

Integrative Theory of Change: Isomorphic Self- Differentiation



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What Creates Change in Therapy?



Bowen Family Systems Theory




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



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

Internal Family Systems Therapy (Schwartz, 1995)



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



- Change
 - Self leadership is restored through differentiation of self from parts...
- Role of Therapist
 - 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:

What Constitutes a Healthy Family?



Integrative Model



- Source of Dysfunction



- Assumptions



- Change



- Role of Therapist
 - Self Aware...

Phases of Therapy



- I. Assessment



- II. Intervention



- III. Termination

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)

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- Younger Sister (age 13)

Application of Theory to System



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