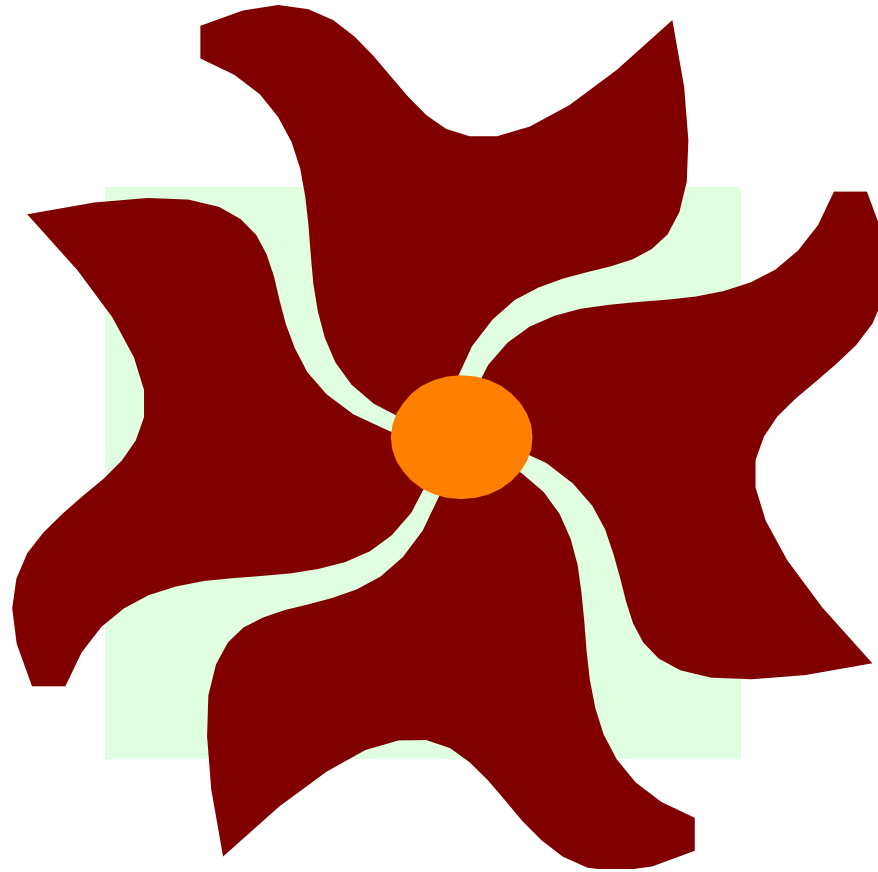


# The Application of Cognitive Therapy and Structural Family Therapy to Asian American Families

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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

# 4 Clinical Skills

Observational

Conceptual

Planning

Intervention

# Models of Practice

Conceptualization

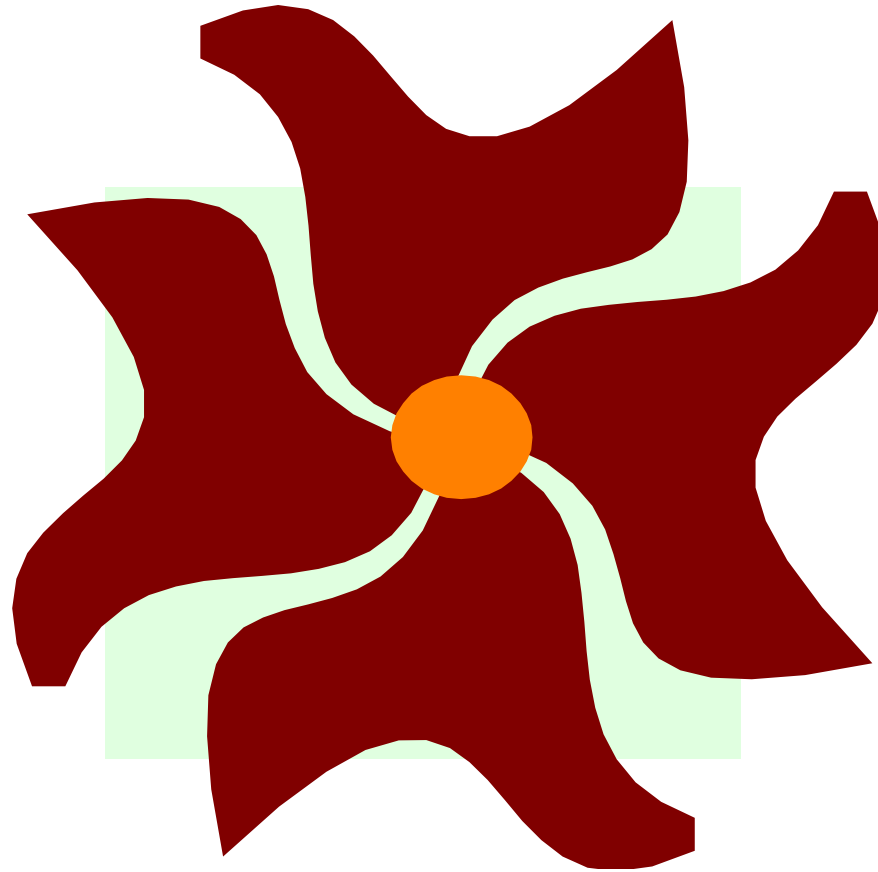
Principles of Practice

Techniques

# Conceptual Framework

- Theories
- Assumptions
- Philosophy
- Theology
- Phenomena

# 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 Conceptualization



# Structural Family Therapy

## BOUNDARIES



Rigid

Clear

Diffused

# 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

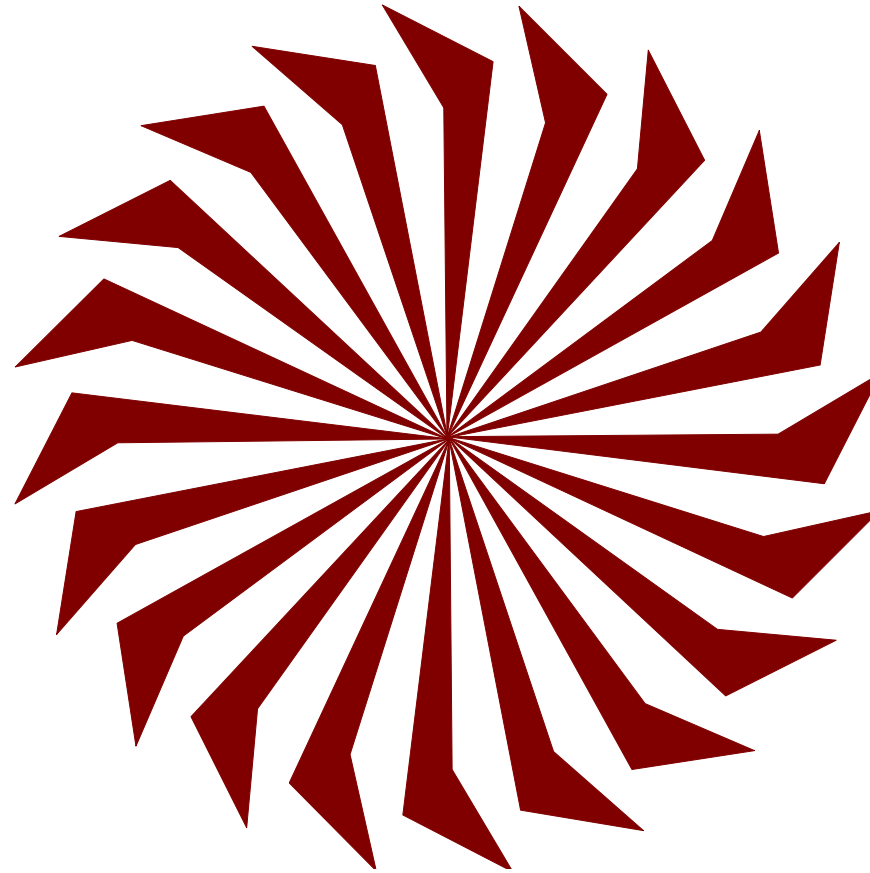
## Create A Positive Atmosphere

- 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**

危机

# 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

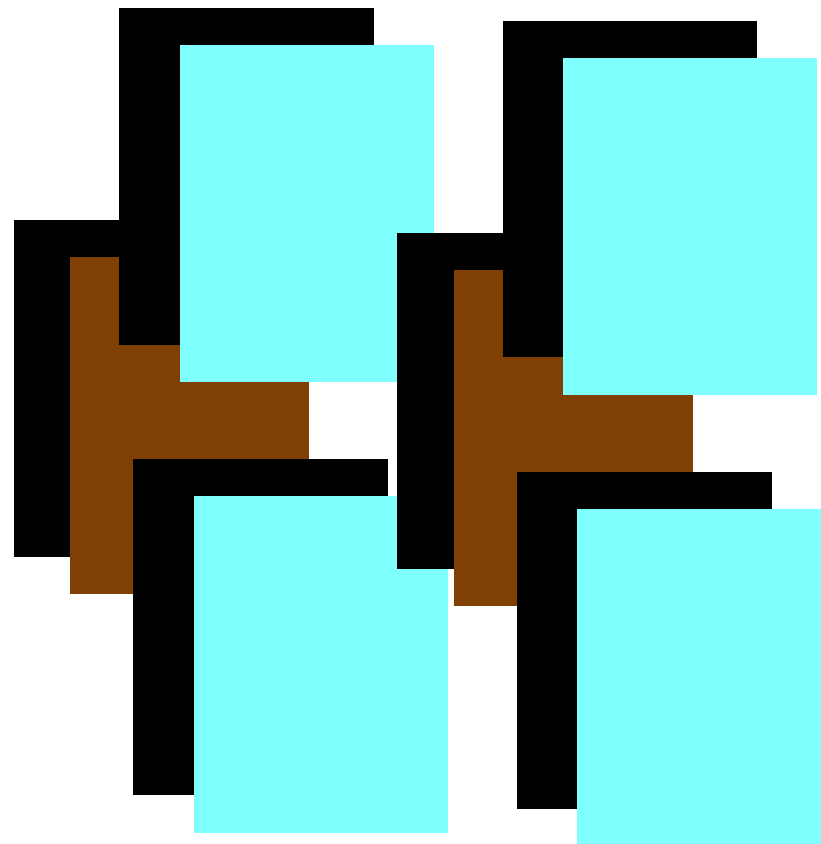


# Ethnic Specific

- 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.”

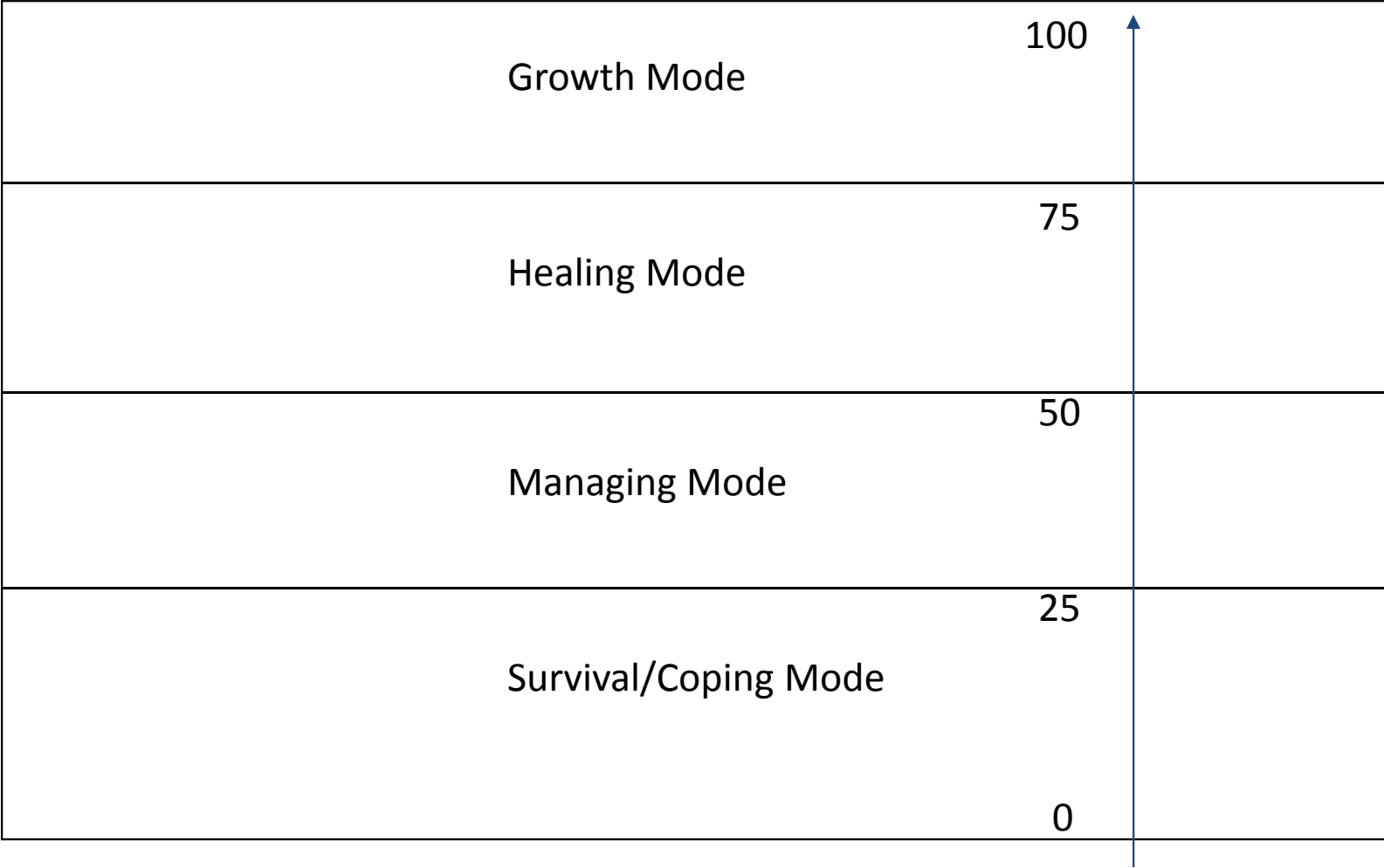
# Four General Issues With Adolescents

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

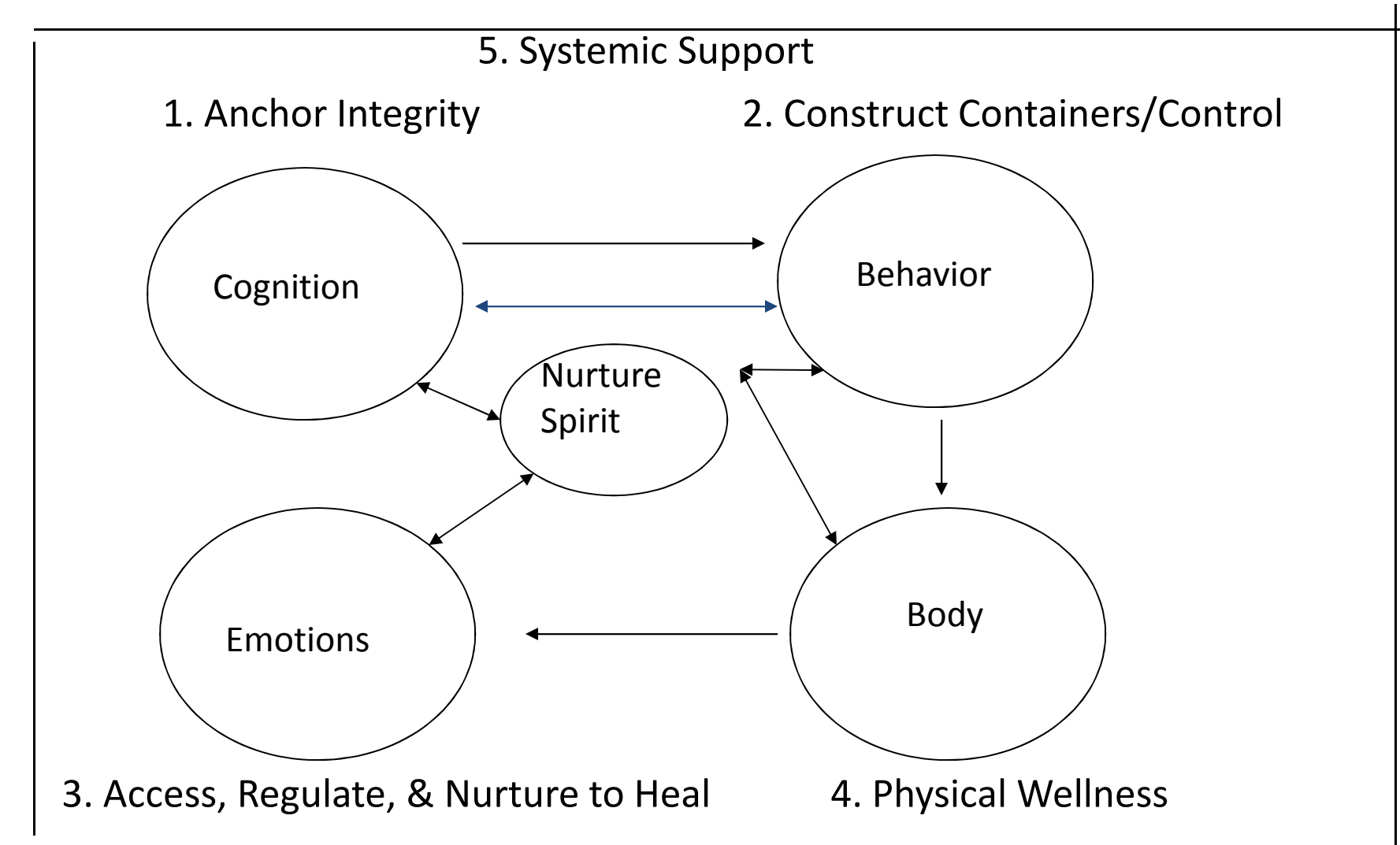
# Trauma: War and Abuse



# Path To Growth



# Practice Interventions (Parallel Process)





Have a wonderful evening!!!!

