

# Family therapy treatment plans

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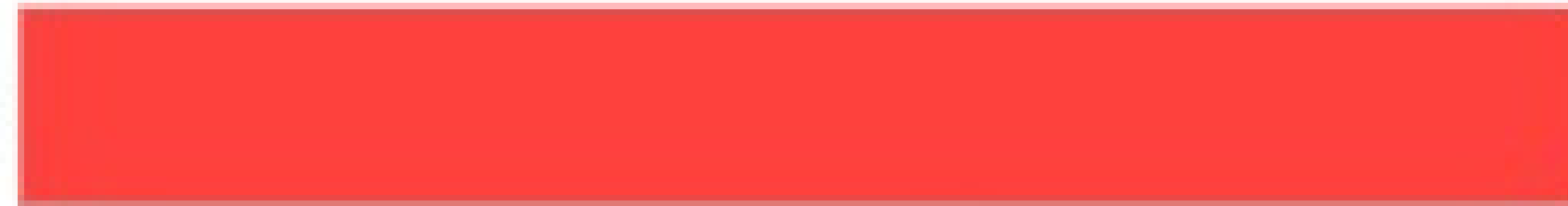
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# What is important to you on today's agenda

1st



Find out about various types of family therapy

2nd



Discover something about yourself and others

3rd



Reflect about what treatment planning means

4th



Interview Anca with your favorite questions

# What do you think of when you hear FAMILY THERAPY TREATMENT PLANNING?

Co-creating

How the therapy is going to be. The place, the members, the form.

We plan about things we want to achieve in the end of that therapy

Planning what methods we are going to use, the time and place for the therapy, who is going to participate, how long this will take, what is our limit etc

Family Centeredness

Families' Individual and Group Goals and Motivations

Health happiness and good mental health

I think it's a plan that would help all the members of the family to treat something that they can't solve it alone.

# 2 types of plan

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Planning for the **known** :

where / when / who

- through reading

Planning for the **unknown**

what / why / how

- through experience



# STRUCTURING & PROCESSING

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- ✓ Which stage of family life
- ✓ Which stage of therapy
- ✓ How we conceptualize this

# Establishing frame

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- ✓ Who is going to participate?
- ✓ How long and how frequently?

- ✓ What are my rules at sessions?
- ✓ Which rules are important to you?
- ✓ What is the co-reflective space?



# Stages of therapy

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- ✓ Join, acomodate, alliance
- ✓ Collaborative assessment
- ✓ Co-create reflective space
- ✓ Strategizing acc to theory
- ✓ Termination



# Various models of family therapy



✓ Conceptualization of case

✓ Principles of treatment

# Contact before contract

# Coregulate before regulate

# Relation before separation



signs of the island being brought back to life anyway, I had





# Planning for specific result

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- ✓ Interventions for safety
- ✓ Reframing & pluriperspective
- ✓ Language play & validation
- ✓ Task break into small steps
- ✓ Interventions for practicing
- ✓ Restructuring patterns

# Developing flexible & adaptive plans for treatment:

- ✓ Work with your SELF
- ✓ Work with the PROCESS
- ✓ Join each & none of them
- ✓ Learn various FT models



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[Click here to visit the page.](#)



# Questions & Comments

What are your thoughts on treatment planning?

Click on the first picture!

# Reading recommendations

Nichols - on narrative FT: *The lived experience depends on the language used to describe it*

Alan Carr - Family Therapy. A complete handbook: *Paradigms, goals, origins, theories and types of practice in FT*

Michelle Harway - Handbook of Couples Therapy: *Philosophical paradigms, goals, roles of therapist and types of interventions*

# My most useful models:

Which models define your work best?

- ✓ Transactional Analysis
- ✓ Symbolic experiential
- ✓ Philosophical consultation
- ✓ Attachment Based FT



