and supports positive action.
Maladaptive social practices result in rigid enmeshment that constricts growth or distant detachment from social systems.	*Maladaptive personal narratives* are distorted by social systems, do not match experience, or do not support positive action.

(Brooks-Harris, 2008, p. 82)
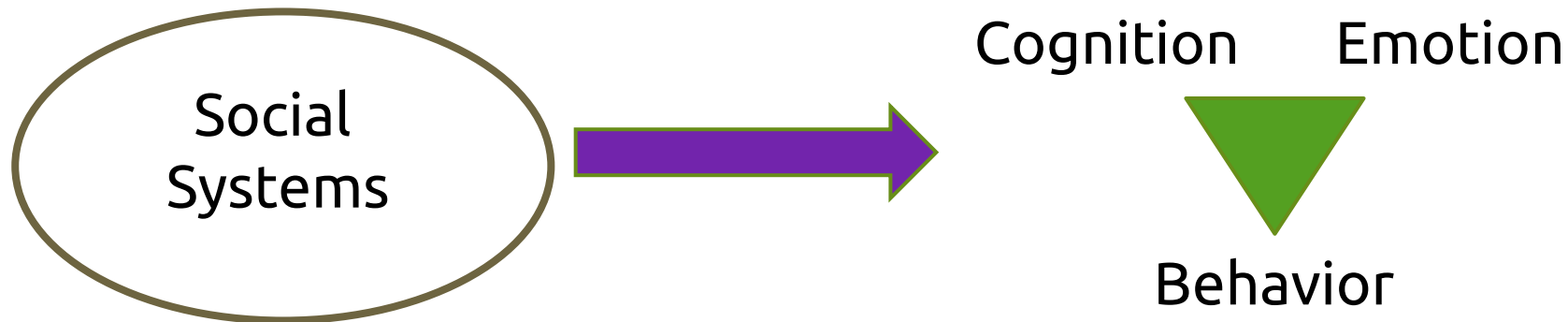
Social Systems Impact Current Functioning

Social Systems as Background

Sometimes psychotherapy focuses on the way social systems have shaped presenting concerns—like depression or anxiety—and the way they impact current functioning:

Focusing on Current Social Systems

Current Social Systems in the Spotlight
Sometimes psychotherapy focuses on current systemic relationships and encourages new ways of thinking, feeling, and acting that may impact social systems.
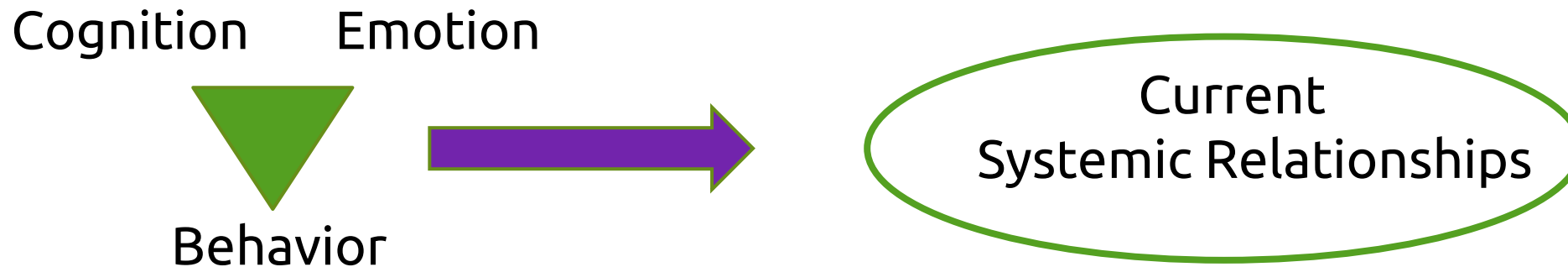
Cognition   Emotion

Behavior

Current
Systemic Relationships

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Focusing on Social Systems

➢ ***Individual psychotherapy*** may not have a direct impact on families and other social systems but by helping clients change their patterns of thinking, feeling, and acting, this will help them modify how they relate within their families or other social groups.

➢ In contrast, ***family therapy*** focuses directly on current social systems and is designed to have a direct impact on systemic relationships and interactions.
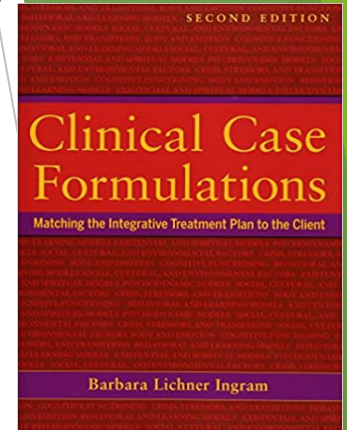
D. Systemic Conceptualization

Systemic Case Formulation

Barbara Ingram (2012) described four clinical hypotheses hypotheses related to social systems:

- ➢ *Family System* – the problem must be understood

    in the context of the entire family system.

- ➢ *Social Support* – The problem is either caused or maintained by deficiencies in social support.

- ➢ *Social Roles and Systems* – The problem can be understood in terms of the client's social roles and the impact of social systems.

- ➢ *Social Role of Patient* – The problem is related to disadvantages or advantages of the social role of either a medical or psychiatric patient.

Systemic Conceptualization

Brooks-Harris (2008) suggested that understanding the impact of a client's family on their current functioning might include exploring the following concepts:

1. **Family Structure**
2. **Family Role**
3. **Family Homeostasis**
4. **Family Life Cycle**
5. **Family Belief Systems**
6. **Personal Narratives**
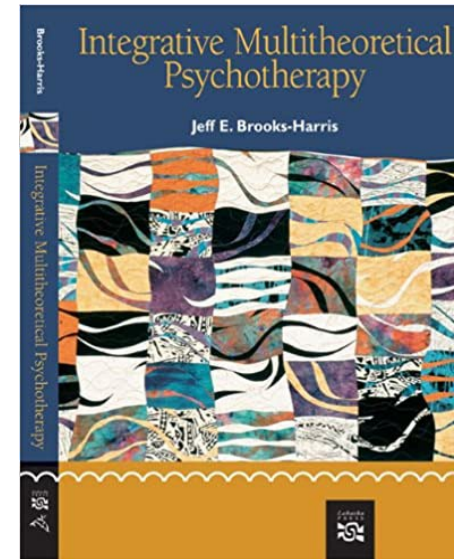
Brooks-Harris (2008) Chapter 9 (p. 325-333)

1. Family Structure

➢ Who are the important members of your family?

➢ Who was in charge of different aspects of family life?

➢ Were there alliances and conflicts in your family?

  ➢ To whom did you feel closest?

  ➢ Were there conflicts between you and other family members?

Family Structure Illustrated using a Genogram
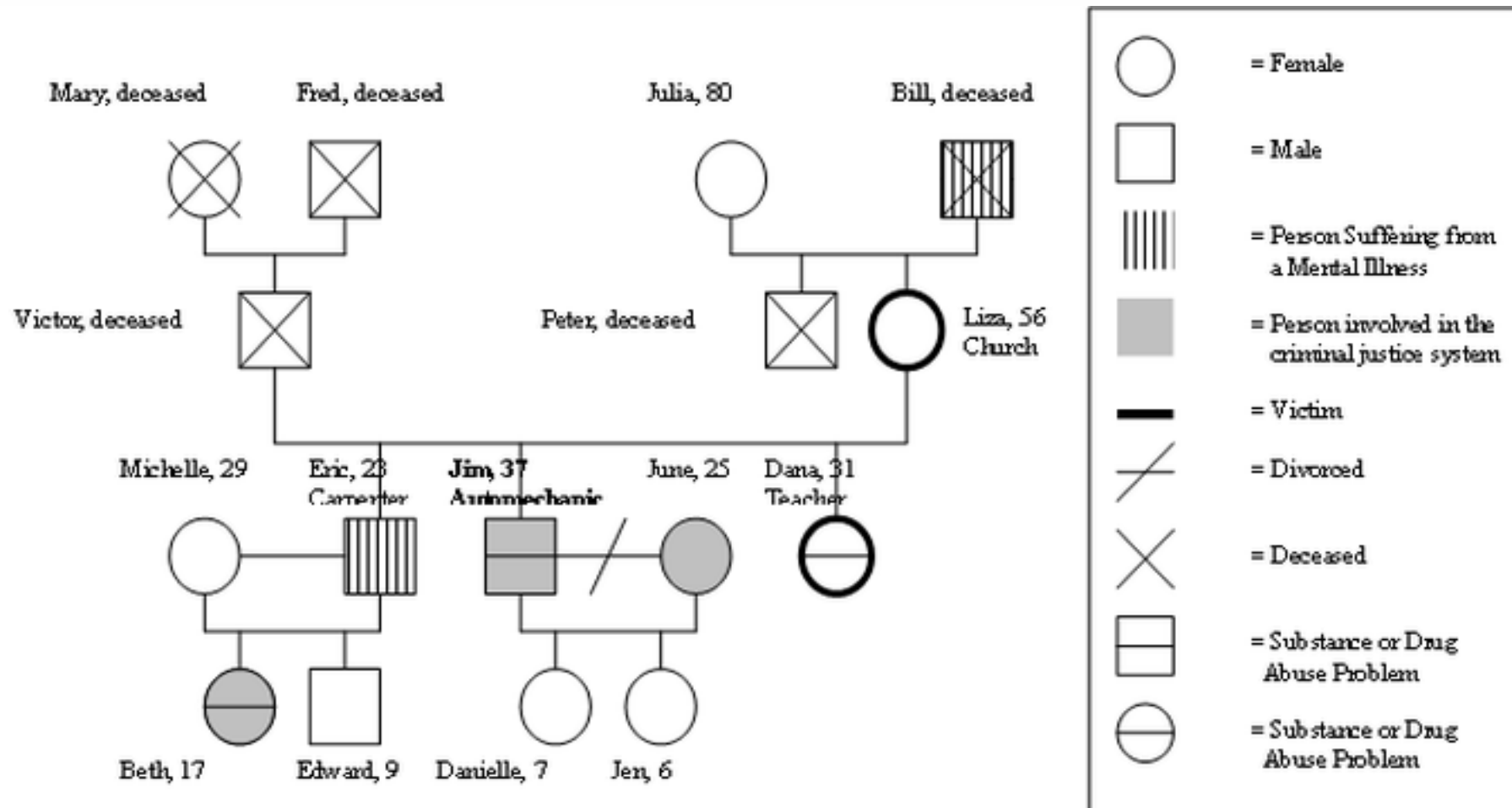
Family Structure Illustrated using a Simple Genogram
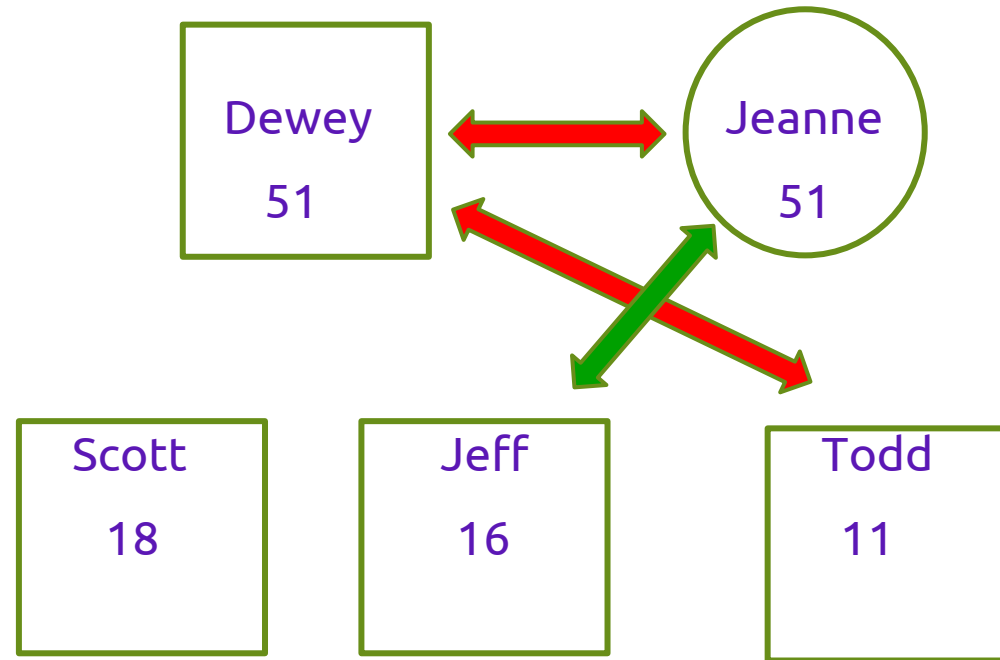
David Olson's (1999) Circumplex Model of Family Systems
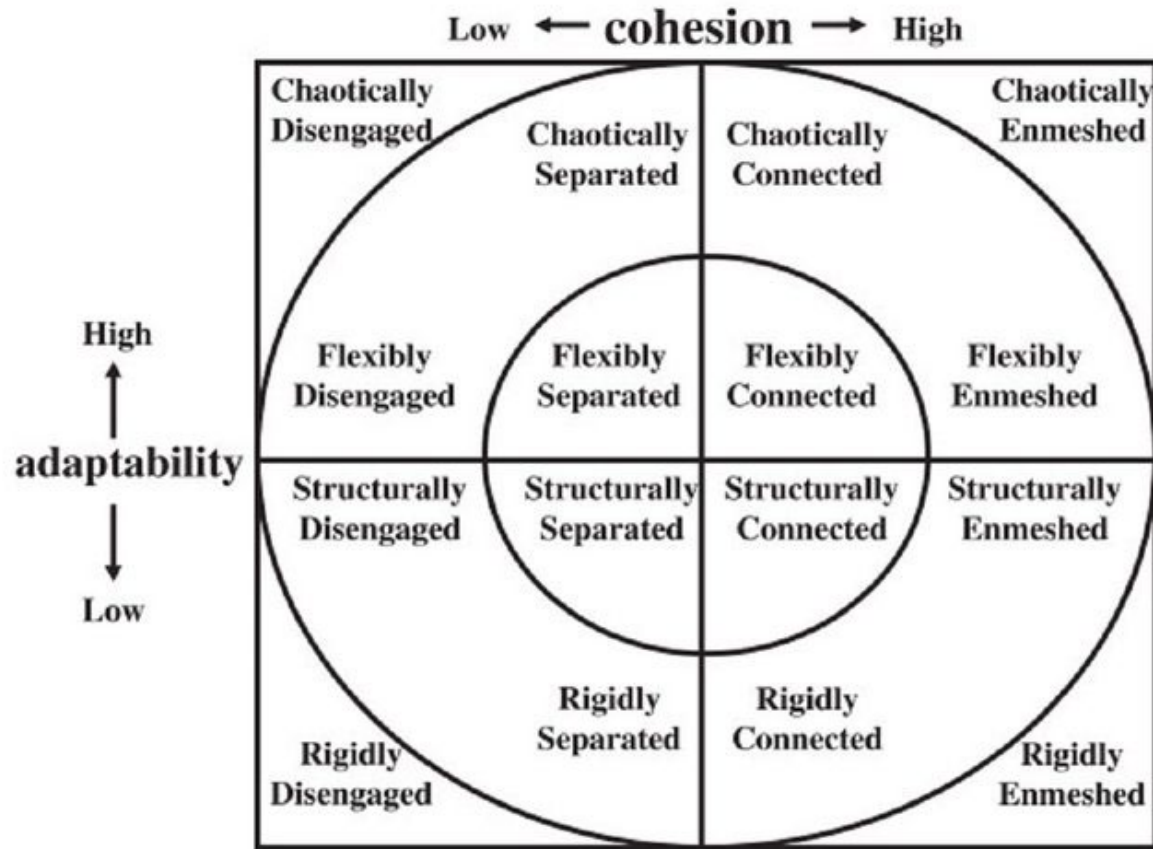
Family structures differ along two axes:
- Cohesion
- Adaptability

Family *cohesion* can range between…
- **Disengaged**
- **Enmeshed**

Family *adaptability* can range between…
- **Chaotic**
- **Rigid**

Systemic Focus in Individual Psychotherapy

➢ Focusing on family systems in individual psychotherapy involves helping clients understand how their family background may have impacted their current functioning.

➢ Reflecting on one's *family structure* can help clients realize changes they may want to make.

- One client may want to create new boundaries with members of her family.

- Another client may want to build closer relationships than were encouraged in his family of origin.

2. Family Roles

➢ Families often create systems in which members play distinct roles.

➢ Family roles often create a ***prescribed script*** that people learn to play in other social groups outside the family of origin.

- How would you describe your role in your family of origin?

- Did you play a special function that was different than other members of the family?

- How does this role from the past influence the way you interact in groups now?

Examples of Family Roles

➤ Common family roles include:

- **Hero** (star, exemplar, responsible one, parentified)
- **Rebel** (scapegoat, acting out child)
- **Mediator/Enabler**
- **Mascot** (*jester*)
- **Lost Child**

➤ Some family roles are related to age or birth order like **the Baby** or **Big Sister**.

➤ Other roles describe alliances like **Daddy's Little Girl** or **Mother's Helper.**

Long-Term Impact of Family Roles

➢ Social roles learned in the family of origin often have a long-term impact on functioning.

➢ A family *Hero* might adopt this long-term pattern:

Thoughts: I must never let my family down. I must always be a role model for my younger siblings.

Feelings: Fear of failure
Fear of disappointing the family.

Actions: Working too hard and neglecting self-care.

Reflecting on Personal Experience

What role did you play in your family of origin?

Please feel free to share your family role in the chat section of your dashboard.

Systemic Focus in Individual Psychotherapy

➢ Identifying family roles can help clients *recognize the origin* of troublesome patterns of thinking, feeling, and acting.

➢ Psychotherapy can help clients make *intentional choices* about patterns that they want to change.

➢ Psychotherapists can encourage *more adaptive* cognitions, emotions, and behaviors that may replace long-term patterns associated with family roles.

Systemic Focus in Individual Psychotherapy

➢ As individuals grow to adulthood, they can decide whether to **embrace, reject, or modify** the beliefs they learned from their family of origin.

➢ Psychotherapy can help clients make intentional choices about their own values.

➢ You can help clients identify *personal values* and put these *beliefs* into action.

3. Family Homeostasis

Systems View

- **Family systems are homeostatic** (Don Jackson, 1968)
- **Changes, good or bad, will have an effect on other family members**
- **Transitions often create conflict in families**
  - Changes in a family member, including growth
  - Relationships among members
  - Environmental changes

Change and Homeostasis

Disrupting Homeostasis:

Membership Transitions

- **Members entering**
  - Birth or adoption
  - Adult child moving back home
- **Members exiting**
  - Child moving out
  - Death
  - Divorce
- **Marriage/Partnering**
  - Represents BOTH entry and exit

4. Family Life Cycle

North American Sociologist view - Paul Glick, 1955

Family Stage	Family Status	Child Status
1	Marriage/Coupling	No children
2	Procreation Family	Children aged 0 - 2.5
3	Preschooler Family	Children aged 2.5 - 6
4	School Age Family	Children aged 6 - 13
5	Teenage Family	Children aged 13 -20
6	Launching Family	Children leaving home
7	Empty Nest Family	Children have left home

Family Life Cycle
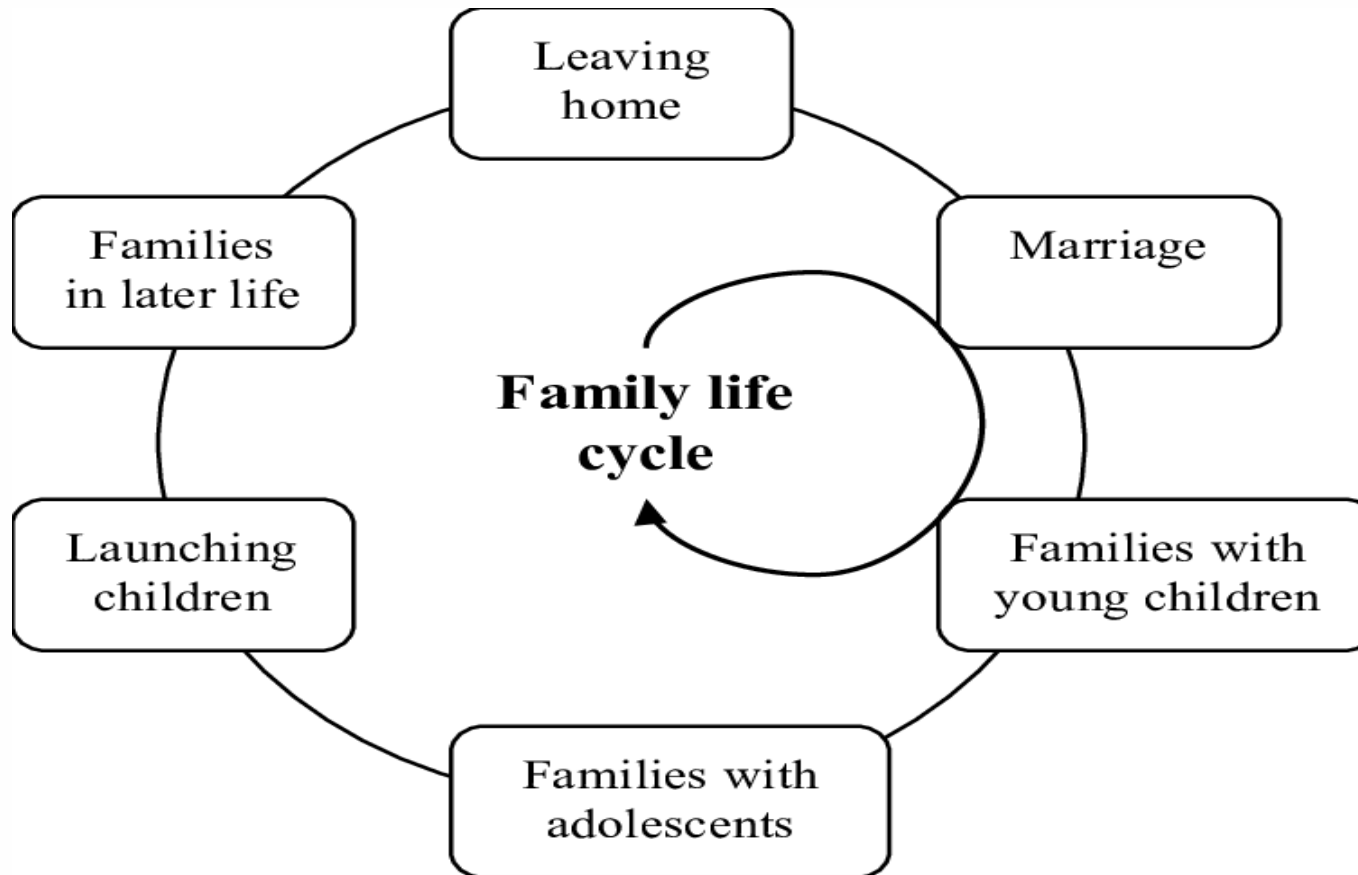
5. Family Belief Systems

- **David Reiss (1981)** highlighted the family's construction of reality and conclude that each family "fashions fundamental and enduring assumptions about the world in which it lives."

- These family paradigms organize patterns of daily living

- Some family belief systems are explicit; some are implicit

- **<u>Examples:</u>**

  - You can't trust anyone outside of the family.

  - Always do your best.

  - Never show vulnerability or weakness.

Reflecting on Personal Experience

What did your family teach you to believe?

Please feel free to share your family belief system in the chat section of your dashboard.

6. Personal Narratives

Family systems are often internalized and shape the way individuals *construct* reality and tell their story.

➤ How would you describe your own view of the world?

➤ How is your view of the world similar to or different from your family's view?

➤ If you were telling the story of your life, what kind of story would it be?

➤ How would you describe the current chapter in your life story?

➤ How do you want the next chapter in your story to be different than this chapter?

Systemic Focus in Individual Psychotherapy

➤ Clients often come to psychotherapy with a *problem-saturated narrative* that has been *internalized* from their family of origin (White & Epston, 1980).

➤ Psychotherapy can help clients realize how their personal story has been influenced by others' perceptions.

➤ Using systemic and constructivist strategies can help clients *reauthor their own story*, resulting in more adaptive thoughts, feelings, and actions.

3-Minute Stretch Break

E. Functional Analysis
&
Guided Discovery

Systemic Exploration, Change, & Acceptance

Exploration

Change   **Acceptance**
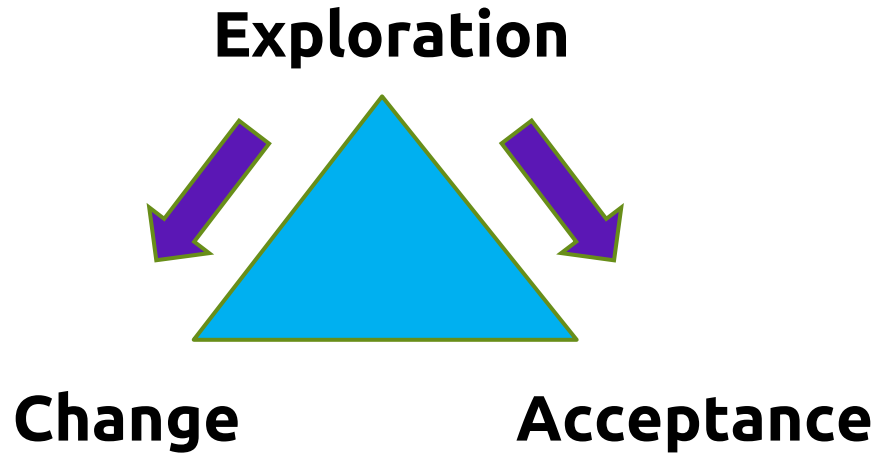
<u>Exploring Systemic Patterns and Social Roles</u>

- Help clients explore *systemic patterns* and identify *social roles* that need to be modified.
- Are these social roles healthy or hurtful? Adaptive or ourdated?
- Are old patterns begin repeated?

Functional Analysis & Guided Discovery

▶ ***Functional Analysis*** was developed by Behavior Therapists to discern the value and function of specific actions.

▶ TUP expands the applicability of functional analysis in a ***multidimensional*** manner.

▶ Integrative psychotherapy explores the functional value of emotions, cognitions, & behaviors.

▶ Functional analysis can be applied to developmental, interpersonal, systemic, cultural, and biological processes.

▶ For example, is the way you learned to relate to others in your family of origin still serving an adaptive purpose?

Functional Analysis – General Description

Explore Current Functioning
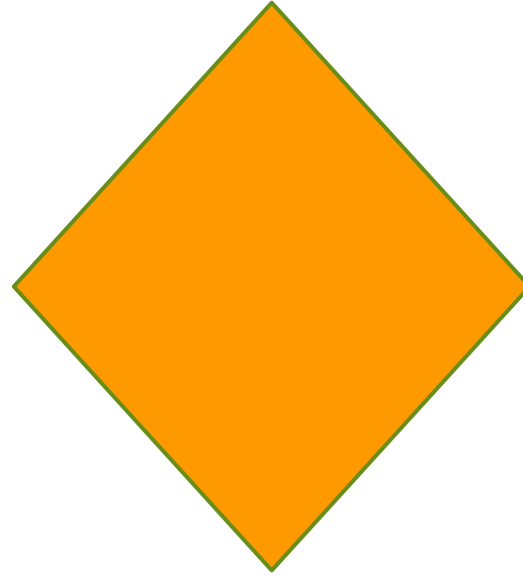
Support Adaptation
(highlight strengths,
solutions,
accurate perceptions,
adaptive emotions, etc.)

**Accept Reality and
things that can't be changed**
(difficult truths,
uncomfortable feelings,
environmental limitations, etc.)

Change Maladaptive Patterns
(dysfunctional thoughts,
maladaptive emotions,
ineffective actions, etc.)

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Functional Analysis – Systemic Application

Explore Current Functioning
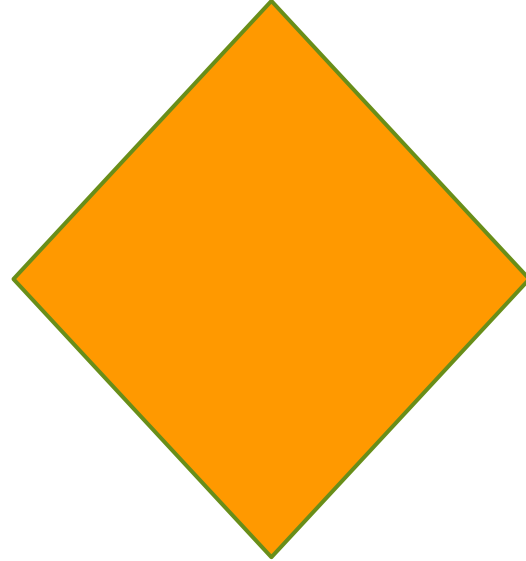
Support Adaptation
Positive social roles that encourage personal growth

Accept Reality and things that can't be changed
Relationships within social systems that are difficult to change

Change Maladaptive Patterns
Restrictive social roles based on maladaptive systemic patterns

Do you have any questions or comments about focusing on social systems in individual psychotherapy?

F. Systemic Interventions for Individual Psychotherapy

Foundational Skills for Systemic Psychotherapy

A. **Exploration and Functional Analysis of Systemic Patterns**

B. **Guided Discovery to Uncover More Adaptive Functioning**

C. **Enacting Adaptation Outside of Psychotherapy**

A. Exploration and Functional Analysis of Systemic Patterns

SYS-1. Focusing on family-of-origin and increasing insight.

SYS-2. Understanding the impact of family-of-origin experiences.

SYS-3. Viewing clients' current family interactions as attempts at systemic adaptation.

SYS-4. Exploring how long-term social roles learned in the family -of-origin may have been over-generalized.

SYS-5. Acknowledging painful experiences related to one's family-of-origin that have contributed to distress.

SYS-6. Understanding how clients internalize aspects of the people who raised them.

SYS-1. Focusing on family-of-origin and increasing insight into systemic patterns.

❖ Ask the client about their family and how it is related to the presenting concern.

❖ Identify stressors and crises currently acting on the family.

❖ Label any obvious family themes, e.g. secrets, cutoffs, addiction, mental illness, etc.

❖ Construct family genogram with client with as many as 3 past generations (client and siblings, parents, grandparents) as well as children and grandchildren if necessary)

SYS-2. Understanding the impact of family-of-origin experiences and how they impact current thoughts, feelings, and actions.

❖ It will be helpful to explore the link between family patterns (from the past or present) and how systemic themes are impacting current functioning.

❖ This link may be related to topics highlighted in our description of systemic conceptualization:

- Family Structure
- Family Roles – e.g., Hero, Scapegoat, Jester, Lost Child
- Family Belief System
- Multigenerational Patterns
- Family Life Cycle

SYS-3. Viewing clients' current family interactions as attempts at systemic adaptation and analyzing their functional value.

❖ How people interact with their families evolves over time.

❖ Interactions may differ on dimensions of *cohesion* (disengaged to enmeshed) and *adaptability* (chaotic to rigid).

❖ Clients may view current family relationship as relatively healthy or more-or-less dysfunctional.

❖ *Systemic adaptation* involves "adaptive social practices [that] allow individual growth and individuation without threatening stability of [a] system" (Brooks-Harris, 2008, p. 82).

SYS-4. Exploring how long-term social roles learned in the family-of-origin may have been generalized to new interpersonal and social contexts.

- ❖ Identify people outside the family who evoke reactions that family members would have evoked.
- ❖ Identify parataxic distortions (Horney, 1945), i.e. mis-attributions of characteristics from the family to others outside the family.
- ❖ Attend to maladaptive behaviors that were useful in client's family of origin.

SYS-5. Acknowledging painful experiences related to one's family-of-origin that have contributed to psychological distress or social dysfunction.

- ❖ Identify ways in which client's family of origin failed to meet the needs of client.
- ❖ Explore memories of dyadic interactions between client and family members.
- ❖ Encourage clients to describe how a dysfunctional family member impacted the family
- ❖ Have client recall tensions between other family members

SYS-6. Understanding how clients internalize aspects of the people who raised them in ways that continue to influence current functioning and affective states.

❖ Encourage client to identify origins of maladaptive self-talk. "Who's voice is that in your head?" Or "Was there anyone who used to say that to you?"

❖ Encourage client to de-identify from maladaptive thoughts be labeling the internal voice as a person from their past.

❖ Use the *Schema Mode Questionniare* by Young et al.

Video Demonstration

A. **Exploration and Functional Analysis of Systemic Patterns**

SYS-1. Focusing on family-of-origin and increasing insight.

SYS-2. Understanding the impact of family-of-origin experiences.

SYS-3. Viewing clients' current family interactions as attempts at systemic adaptation.

SYS-4. Exploring how long-term social roles learned in the family-of-origin may have been over-generalized.

SYS-5. Acknowledging painful experiences related to one's family-of-origin that have contributed to distress.

SYS-6. Understanding how clients internalize aspects of the people who raised them.

Video Demonstration

Which skills did you observe Jim using?

SYS-1. Focusing on family-of-origin and increasing insight.

SYS-2. Understanding the impact of family-of-origin experiences.

SYS-3. Viewing clients' current family interactions as attempts at systemic adaptation.

SYS-4. Exploring how long-term social roles learned in the family-of-origin may have been over-generalized.

SYS-5. Acknowledging painful experiences related to one's family-of-origin that have contributed to distress.

SYS-6. Understanding how clients internalize aspects of the people who raised them.

B. Guided Discovery to Uncover More Adaptive Interpersonal Functioning

SYS-7. Supporting ways that clients are already adapting to old and new social systems in ways that allow authenticity and flexibility.

SYS-8. Modifying social roles and long-term patterns in order to find new ways to adapt to social systems.

SYS-9. Accepting the shortcomings of one's family-of-origin and the limitations of current social systems.

SYS-7. Supporting ways that clients are already adapting to old and new social systems in ways that allow authenticity and flexibility.

❖ This includes both ongoing social systems like one's family or new social systems like a group of colleagues at a new job

❖ Use language that creates freedom for client by de-reifying any maladaptive behaviors

   o Replace diagnostic/character labels with action language

   o Use "when and when not" question to help client appreciate their strengths

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SYS-8. Modifying social roles and long-term patterns in order to find new ways to adapt to social systems.

❖ Adapting to old and new social systems is an ongoing process that often impacts psychological distress or well-being.

❖ Strategies for modifying social roles:

  o Role playing

  o Empty chair

  o Assertiveness training

  o Communication skills

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SYS-9. Accepting the shortcomings of one's family-of-origin and the limitations of current social systems.

- ❖ Recognizing what cannot be changed and what can be accepted

- ❖ Psychoeducation on family life cycle

- ❖ Separation and individuation as developmental transitions within the family system

- ❖ Use developmental metaphors to reframe or relabel family members behaviors to insulate client from negative emotional impacts

Video Demonstration

B. **Guided Discovery to Uncover More Adaptive Functioning**

SYS-7. Supporting ways that clients are already adapting to old and new social systems in ways that allow authenticity and flexibility.

SYS-8. Modifying social roles and long-term patterns in order to find new ways to adapt to social systems.

SYS-9. Accepting the shortcomings of one's family-of-origin and the limitations of current social systems.

Video Demonstration

Which skills did you observe Jim using?

SYS-7. Supporting ways that clients are already adapting to old and new social systems in ways that allow authenticity and flexibility.

SYS-8. Modifying social roles and long-term patterns in order to find new ways to adapt to social systems.

SYS-9. Accepting the shortcomings of one's family-of-origin and the limitations of current social systems.

10-Minute Break

C. Enacting Adaptation Outside of Psychotherapy

SYS-10. Enacting positive social skills and systemic roles in day-to-day life in the form of functional thoughts, feelings, and actions.

SYS-11. Refining social adaptation skills in response to new experiences and functioning effectively in different types of social groups.

SYS-12. Working interactively and contextually to support systemic adaptation, balancing social roles and authenticity, and balancing connection and individuation.

SYS-10. Enacting positive social skills and systemic roles in day-to-day life in the form of functional thoughts, feelings, and actions.

❖ Responding to social situation in an intentional manner instead of reacting in a reflexive manner.

❖ Observing internal reactions with calm and control instead of being overwhelmed by them.

❖ Understanding parental behaviors contextually by reflecting on how their family of origin, history, and culture shaped them.

SYS-11. Refining social adaptation skills in response to new experiences and functioning effectively in different types of social groups.

- ❖ Noticing when maladaptive urges to act are being driven by habitual patterns that began in your family of origin.
- ❖ Inhibit the automatic response that is no longer fitting.
- ❖ Respond bravely and creatively to current situations.
- ❖ Evaluate the effectiveness of your response to the current situation.

SYS-12. Working interactively and contextually to support systemic adaptation, balancing social roles and authenticity, and balancing connection and individuation.

- ❖ Help clients alter their approach to their family
  - Realistically appraise family's ability to differentiate and change
  - Skillfully alter interactions within the family to move family to new homeostasis, or
  - Increase distance from family, emotionally or physically, to preserve personal differentiation
- ❖ Monitor romantic choices to avoid repeating patterns learned in the family-of-origin
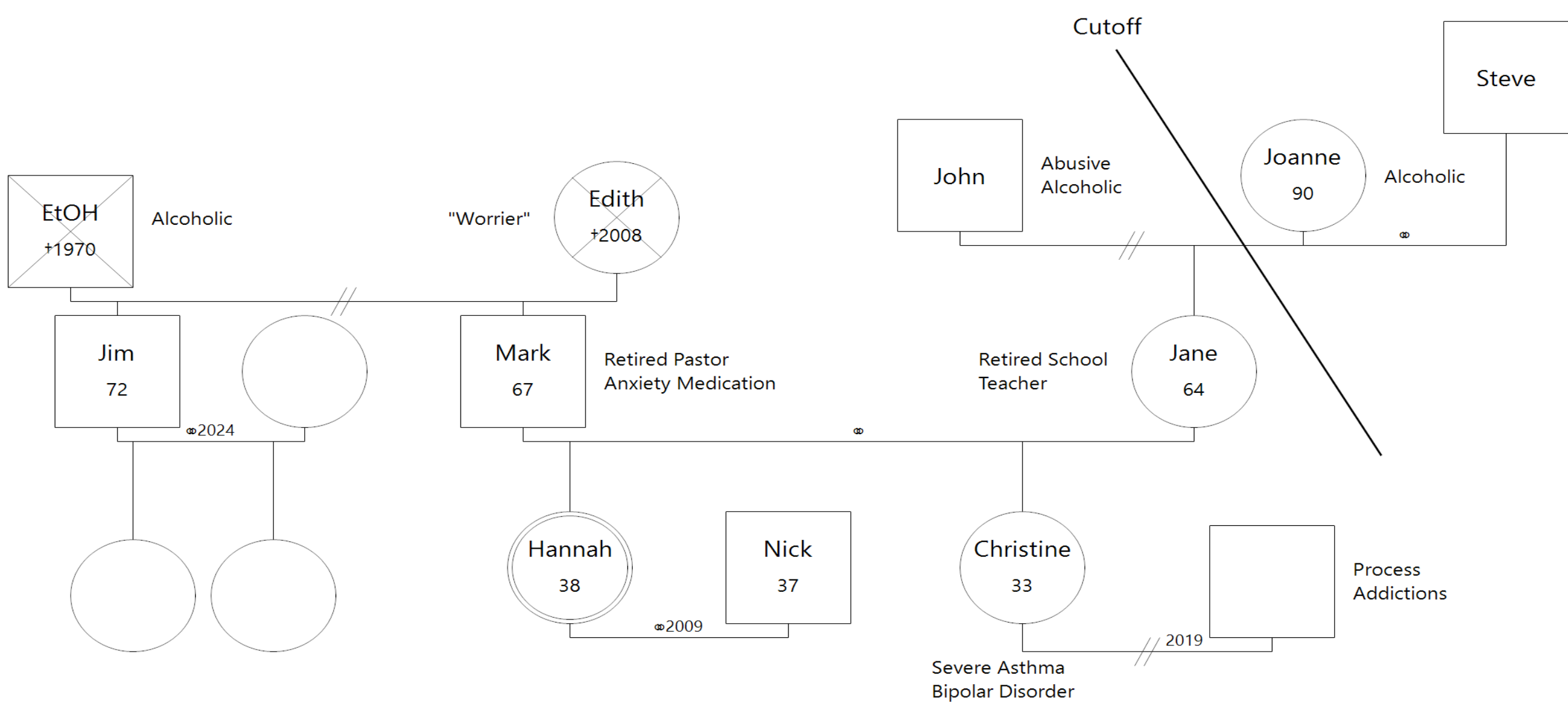
Video Demonstration

C. **Enacting Adaptation Outside of Psychotherapy**

SYS-10. Enacting positive social skills and systemic roles in day-to-day life in the form of functional thoughts, feelings, and actions.

SYS-11. Refining social adaptation skills in response to new experiences and functioning effectively in different types of social groups.

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Video Demonstration

Which skills did you observe Jim using?

SYS-10. Enacting positive social skills and systemic roles in day-to-day life in the form of functional thoughts, feelings, and actions.

SYS-11. Refining social adaptation skills in response to new experiences and functioning effectively in different types of social groups.

SYS-12. Working interactively and contextually to support systemic adaptation, balancing social roles and authenticity, and balancing connection and individuation.

TUP

Do you have any questions or comments about these skills designed to help clients understand social systems?

E.   Internalized Objects & Schema Modes:

"A Family in Your Head"

Schema Modes – Jeffrey Young
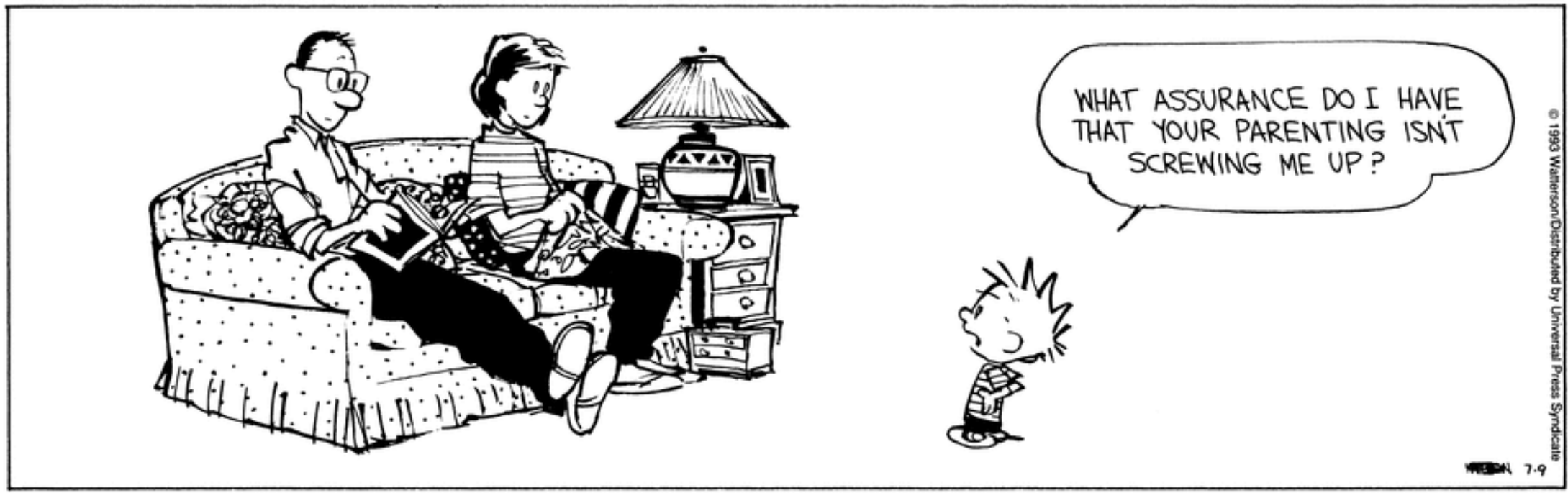
Schema Modes – Jeffrey Young

Child Modes

❖ Vulnerable

❖ Angry

❖ Impulsive / Undisciplined

❖ Contented

Parent Modes

❖ Punitive

❖ Demanding or Critical

❖ Healthy Adult

Innate Child Modes

❖ **Vulnerable Child -** feels lonely, isolated, sad, misunderstood, unsupported, defective, deprived, overwhelmed, incompetent, doubts self, needy, helpless, hopeless, frightened, anxious, worried, victimized, worthless, unloved, unlovable, lost, directionless, fragile, weak, defeated, oppressed, powerless, left out, excluded, pessimistic

Innate Child Modes

❖ **Angry Child -** feels intensely angry, enraged, infuriated, frustrated, impatient because the core emotional (or physical) needs of the vulnerable child are not being met

Innate Child Modes

❖ **Impulsive/Undisciplined Child** - acts on non-core desires or impulses in a selfish or uncontrolled manner to get his or her own way and often has difficulty delaying short-term gratification; often feels intensely angry, enraged, infuriated, frustrated, impatient when these non-core desires or impulses cannot be met.; may appear "spoiled"

Innate Child Modes

❖ **Contented Child** - feels loved, contented, connected, satisfied, fulfilled, protected, accepted, praised, worthwhile, nurtured, guided, understood, validated, self-confident, competent, appropriately autonomous or self-reliant, safe, resilient, strong, in control, adaptable, included, optimistic, spontaneous

Schema Modes – Jeffrey Young

Maladaptive Coping Styles

- ❖ Compliant Surrendered

- ❖ Detached Protector

- ❖ Over-Compensator

Schema Modes

Maladaptive Coping Styles

❖ **Compliant Surrendered** - acts in a passive, subservient, submissive, approval-seeking, or self-deprecating way around others out of fear of conflict or rejection; tolerates abuse and/or bad treatment; does not express healthy needs or desires to others; selects people or engages in other behavior that directly maintains the self-defeating schema-driven pattern

Schema Modes

Maladaptive Coping Styles

❖ **Detached Protector** - cuts off needs and feelings; detaches emotionally from people and rejects their help; feels withdrawn, spacey, distracted, disconnected, depersonalized, empty or bored; pursues distracting, self-soothing, or self-stimulating activities in a compulsive way or to excess; may adopt a cynical, aloof or pessimistic stance to avoid investing in people or activities.

Schema Modes

Maladaptive Coping Styles

❖ **Over-Compensator** - feels and behaves in an inordinately grandiose, aggressive, dominant, competitive, arrogant, haughty, condescending, devaluing, overcontrolled, controlling, rebellious, manipulative, exploitative, attention-seeking, or status-seeking way. These feelings or behaviors must originally have developed to compensate for or gratify unmet core needs.

Parent Modes – Jeffrey Young

Maladaptive Parent Modes

❖ **Punitive -** feels that oneself or others deserves punishment or blame and often acts on these feelings by being blaming, punishing, or abusive towards self (e.g., self-mutilation) or others. This mode refers to the style with which rules are enforced rather than the nature of the rules.

Parent Modes – Jeffrey Young

Maladaptive Parent Modes

❖ **Demanding or Critical** - feels that the "right" way to be is to be perfect or achieve at a very high level, to keep everything in order, to strive for high status, to be humble, to puts others needs before one's own or to be efficient or avoid wasting time; or the person feels that it is wrong to express feelings or to act spontaneously.

Parent Modes – Jeffrey Young

Adaptive Adult Mode

❖ **Healthy Adult** - nurtures, validates and affirms the vulnerable child mode; sets limits for the angry and impulsive child modes; promotes and supports the healthy child mode; combats and eventually replaces the maladaptive coping modes; neutralizes or moderates the maladaptive parent modes. This mode also performs appropriate adult functions such as working, parenting, taking responsibility, and committing; pursues pleasurable adult activities such as sex; intellectual, esthetic, and cultural interests; health maintenance; and athletic activities.

Do you have any questions or comments about using schema modes to understand "the family inside your head"?

F. Diversity

Culture Shapes Interpersonal Relationships

Cultural Contexts
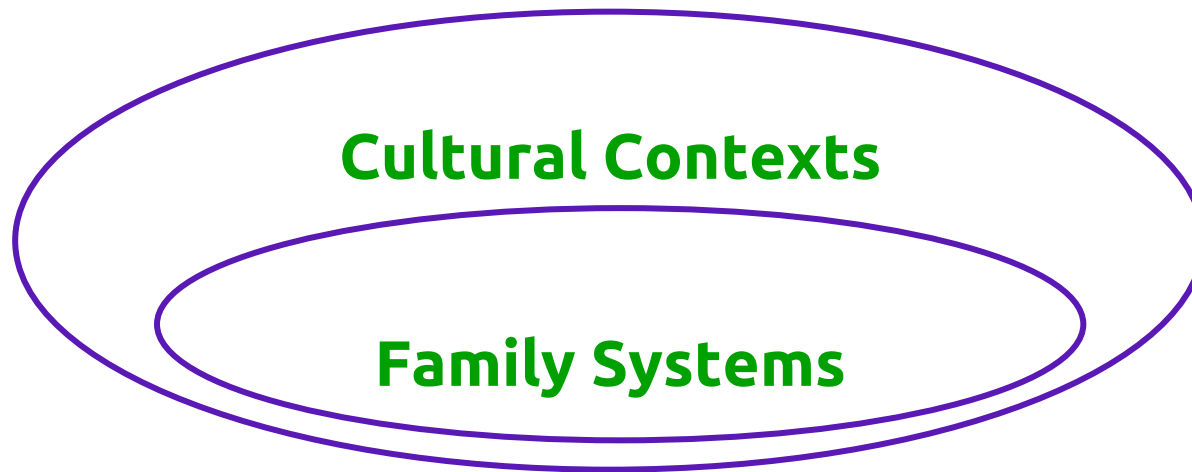
Family Systems

- ❖ Family systems will look different within context of unique cultural macrosystems.

- ❖ If you do not understand your clients' culture, you are likely to misunderstand their family experiences.

Reflecting on Professional Experience

Cultural Contexts
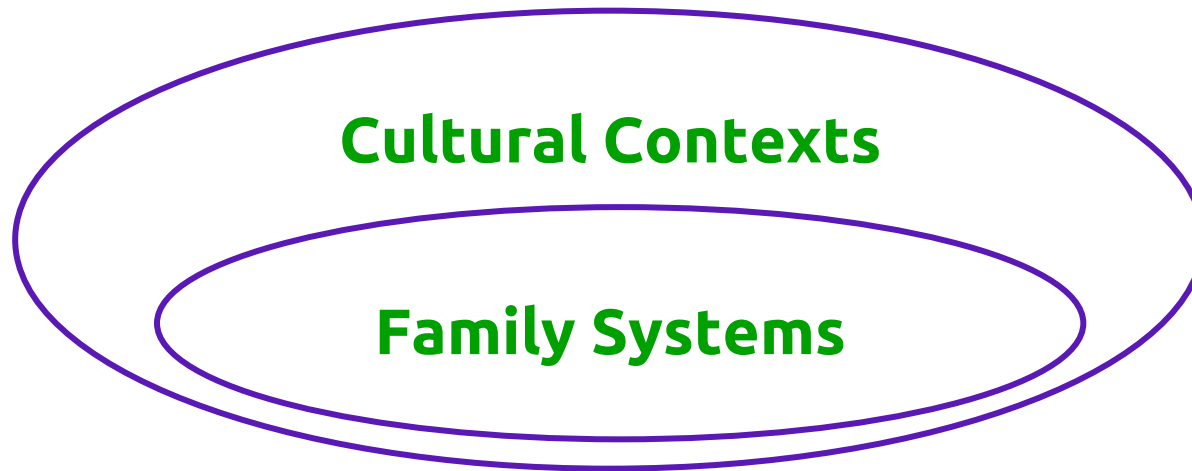
Family Systems

❖ In your professional experience, how have you seen clients' cultural background impact their family systems?

❖ How has culture impacted clients' personal goals for psychotherapy?

G. Systemic Key Strategies

Systemic Interventions

➤ Understanding Problems within their Social Context
➤ Viewing Families as Systems
➤ Detecting Repetitive Interaction Patterns
➤ Identifying Family Roles
➤ Searching for Multigenerational Patterns
➤ Clarifying Family Belief Systems
➤ Giving Directives for Strategic Change
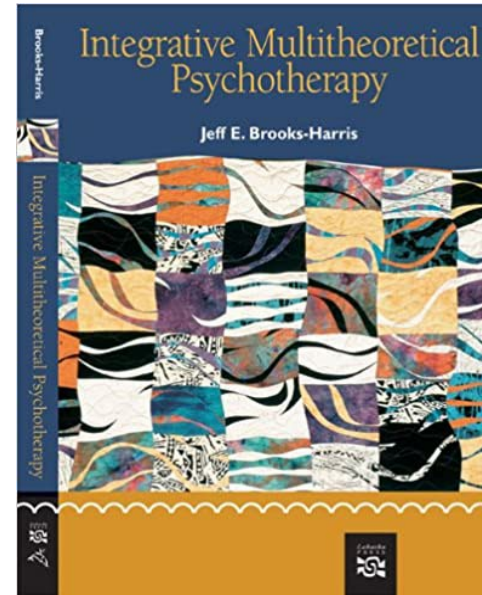
Brooks-Harris (2008) Chapter 9 (p. 333-354)

Constructivist Interventions

- Exploring the Social Construction of Meaning
- Externalizing Problems
- Encouraging Adaptive Narratives
- Utilizing Clients' Resources
- Constructing Solutions
- Orienting toward the Future
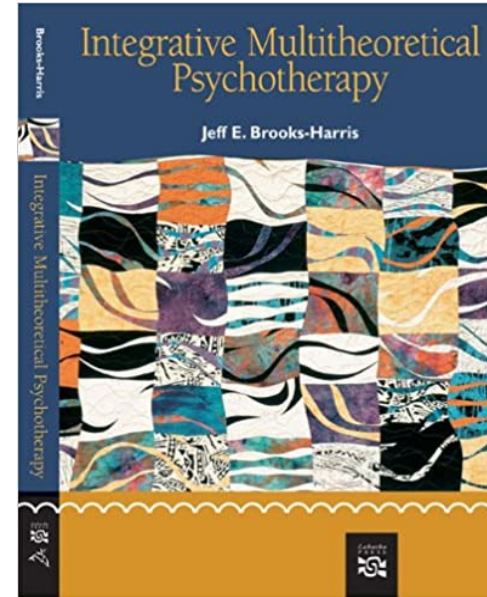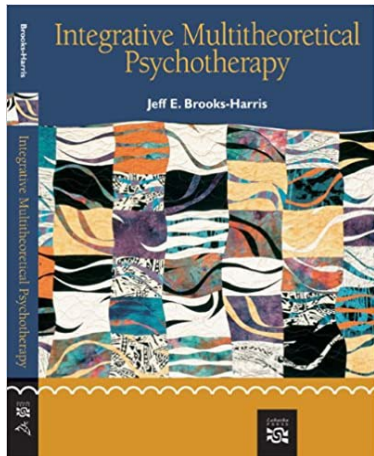
Brooks-Harris (2008) Chapter 9 (p. 354-367)

Do you have any questions or comments about today's webinar?

Reference

Brooks-Harris, J. E. (2008). *Integrative Multitheoretical Psychotherapy.* Boston: Houghton Mifflin.

***Multitheoretical Psychotherapy* (MTP)** is one the earlier unified models that developed into the current version of Unified Psychotherapy (UP).

Training in Unified Psychotherapy

If you'd like to become a part of our *interactive learning community*, please send an email to:

dr.jeff.e.harris@gmail.com

and ask to be added to the **TUPdates** google group.

If you'd like to seek **TUP Certification**, please contact Jeff for more details.

TUP

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