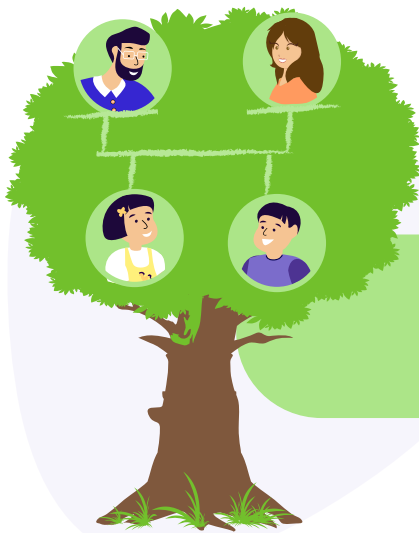


# Family Therapy Activities

Explore the most well-known and effective family therapy techniques and a few family therapy activities.

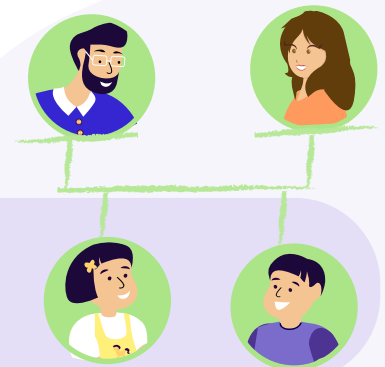


## + Genogram

An initial assessment is likely to include a genogram or family tree to help the family understand how they came to their present situation. It may include divorces, stepchildren, and deaths.

## + Structural Map

Structural maps demonstrate the dynamics between family members and focus on the boundaries and hierarchies within a family to help family members see how they relate to each other.



## + Tracking

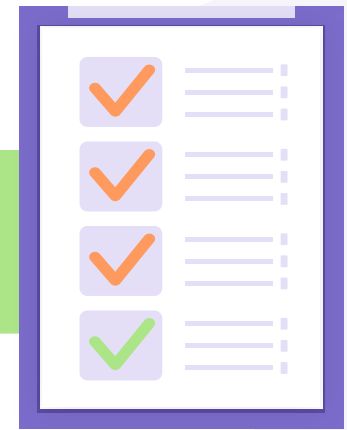
Therapists record the sequence of events after hearing a family describe their interactions to identify how events lead to certain behaviors and design interventions to change those behaviors.



## + Directives

After assessing family behavioral patterns, a therapist may order a family to change problematic interactions.

For example, a therapist may task a parent to give their child a consequence if it's discovered that parents don't make children accountable for their behavior.



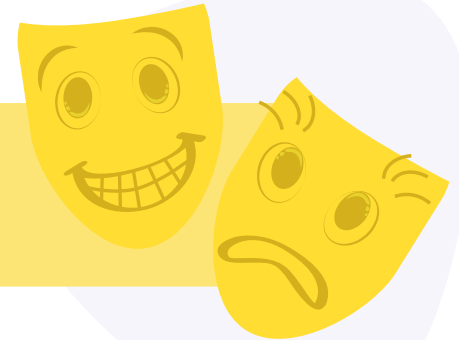
## + Paradoxical intention

Therapists may request a family not change behavior which is known as "prescribing the symptom". Because the family is resistant, the hope is that they will end up doing something different to oppose the therapist's instructions. Even if they do nothing different, the therapist can then point out the ineffectiveness of their current behavior.



## + Enactment

Known as role-playing, the therapist asks the family to act out a specific family conflict instead of just talking about it. Enactments help the therapist see how family members interact to suggest new interventions.



## + Family sculpting

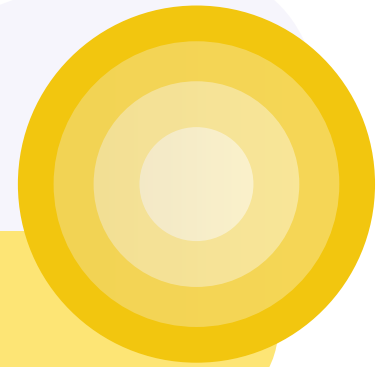
One family member arranges their family according to a specific situation that has occurred. As the sculptor, they create every aspect of the situation, from location placement to posture to facial expressions. This allows the therapist and other family members to see how they are viewed by particular members in the family system.





## + Circular questioning

Circular questions allow therapists and clients to view connections and distinctions between family members. For example, when a therapist asks “who shows the most concern about Johnny’s problems?” each family member’s perspective is illuminated for the family to understand the roles in creating and maintaining family dynamics.



## + Reframing family behavior

Reframing helps family interactions that were previously viewed as negative be seen as positive. For example, a mother’s nagging behavior can be reframed as caring and concern.

## + Strategic alliances

Forming a strategic alliance involves meeting with one family member, regardless of family hierarchy, to institute an individual change that is expected to affect the entire family. The therapist attempts to have this person alter their behavior in a way that will ripple across the system, changing it for the better.



## + The family meeting

Family meetings are organized to provide time for the family to meet and address issues. The therapist may prescribe entire family meetings as homework and set times, places and rules. No criticism is allowed.

Family therapy can be easily conducted via telehealth and **TheraPlatform** (EHR and practice management software with integrated telehealth) is here to help you meet your families any time. TheraPlatform’s built-in teaching aids such as a whiteboard, the ability to organize your own therapy resources and videos can make your therapy family activities engaging and dynamic.

