

Faculty of social and human sciences

Instructor: Ms. Dehamcha Samira

Module: English

3rd year LMD

Family systems: dynamics and interventions

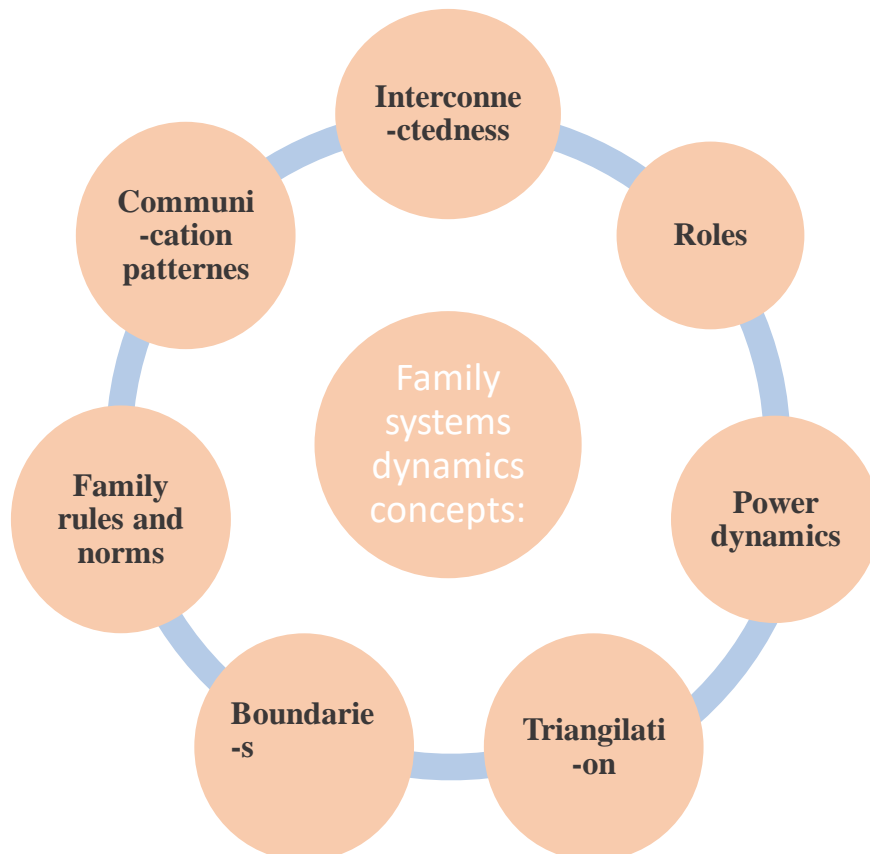
Before digging into details, first, we need to explore the term “family systems”:

- **Family systems:** refers to the way families function as a whole, where each member’s behaviour affects and is affected by the dynamics of the entire family.
- **Family systems theory:** is a psychological framework that sees families like ecosystems, where every member and interaction plays a part in shaping the whole.

1. Family systems theory key principles:

- **Systems thinking:** seeing the family as a puzzle, where moving one piece affects the entire picture.
- **Circular causality:** recognizing that family behaviours are shaped by ongoing exchanges among members, rather than simple one-way triggers and responses.
- **Family structure:** analysing how family members interact, the roles they play, the rules they follow, and how they communicate with each other within the family structure.
- **Differentiation:** acknowledging how individuals balance their independence and emotional freedom while still being part of the family unit.
- **Triangulation:** investigating how disputes between two family members can draw in a third person, causing changes in alliances and relationships within the family.

2. Family systems dynamics concepts:



3. Family systems intervention strategies:

- + Structural therapy:** this involves reorganizing the family setup by defining clear roles, boundaries, and levels of authority to establish a healthier and more harmonious dynamic.
- + Strategic therapy:** suggesting specific actions to stop harmful behaviours and encourage positive changes in the family.
- + Systematic therapy:** this involves looking at the entire family system and understanding how each person's actions affect and are influenced by the overall family dynamics.

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- ✚ **Communication skills training:** teaching families better ways to talk and listen to each other so they can get along better.
- ✚ **Problem-solving skills training:** it assists families in working together to solve problems and handle conflicts more efficiently.
- ✚ **Boundary setting:** it helps family members set and keep healthy limits to respect each other's independence while staying connected and supportive as a family.
- ✚ **Narrative therapy:** this means changing the way families tell their stories to help them feel stronger, more confident, and make positive changes in the family.
- ✚ **Genogram and Ecomap exploration:** using visual aids to create maps showing family connections, roles, and patterns across generations, helping to understand family dynamics and history better.