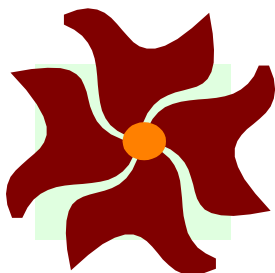


The Application of Cognitive Therapy
and Structural Family Therapy to
Asian American Families

Presented by
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General Information



Limitation of Presentation

- Will be giving general overview
- Will apply only to Asian American Cultures that are Confucian based
- Chinese, Japanese, Korean, Vietnamese

**Why Clients' Allow Us
To Influence Them**

1. We care (active empathy)
2. We are competent
3. We understand their story
4. We are curious

**Characteristics of Effective Practitioners
(Interpersonal Skills)**

- Empathetic - Ability to share in another's emotions or feelings
- Respectful - Ability to appreciate dignity of others
- Genuine - Sincere and frank, honest and forthright, not phony
- Warm - Ability to show, care and affection
- Concrete - Specific, detailed not evasive
- Confrontive - Ability to challenge with care
- Self Discloses - Ability to share self with others
- Immediate - Ability to work quickly
- Potent - Charismatic, quality that inspires others

Three Fundamental Issues In Therapy

- Resistance
- Oppositional Behavior
- Defiance

Three Fundamental Skills

- Active Listening

- Socratic Dialogue

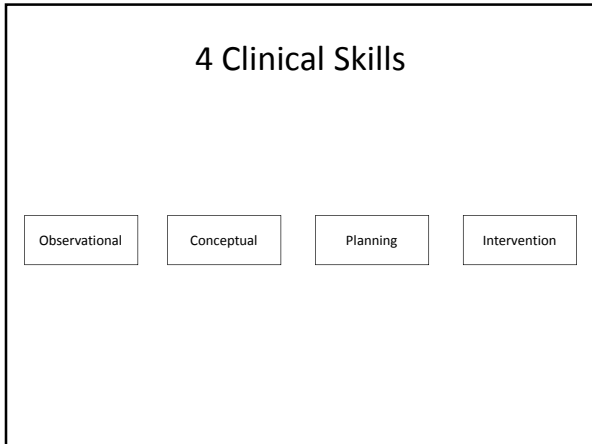
- Motivational Interviewing

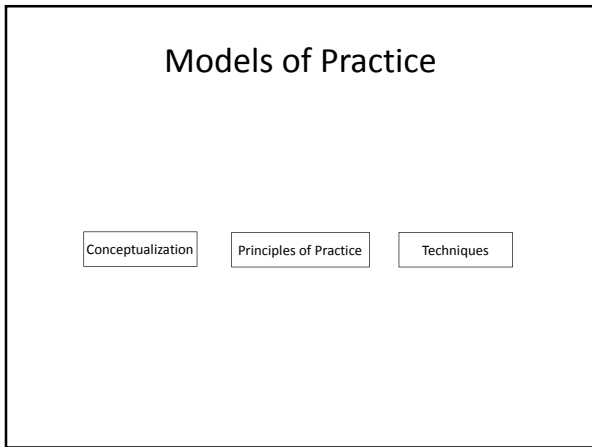
Active Listening Techniques

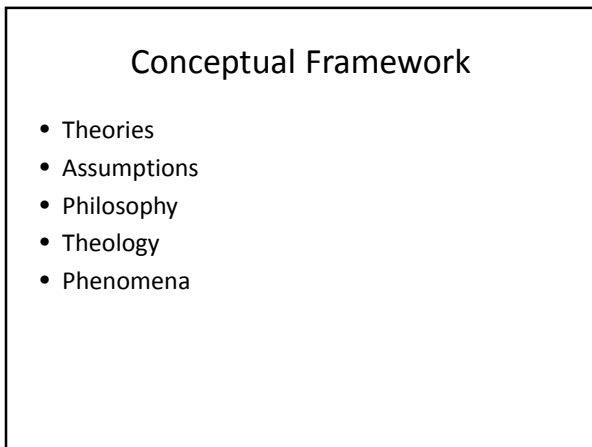
- Encouraging
- Clarifying
- Restating
- Reflecting
- Summarizing
- Validating

Importance of Reflective Listening

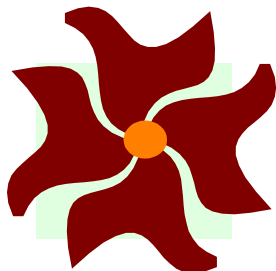
1. Present to client
2. Out of self into client
3. Enters client's story
4. Shows interests in client rather than their problem(s)
5. Validates being heard and *seen*
6. Externalize feelings
7. Defuses anger
8. Fosters understanding of client's schema (clarity)
9. Fosters empathy and/or compassion
10. Puts client in "reflective process"
11. Conveys to client "I see you"
12. Fosters trust and openness to sharing







Methods of Practice



Methods of Practice

- Cognitive
- Behavioral
- Affective

Five Interlocking Variables

- **Assumptions** - are suppositions regarding the way people and relationships are
- **Standards** - are beliefs regarding the way people and relationships should be
- **Perceptions** - relate to how individuals comprehend their physical and social environment
- **Attributes** - are beliefs regarding why things happen
- **Expectancies** - are predictions about what will occur in the future

Two Goals of Cognitive Therapy

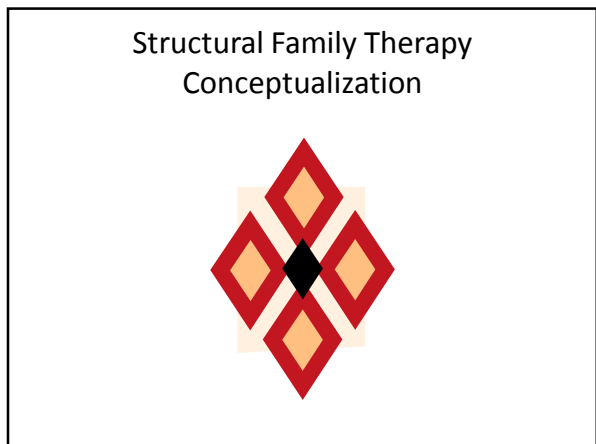
1. Correct Cognitive Distortions or Perceptions
2. Problem Solve

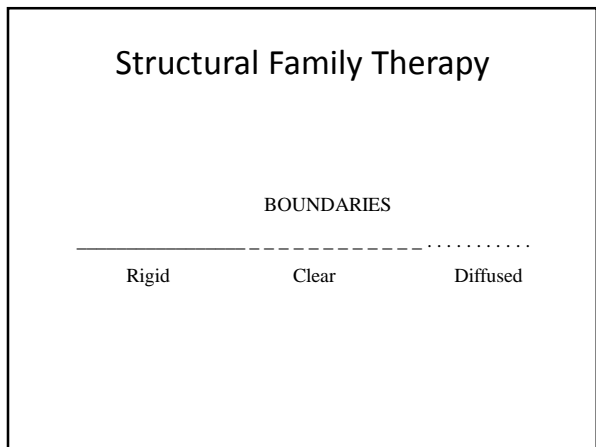
Cognitive Therapy Principles of Practice, p. 10

- Structure interview
- Establish collaborative relationship
- Prioritize issues
- Select 2-3 issues
- Stay focused
- Acknowledge but don't amplify feelings
- Assign task

Cognitive Techniques

- Alternative Interpretation
- Label Shifting
- Coping Statements
- Cognitive Desensitization
- Forced Catastrophes
- Turning Beliefs into Statements
- Logical Consequences





- ### Structural Family Therapy Major Concepts
- Hierarchy
 - Subgroups/Subsystems
 - Boundaries
 - Active
 - Present Oriented
 - Can Integrate Three Methods
 - Therapist Is Expert

Structural Family Therapy
Principles of Practice



Structural Family Therapy Principles of Practice, p. 11

- Joining
- Practitioner Plans Interviews
- Practitioner Works Towards Immediate Changes
- Be Cautious in Using Feeling Statements
- Don't Define Issues as Family Problem
- Begin with the Presenting Problem

Structural Family Therapy Principles of Practice

- Do Not Rescue
- Do Not Educate
- Build on Positives
- Anchor Changes
- Support Hierarchy
- Translate Problems in Actions
- Be in Control of the Session

Major Principles of Practice

- Maintain Hierarchy
- Join
- Create safe atmosphere
- Focus upon cognitive restructuring
- Built on positives and strengths
- Use Confucian principles

**Techniques
Joining**

- Change Tone of Voice
- Reinforce Positive Behavior
- You Can Identify with Client
- You Can Self Disclose
- You Can Sit Next to Identified Patient
- Use Clients Language
- Ask For Gum

**Techniques
Create A Positive Atmosphere**

- Reframing
- Building Bridges
- Making Positive Interpretations
- Touching
- Punctuating
- Use Client's Own Criticism
- Reinforcing Positive Behavior

Attributes of Models Applicable to Asian Immigrant Families

- Concrete/Practical
- Active (enactments)
- Cognitively Oriented
- Brief/Symptom Oriented
- Therapist is Expert
- Directive
- Educational
- Present Oriented
- Family/Systems Oriented
- Empowering/Strength Oriented
- Culturally Sensitive

Comparison Between Western and Asian Values and Concepts



West and Asian Concepts, p. 13

Autonomy	Integrity
Self centeredness	Relationship centeredness
Self sufficiency	Interdependency
Differentiation	Integration
Self Esteem	Self Efficacy
Spontaneity	Discipline
Informality	Formality
Dramatic	Ritualistic
Experiential	Practical
Guilt Based	Shame Based

West and Asian Concepts	
Personal choices	Duty
Happiness	Harmony
Individuality	Ancestry
You define role	Role defines you
Egalitarianism	Hierarchy
Intimate love	Devoted love
Modernism	Traditionalism
Directness	Indirectness
Feeling oriented	Behavioral oriented
Value	Virtue

West and Asian Concepts	
Status	Humility
Materialism	Altruism
Emphasis on personal growth	Emphasis on family
Independence	Loyalty
Ego	Honor
Assertiveness	Respectfulness
Negotiation of differences	Obedience
Flexibility	Rigidity
Equality	Sexism
Indebtedness normal	Indebtedness shameful

West and Asian Concepts	
Dualism	Transcendence
Creativity	Conformity
Youthfulness	Maturity
Psychological	Concrete
Positive reinforcement	Negative reinforcement
Aggressiveness	Passivity
Relativism	Positivism

Affirmation of Moral Integrity


- Guilt
- Shame
- Regret
- Responsibility

Moral Integrity and Not Self-Esteem or Autonomy

- Obligation
- Duty
- Responsibility

Meaning of "Crisis"

Danger & Opportunity



Common Problems Among Asian American Families

- Unfairness
- Exploitation
- Cultural Camouflage
- Unreasonable Expectations
- Parentification of Children
- Pathological Shaming
- Triangulation
- Favoritism
- Intergenerational Cultural Conflict
- Rigidity (Unwillingness to Compromise)
- Cultural Dilemmas
- Trauma

Major Roles of Therapists With Asian Americans

- Expert
- Cultural Broker
- Mediator
- Educator
- Interpreter
- Broker
- Resource Person

Theory and Practice Associated with Ethnicity

- Theories and practice of assimilation or acculturation
- Theories and practice associated with a particular ethnic group

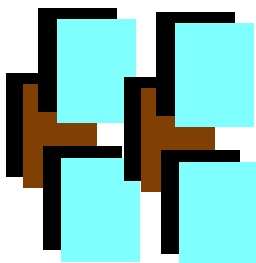
Approaches To Working With Ethnic Groups

1. Collaborative (example – working with a monk or faith healer)
2. Ethnic specific
3. Goodness of fit
4. Combination

Ethnic Specific

- Christine: "I hate Chinese food"

Goodness of Fit
George: The Dutiful Son



Confucian Philosophy

- Justice
- Respect
- Loyalty
- Honor
- Responsibility
- Altruism
- Wisdom
- Compassionate or devoted love

Goodness of Fit

- Parents, "Christine is disrespectful, failing in school, and won't listen."
- Christine, "My parents are old fashion and just don't understand."

Four General Issues With Adolescents

1. Parents don't understand
2. Parents are controlling
3. Parents don't care
4. Parents are unfair

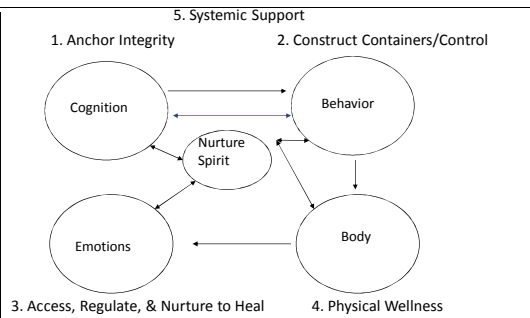
Trauma: War and Abuse



Path To Growth

Growth Mode	100
Healing Mode	75
Managing Mode	50
Survival/Coping Mode	25
	0

Practice Interventions (Parallel Process)



5. Systemic Support

1. Anchor Integrity 2. Construct Containers/Control

Cognition ↔ Behavior

Emotions ↔ Nurture Spirit ↔ Body

3. Access, Regulate, & Nurture to Heal 4. Physical Wellness

Have a wonderful evening!!!!