

# **Intervention Techniques in Structural Family therapy**

## **2: Intensity**

- Menos de lo mismo
- Sugerencias y directivas
- Tareas
- Excepciones
- Escalas
- Pregunta del milagro
- Enfoque en el futuro
- Desenmarcado y Reenmarcado cognitivo
- Intervención en pautas de comportamiento
- Analogía
- Paradoja
- Intervenciones Estructurales Familiares
  - Escenificación
  - **Intensidad**
  - Desequilibrio
- Uso de Genogramas



UGH, I HATE GOING TO THE SUBCONSCIOUS.

ME TOO! WHY DOESN'T ANYONE EVER CLEAN THIS DUMP?

HERE'S A MOVIE REEL. I SUPPOSE IT'S AS GOOD AS ANY.

I GRABBED THESE TWO. LET'S GET BACK TO CENTRAL COGNITION.

WE CAN RUN THIS REEL FIRST.

I HOPE THESE ARE BETTER THAN LAST NIGHT'S MOVIES.

HURRY UP! THE LIGHTS ARE DIMMING! HELP ME THREAD THE PROJECTOR!



THIS ONE IS EVEN WORSE! I GUESS IT'S SOME SORT OF SUSPENSE MOVIE.

WHY CAN'T WE EVER WATCH ANYTHING GOOD?

MAYBE YOU SHOULD GET THE MOVIES NEXT TIME!

AUGHH! MONSTERS! MONSTERS! TURN IT OFF!

TOO SCARY! QUICK, TRY ANOTHER REEL!



THIS ONE MAKES NO SENSE! WHAT'S GOING ON?? HAS THIS BEEN DUBBED FROM SOME OTHER LANGUAGE?

NONE OF THESE MAKE SENSE! WE'RE SPLICING THEM ALL OUT OF ORDER.

WHAT A WASTE OF TIME!



THE LIGHTS ARE COMING BACK ON! SHOWS OVER!

FINALLY! I THOUGHT THIS WOULD NEVER END.

BACK TO WORK! MAN YOUR STATIONS! FULL ALERT!



WHO, I HAD SO MANY STRANGE DREAMS... I WONDER WHAT THEY MEAN.



# INTRODUCTION

- Families develop “Selective deafness” when they do not perceive the therapists messages as something *new*
- As therapists, we believe that our message will be listened to just because we have expressed it
- Sometimes it is necessary to **do something to be heard**, by varying the intensity of a message

# Techniques that increase the affective component of the interaction

- Message Repetition
- Repetition of isomorphic interactions
- Time modification
- Change in distance
- Resistance to family pressure

# Message Repetition



- The message that this topic is of great importance gets sent through
- If the therapists stay fixed on a certain position, the family will have to move
- It can be repeated identically, or analogies can be used



# Isomorphic interaction repetition

- Promote change in equivalent (*iso*) structure (*morfos*)
- Single interventions are rarely sufficient to modify patterns that have been established through many years
- Stay firm in detecting rigid structures in different interactions during the session



# Time modification

- Every family establishes a “suitable” time frame for an interaction or a conflict
- There are clear signals that the time to stop the present interaction has come (yellow light, red light)
- The therapist extends or reduces these times beyond the families comfort
- By modifying the times, the interactions get modified



# Change in Distance

- In each family and culture, “adequate” distances between people are established
- By intentionally breaking or using this distance patterns to emphasize a certain message, the intensity of the message is modified



# Resistance to family pressure



- The family makes big, even “heroic”, efforts to absorb the therapist into their dysfunctional interactions
- By “not complying” the therapist sends powerful messages
- Not letting oneself get “triangulated” as a therapist, forces the family to maintain direct interactions



END