

# Intervention Techniques in Structural Family Therapy

## 3: Disequilibrium

- 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**
- Teorías Sistémicas
- Uso de Genogramas

..SIGHH... THEY SAY NOBODY  
LIES ON HIS DEATHBED  
WISHING HE'D SPENT MORE  
TIME AT THE OFFICE.



THAT WAS OBVIOUSLY SOME  
SORT OF COMMENTARY.

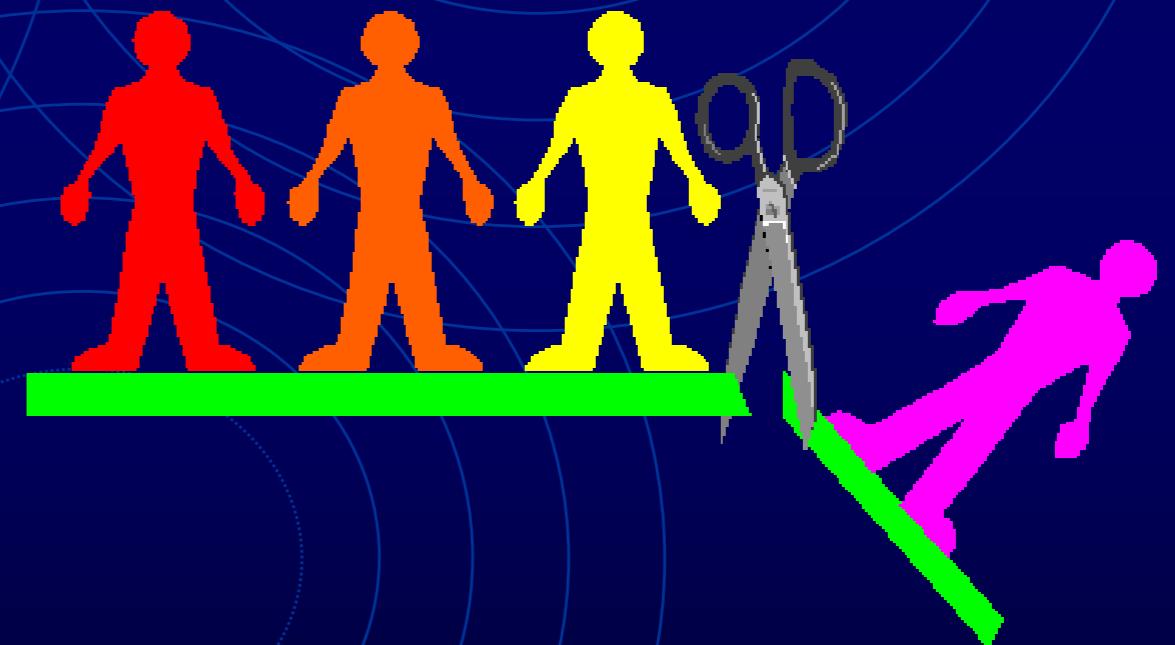


# INTRODUCTION

- In Disequilibrium, the goal is to change the hierarchical bond between members of a system
- Goes against the family's expectation: equity, justice, etc.
- Usually it consists of “moving” a member from its inferior position (hierarchically speaking) in the system through an alliance with the therapist

# Categories based on the Therapist's participation

- I. Forming an alliance with a member of the family
- II. Ignoring a member of the family
- III. Forming a coalition with some members of the family against others



# Forming an alliance with member(s) of the family

- The therapist forms an alliance with a weak member of the family, modifying his hierarchical position
- This helps this person to “rehearse” new behaviors, because he has an external self-esteem support
- When this member “moves”, the other members are forced to “move” also

# Forming an alliance with member(s) of the family: Alternatives



- Forming an alliance with the dominant family member to promote a paradoxical effect
- Forming alliances with a subsystem

# Ignoring a member of the family

- Ignoring a weak or strong member of the family to provoke a realignment of alliances and/or coalitions and/or hierarchies
- Tends to be effective with children or adolescents who are resistant to therapy
- By denying someone their fundamental right of recognition, some reactions are promoted that evidence the system's pathologies, or allow “others” to take control of the system



# Forming a coalition against member(s) of the family

- Forming a coalition with a weak member against a strong member: It is very important that we have evaluated that the “coalitioned” member will be able to sustain this new position without being the target of retaliation, once the therapist is not present
- Coalition with the executive system against the children: To prevent parent's disqualification and make the executive subsystem more efficient

**END**