

Family Therapy Model	Creators/Authors	Focus of Assessment	Focus/Goals of Intervention	Major Themes/Issues
Structural	Salvador Minuchin	The focus of assessment is to explore how families are organized in relation to the problems they experience in the present. A structural assessment is based on the assumption that a family's difficulties often reflect problems in the way the family is organized.	<ol style="list-style-type: none"> 1. Address directly how family members experience life rather than analyzing the struggles. Engage family members around concrete issues located in the present. 2. Mediate interventions through the family member's experience in the session. 3. Change through reorganizing the structure of relationships. 4. Build on family member's strengths. 6. Aim at palpable outcomes. 	<ul style="list-style-type: none"> • Boundaries • Subsystems • Alignment • Power
Strategic	Jay Haley John Weakland Mara Selvini Palazzoli Milton Erickson	<p>Assessment often uses the Structured Family Interview:</p> <ol style="list-style-type: none"> 1. Decide main problem 2. Plan a family outing 3. Parents discuss how they meet 4. Discuss the meaning of a proverb 5. Identify faults and placing the blame on the correct person <p>Therapist observes family's patterns of communication, methods of decision making, and scapegoating while completing these tasks.</p>	<ol style="list-style-type: none"> 1. Utilize the minimalist approach – only focus on problems identified by the family. 2. Identify clear and reachable goals. 3. The immediate goal is to change behavioral responses of people to their problems. 4. The Focus is on BEHAVIOR change. 	<ul style="list-style-type: none"> • Communication • Behavior change
Solution Focused	Steve de Shazer Insoo Kim Berg Brief Family Therapy Center	The assessment focus is not interested in how problems develop or patterns of behavior that might perpetuate the problems. The focus is on identifying patterns of behavior that existed when the problem was not occurring. Assessment is focused on identifying exceptions to the problem. Assessment and intervention does not need to occur with all family members, but encourage all family members who are concerned about the problem should attend.	<ol style="list-style-type: none"> 1. Join the family by establishing rapport. 2. Normalize problems. 3. Use thoughtful questions as interventions. <ol style="list-style-type: none"> a. Circular question b. Coping question c. Miracle question d. Scaling question e. Exception question 	<ul style="list-style-type: none"> • The family is the expert. • Problems and solutions are not connected. • Make unsolvable problems solvable. • Change is constant and inevitable. • Only a small change is needed. • Keep it brief.
Systems	Murray Bowen	<p>Assessment takes a multigenerational perspective to assess a variety of dynamics in family relationship, including:</p> <ul style="list-style-type: none"> • Level of differentiation for individuals in family • Triangulations • Anxiety • Parental projection • Fusion and emotional cutoff <p>A genogram is often used for assessment purposes to identify family patterns and relationship dynamics.</p>	<ol style="list-style-type: none"> 1. Open up the system by: <ol style="list-style-type: none"> a. Lowering family system anxiety b. Increasing insight for all members c. Promoting differentiation d. Enhancing habits of problem sharing 2. Not focused on solving the problem, instead focused on helping people learn more about themselves and their relationships so that they can assume responsibility for their own problems. 	<ul style="list-style-type: none"> • Equilibrium • Differentiation