

Family Therapy and Alternative Therapies

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Family Therapy...Changing Relationships

- Through changing the interactions among the people who make up the family or marital unit

Families Today.....

- Composed of numerous configurations !
- Vastly different from traditional view
- Fewer than 15% of American children living today grow up in 2-parent nuclear families

What Is a Family ??????

- A married couple with children
- A married couple without children

What Is a Family ??????

- A remarriage in which a parent , stepparent, children, and/or stepchildren all live together
- A single adult with an adopted child
- Pets are family members also !!!

Healthy Families....Provide Tools to Guide How to Function

- In intimate relationships
- In the workplace
- Within their culture
- In society

5 Functions Associated With Family Life



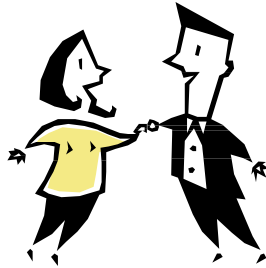
- Management
 - Issues of power
 - Rule making
 - Financial support

5 Functions Associated With Family Life

- Boundary function
 - Distinction between individuals in the family
 - May be clear, diffuse, rigid, inconsistent !!!!!

5 Functions Associated With Family Life....

- Communication
 - Extremely IMPORTANT



5 Functions Associated With Family Life

- Socialization
 - Coping skills

5 Functions Associated With Family Life



- Emotional supportive function
 - Feelings of affection dominate
 - Anger and conflict should not dominate !!!

Alternative and Complementary Therapies and Practices

- Those Tx's and health care practices that are not taught widely in medical schools, not generally used in hospitals, and not usually reimbursed by insurance
- Holistic – the entire person, may be considered outside the realm of accepted medical care

5 Domains

- Alternative medical systems
- Mind-body interventions
- Biologically based Tx
- Manipulative and body-based Tx
- Energy Tx

Alternative Medical Systems

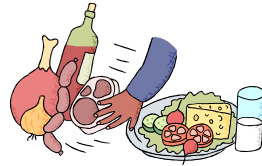


- Acupuncture
- Herbal Medicine
- Oriental Massage

Mind-body Interventions

- Hypnosis
- Dance therapy
- Music therapy
- Art therapy

Biologically Based Tx

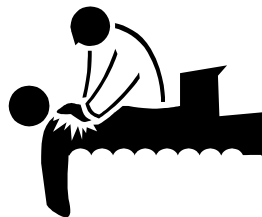


- Herbal Therapy
- Dietary Therapy

Manipulative and Body-based Tx

- Chiropractic
- Massage therapy

Energy Therapies



- Reiki
 - A healing therapy that provides comfort through gentle touch
- Therapeutic touch