

A photograph of two women and two young children in a field of tall grass. The women are smiling and looking at each other, with their heads tilted towards the children. The children are also smiling and looking at each other. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The text "Family Systems Theory and the Future of Family Therapy" is overlaid on the image in a large, white, sans-serif font.

Family Systems Theory and the Future of Family Therapy

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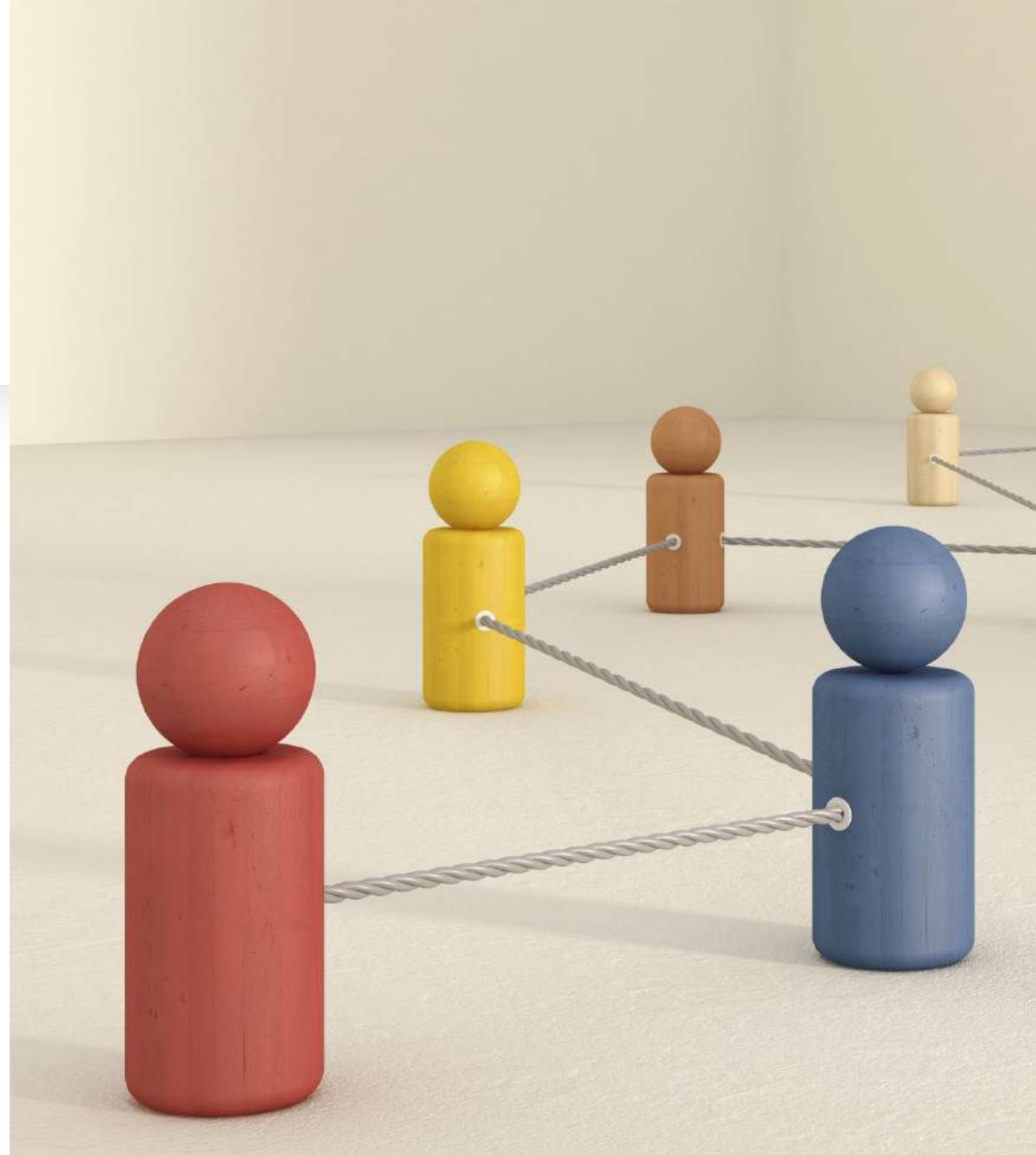


The Psychotherapy Trinity

Theory
Diagnosis
Intervention

Possible Theories to Build an Evidence Base

- Common Factors
- Attachment Theory
- The Postmodern Critique



A child's drawing on white paper. On the left, a house with a red roof and grey walls has two windows with blue curtains and a red door. Smoke rises from the chimney. To the right of the house is a large orange sun with rays, and three blue clouds. Further right are three green trees with red fruit. At the bottom, four stylized figures hold hands: a woman in a purple dress, a small child in a green striped shirt, a girl in an orange dress with pigtails, and a man in a grey shirt and blue pants. To the left of the paper, several colored pencils (yellow, red, green, blue, orange) are visible.

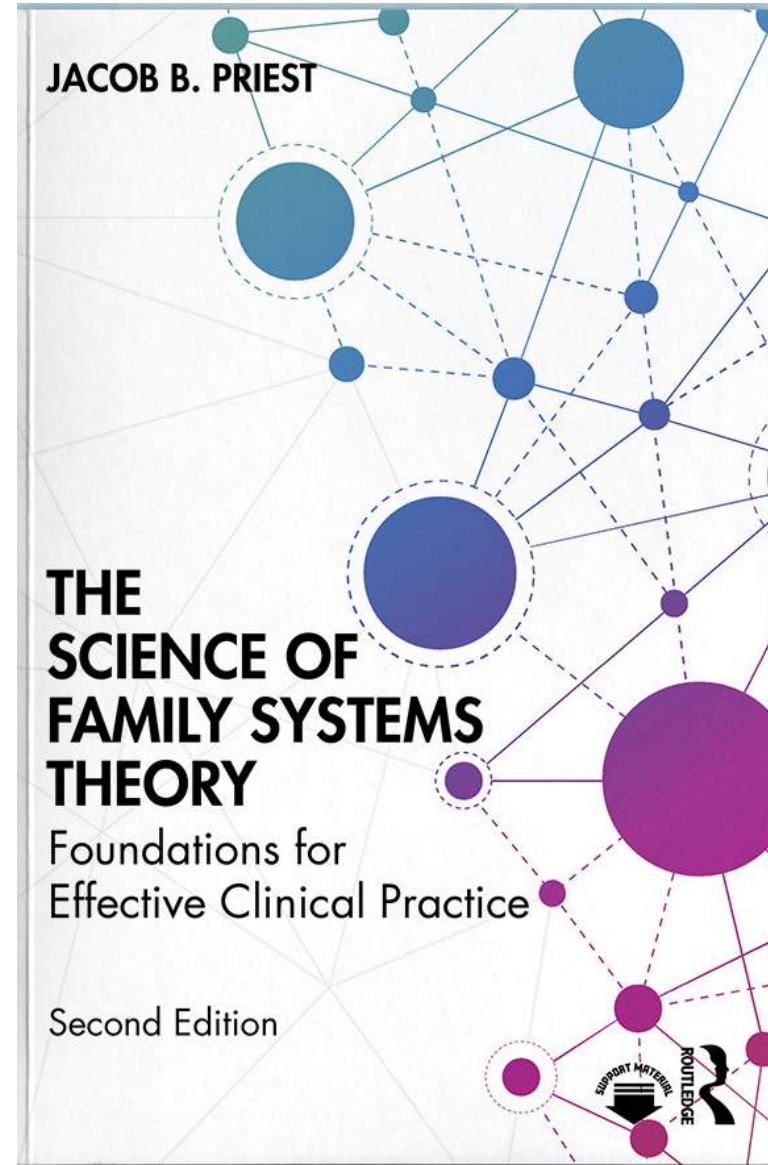
Family Systems Theory

Bateson, Haley, Bowen, Minuchin

40 years in the wilderness

Alan Carr

Jacob enters
the chat



Family Systems Theory

The family is a living, biological system – making it unique from other human relationships

Family systems theory predicts and explains how people within a family interact, and how these interactions are different from interactions outside the family. The family system is created by the genetic, individual, attachment, and triangulation systems and is shaped by the sociocultural system in which the family is embedded. Each of these systems is autonomous – they have processes that generate and maintain the system; and adaptable – they sense stimuli in the environment and within the family system to make reversible and irreversible changes based on the intensity of the stimulus. Autonomy and adaptation are created by at least three processes – threat response, togetherness, and individuality. These processes, though unique, are interdependent, follow patterns or rules, and together create the unique interactions of the family system.

Toward a Stronger Empirical Base



BUILDING BETTER
THEORY



MAKING DIAGNOSIS
CLINICALLY USEFUL



REFINING
INTERVENTIONS