Integrative Theory of Change: Isomorphic Self- Differentiation

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Bowen Family Systems Theory

- Assumptions
 - o Role of Anxiety (Kerr & Bowen, 1988)....
- Interventions (Gehart & Tuttle, 2003)
 - o Genogram...

- Change (Brown, 1999).
 - Awareness of patterns and interactions maintained in the family system across generations...
- Role of the Therapist
 - o Self-differentiated (Brown, 1999)...

Internal Family Systems Therapy (Schwartz, 1995)

- Assumptions
 - Multiplicity...
- Interventions
 - o Parts Language...



- Self leadership is restored through differentiation of self from parts...
- Role of Therapist
 - o Self-led...

Theological Considerations



Isomorphic Self-Differentiation: Integrative Model Using Bowen & Internal Family Systems Models

Why Bowen & IFS?

Why do Family Systems Present to Therapy?

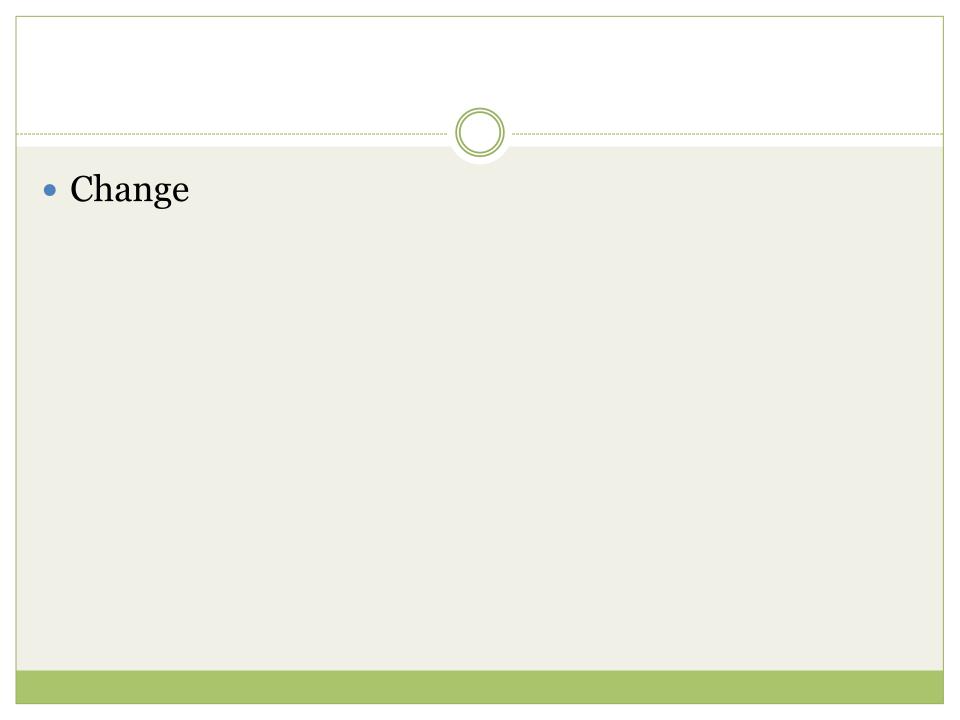
• Family systems present when chronic anxiety leads them to:

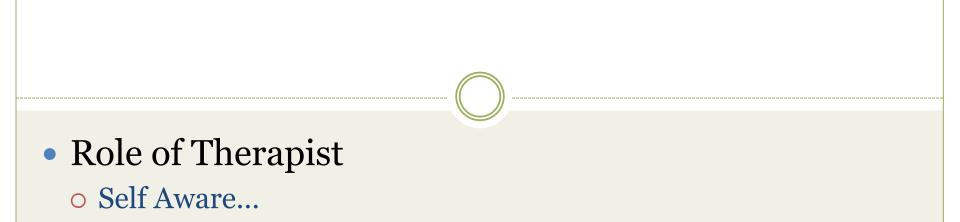


Integrative Model

Source of Dysfunction

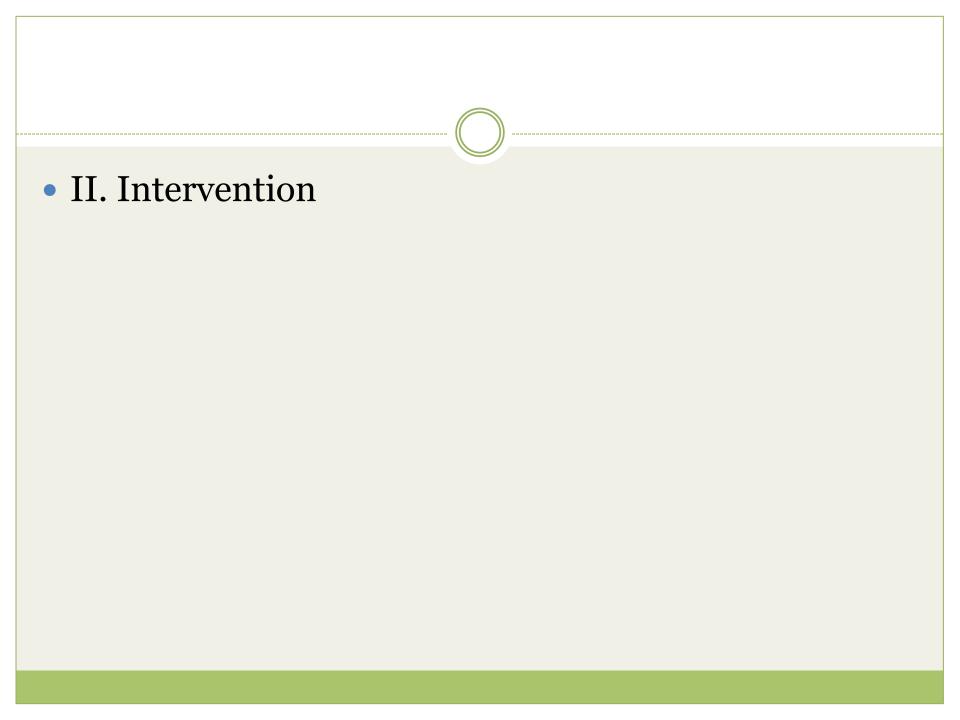






Phases of Therapy

I. Assessment





Case Study

Presenting Problem

- Two teenaged sisters, 13 and 15
- Parents recent divorce
- Father is an alcoholic and legally blind
- Mother initiated therapy to help process emotions and individuate emotions
- "Love" dad but maintain a degree of distance
- Older sister- recent health issues resulting in decreased social involvement

Legal, Ethical, & Contextual Issues

• Divorce: Custody Agreement

Diagnosis

• Older Sister (age 15, IP)

• Younger Sister (age 13)

Application of Theory to System

- I. Assessment
 - o Clip #1
- II. Intervention
 - o Clip #2
- III. Termination