

# Psychodynamic Models

- The Role of Theory in Family Therapy
- The Contributions of Freud
- Adler and Sullivan

# Psychodynamic Models

## Classical Psychoanalytic Theory

- Drives
- Infant sexuality
- Past influencing the present
- Transference/Countertransference
- Resistance
- Interpretation

# Psychodynamic Models

- Early Approaches to Integrating Psychodynamic Approaches to Family Therapy
- Ackerman's Foundational Approach

# Psychodynamic Models

- Object Relations
  - Freud's use of the term "object."
  - Melanie Klein
  - British Middle School (schizoid, splitting, introjects, projective identification)
  - Winnicott (holding environment)
  - Framo and Family of Origin Therapy
  - Scharff and Scharff

# Psychodynamic Models

- Self-Psychology
  - Kohut
  - Narcissistic personality disorders
  - Selfobjects
  - Mirroring

# Psychodynamic Models

- Intersubjective Psychoanalysis
  - Emphasis on relationships
  - Intersubjective field (or matrix)
  - Organizing principles

# Psychodynamic Models

- Relational Psychoanalysis
  - One-person versus two-person psychology
  - Mutual impact of external, interpersonal, or social relations, internal relations among persons, varied self-states, and object relations

# Psychodynamic Models

- Attachment Theory
  - Bowlby and Ainsworth
  - Attachment styles (secure, anxious, avoidant)



# Transgenerational Models

- Bowen Family Systems Theory
  - His work with schizophrenia
  - Family emotional system
  - The family's place in nature as a living system (Natural Systems Theory)
  - Distance and closeness
  - Symbiosis/enmeshment

# Transgenerational Models

- Eight Interlocking Theoretical Concepts
  - Differentiation of Self
  - Triangles
  - Nuclear Family Emotional Systems
  - Family Projection Process
  - Emotional Cutoff
  - Multigenerational transmission process
  - Sibling Position
  - Societal Regression

# Transgenerational Models

- Evaluation Interview
- The Genogram
- Therapeutic Goals of Bowenian Theory
- Back Home Visits
- Family Therapist as Coach

# Transgenerational Models

- Contextual Therapy (Nagy)
  - Relational ethics
    - The family ledger
    - Invisible loyalty
    - Legacies, debts, and entitlements
  - Therapeutic goals
  - Ethics and the family