

Workshop C

The Application of Cognitive Therapy and Structural Family Therapy to Asian American Families - Marshall Jung, PhD

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Structural Family Therapy to Asian American Families**

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Cognitive Therapy Principles of Practice

- 1. Structure interview**
- 2. Explain the process**
- 3. Establish collaborative relationship**
- 4. Establish list of problems**
- 5. Prioritize problems**
- 6. Select 2-3 problems on which to work**
- 7. Have client choose problems on which to work**
- 8. Be succinct**
- 9. Stay focus (don't go off on tangents)**
- 10. Acknowledge and support feelings but don't amplify them**
- 11. Attach feelings to thoughts**
- 12. Assign task**
- 13. Have clients do work in session (i.e. write things down)**
- 14. Establish cause and effect relationship**
- 15. Normalize**
- 16. Educate**
- 17. Obtain feedback to be sure client is in agreement with your perceptions**
- 18. Organize interview around "thoughts" and "perceptions"**
- 19. Minimize emotions and prevent intensive feelings from being expressed**

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Structural Family Therapy Principles of Practice, p. 11

- 1. Create a positive atmosphere** – The key for growth and change in therapy is for the therapist to create an environment in which clients feel comfortable and open for change. If clients feel threatened, they are likely to become defensive and resistant to change.
- 2. Join with the clients** – Joining is much more than establishing a therapeutic relationship. It is the active effort on the part of the therapist to show the family that he/she cares and that he/she understands, empathizes, and supports them.
- 3. Begin with the presenting problem** – Clients come in with an agenda and expectations of therapy. The therapist accepts what the parents give, for it is what they are willing to trust you with at the moment. Motivation for therapy increases as the problem is dealt with and the parents gain control over it.
- 4. Accept the role as expert and change agent** – Clients attend therapy expecting the clinician to be the expert. It gives them respect for and confidence in you.
- 5. Avoid non-negotiable issues** – Family members have ongoing conflicts in which they have drawn the lines and neither person is willing to move from their position. To address such issues will only facilitate ongoing conflict. Instead, begin with smaller, less emotionally charged issues in which the family members can successfully problem solve.
- 6. Be cautious in using feelings statements** – Many clients feel threatened and uncomfortable when asked to describe or identify feelings. Use the client's language or "mode" of communicating.
- 7. Do not define problems as family problem.** – If you define problem as a family problem some parents will become defensive resulting in the therapist getting into a power struggle with them.
- 8. Involve all significant others and then eliminate.** In order to solve the problem of who, how, and when to involve others in the sessions it may be helpful to bring in all family members in.
- 9. Do not rescue** – Often a child may be experiencing intense emotional pain and his/her parent does not respond positively to it or a child may be treated unfairly. In such situations, you may wish to "rescue" the child, but if you do, you may alienate his/her parents and jeopardize their returning.
- 10. Be in control but not central** – In facilitation process, you need to be orchestrating the session but not dominating it.
- 11. Work on one problem at a time.** - It's simply easier to take on one problem at a time.
- 12. Keep in mind making immediate changes** – By facilitating immediate changes you empower clients and gain their trust and respect.
- 13. Build on positives** - It helps build positive self-esteem and motivation if you focus on the positive.
- 14. Translate clients concerns into action.** - Talking about problems doesn't solve them.
- 15. Do not create dependency** – You want to empower your clients.
- 16. The more dysfunctional a family, the slower you do** - If families have many problems, they feel overwhelmed. By going slowly, you reduce anxiety and feelings of helplessness.
- 17. Move from content to process** – Create positive and useful interactions among family members.
- 18. Do not get locked into content** – Pay attention to the dynamics of a family and not

necessarily on what they are presenting.

19. **Try not to educate** – Educating people makes them feel ignorant or stupid and thereby parents become resistance.
20. **Do not get into power struggles with children you cannot win** – By getting into power struggles with children you or their parents cannot win only reinforces the parent's feelings of incompetency.
21. **Create and maintain hierarchy** – It's important that parents maintain their authority in their family.
22. **Support parents authority while allowing their children to be heard** – Parents should be in charge of their children but children also need a voice regarding what bothers them.
23. **Go with the power in the family** - Go with the power in the family and then orchestrate a change.
24. **Be aware of your use of self and use yourself in a variety of ways** –Therapist should be flexible, adaptable and creative.
25. **Control volume, intensity, and length of time.** The therapist should take charge of the dialogue in the session.
26. **The therapist should focus on building themes in the session** – By building on themes you change basic dysfunctional patterns in the family
27. **Create boundaries** – Strength weak boundaries and diffuse rigid ones.

**Western and Asian Concepts
(continuum), p. 13**

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| 1. Autonomy | Loyalty |
| 2. Self-centeredness | Relationship centeredness |
| 3. Self-sufficiency | Interdependency |
| 4. Differentiation | Integration |
| 5. Self-esteem | Self-efficacy |
| 6. Spontaneity | Discipline |
| 7. Informal | Formal |
| 8. Dramatic | Ritualistic |
| 9. Experiential | Practical |
| 10. Guilt based | Shame based |
| 11. personal choices | Duty |
| 12. Happiness | Integrity |
| 13. Individuality | Conformity |
| 14. You define role | Role defines you |
| 15. Egalitarian | Hierarchical |
| 16. Intimate love | Devoted love |
| 17. Modernism | Traditional |
| 18. Direct | Indirectness |
| 19. Feeling oriented | Behavioral oriented |
| 20. Value | Virtue |
| 21. Status | Humility |
| 22. Materialism | Altruism |
| 23. Emphasis on personal growth | Emphasis on family |
| 24. Independence | Interdependency |
| 25. Ego | Honor |
| 26. Assertiveness | Respectfulness |
| 27. Negotiating of differences | Obedience |
| 28. Flexibility | Rigidity |
| 29. Equality | Inequality |
| 30. Indebtedness normal | Indebtedness shameful |
| 31. Dualism | Transcendence |
| 32. Creativity | Conformity |
| 33. Youthfulness | Maturity |
| 34. Psychological | Concrete |
| 35. Positive reinforcement | Negative reinforcement |
| 36. Aggressiveness | Passiveness |
| 37. Relativism | Positivism |
| 38. Individual/couple centered | Family centered |
| 39. Personal identity | Ancestral identity |
| 40. Enmeshment dysfunctional | Enmeshment normal |