

First Line Family Therapy throughout the World and in India

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ABSTRACT

The aim of family counseling is to regulate the emotional health of family members, to improve relationships and interactions with each other and to provide family functionalities in the functions of families. Family practice is a branch of expertise that provides continuous and multi-faceted health services to families and individuals who are responsible, and intertwined with clinical and behavioral sciences, including all age groups, both sexes, all systems and diseases. All of the primary care physicians should be able to evaluate individuals with current clinical problems and diagnosed chronic diseases, analyze with their roles within the family, provide counseling to families by examining existing psychological needs, and demonstrate a co-operative approach with family therapists when necessary.

Key words: family therapy, primary care, emotional health

The importance of family therapy begins with the acceptance of the whole family as a “client”. The family therapist treats the individual not only on one's own, but also on the relations with the other members of the family, as well as the social structure of the family. In this direction the aim of the therapy process is to change interpersonal relationships within the family system. Together with the change of family structure, family members change and gain experience with new awareness.

The aim of family counselling is to regulate the emotional health of family members, to improve relationships and interactions with each other and to provide family functionalities in the functions of families [1]. One of the important approaches of family practices is the biopsychosocial approach. In line with this approach, it is extremely important for primary care physicians to address individuals in a holistic assessment and in relation to their relationships with family members. The three main social movements that stimulated the formation of Family Counselling are; formation of professional associations

that provide counselling and therapy for couples and family, studies that carried out with families affected from schizophrenia and the Second World War. Freud was the first person to study on the dynamics of the family; Alfred Adler was the first person to examine Family in detail [2]. As one of the first names that come to mind when it comes to family therapy, Virginia Satir sees the family as a whole in three generations (child, mother-father and grandmother-grandfather) and tries to see the interaction and communication within the family in the early stages of therapy by drawing a family map.

The most important word of Satir is that "Each piece is related to other parts in such a way that; a change occurring in one in the whole will bring about change in others". "Every family is special" perspective shows that there are special rules that each individual learns from his / her family and includes in parenting life. Each family has its own communication styles, coping styles and family rules. For this reason, the therapist must understand and analyze both the parenting and childhood structure of the family. The therapist can also draw a picture of the

family's history together with the family when creating a family chronology [3].

The family is like a mirror reflecting the values that society has. Social, cultural and economic changes have significantly affected the family institution such as other social institutions in the whole world. Turkey, in the last five years of divorce, domestic violence, increased child abuse and decrease in marriage rates reveals the fact that the family institution, the building block of society, is under significant threat. As a result of this situation, it is important to increase the level of proficiency of primary care physicians in family counseling who are in communication with individuals in holistic [4]. The sine qua non of family therapy is communication according to Satir, the key word of family therapy is 'change'. Family therapists start with faith and hope that change is possible in each therapy session who adopts Satir's approach [3].

As it is known roots of the family therapy dates back to family research project that Baterson, Watzlawick, Haley, Bawen and Whitaker carried out with schizophrenic patients. There are many types of therapies which can be accepted as various different and evolving types of therapy, these are: systematic family therapy, structural family therapy, strategic family therapy, strategic family therapy, psychoanalytic family therapy, hereditary family therapy, constructivist family therapy, narrative approach, cognitive behaviourist family therapy, functional family therapy, contextual family therapy, solution oriented family therapy, intergenerational family therapy and finally feminist family therapy [5]. Six subtitles, mentioned in the family and couple therapy, are as follows [6]:

1. Short Family / Couple Therapy: It is a form of therapy that uses individual, couple or family problems. It differs from the traditional treatment models in a radical manner. The opinion that the client's complaint is a problem is dominant and the existing complaint is not seen as a symptom.

2. Structural Family Therapy: According to this approach, in order to maintain the functions of individuals, the relationships they establish with each other and the rules governing them form the structure. Constructive family therapy interprets intra-family communication. Salvador Minuchin is the founder of this approach. According to this approach, in order to reveal the structure of a family it is necessary to determine the effects of the

system on the whole family. Structural Family Therapy directs functioning of each family [7].

3. Systemic-Strategic Family Therapy: There may be different characteristics related to the cause and the course of the problems / symptoms in this approach. Families' failed problem-solving efforts, inability to adapt to life cycle transitions and existence of a poorly functioning hierarchical structure is considered among these features. Milton Erickson is the founder of the Strategic Family Therapy. This approach is more difficult to apply in various fields.

4. Theory of family systems: Theorist of this theory and his best-known practitioner is Murray Bowen. Bowen intergenerational therapy, rather than families and family therapies, has adopted an approach about the nature of being human. The Bowen approach requires working from a broad perspective which the therapist, the evolution of the human species and the characteristics of all life systems [8].

5. Experimental Family Therapy: According to this approach; health is the process of continuous and endless formation. Health has neither a past nor a future. The healthy family is defined as a whole consisting of three or four generations, which is open to development come hell or high water, evaluating constructive warnings and meeting negative feedback strongly and comfortably.

6. Psychoanalytic-psychodynamic Family Therapy: In this approach, the comments made by the therapist must not be directed at addressing the concerns of the people or trying to direct them.

HISTORY OF FAMILY THERAPY

From the 1950's, the formation of interdisciplinary apprehension of family counselling was provided. In the years of 1960 rapid improvements were recorded on the fields of counselling and therapy. In this period, a lot of theories and notions came out and idea of necessity to study with families came into prominence. The most important names of this period are Jay Haley, Virginia Satire, S. Minuchin and J. Bell. C. Whitaker, N. Ackerman and Murray Bowen also continued to pioneering in this period. In 1970's, family counselling theories became systematized with the evolution of family counselling application into "Therapy" and "Clinical Treatment". The most important developments are; growth of American

Association of Marriage and Family Counselling (AAMFT), establishment of American Family Therapy Academy (AFTA), rapid growth of family counselling practice in Europe (especially Italy and England) .

In 1980's, orientation to family counselling and therapy increased as especially female researchers intensified their studies. Still in this decade Family Therapy continued to extend as an occupation. International Marriage and Family Consultants Association (IAMFC) was established to organize improving educational programs or marriage and family. In 1990's new hypothesis and field of specialization emerged. In 2000 and thereafter Family Counselling became systematic and worldwide known. Besides this development, a plenty of study publishing and research has been started about family counselling in all continents. In addition, family counselling came to a point that it is given in bachelor's degree and postgraduate program. At the present day, some educational institutions provide bachelor's degree and postgraduate degree family counselling programs. According to this, in order to be family counsellor or therapist it is necessary to at least have postgraduate degree [9].

HOW THE PROCESS WORKS IN FAMILY THERAPY?

This therapy technique facilitates the appearance of suppressed or forgotten new material and stimulates pre-emitted emotions. The therapist asks some questions about the problem in family therapy. For example, when asking how spouses met, how they decided to marry, and their expectations from marriage; parents also ask their expectations from parenting. A detailed inquiry is made about the effects of the past. He asks the child how he sees his parents, how they behave, their way of entertainment, how they act in disagreement. It emphasizes the necessity of being clear and open to the family as a whole.

The therapist focuses on giving trust to family members, reducing their fears and raising hopes for therapy. He/she reinforces the sense of trust by briefly explaining his/her expertise, role and responsibility. Therapists continually educate you to be open to the development and change. He/she knows how to control the data and does not act on the assumptions. He/she acts in a neutral, judgmental and non-accusing manner against family members, and strengthens the self-confidence of individuals [3].

FAMILY THERAPY IN INDIA

As difficulties derived from globalization and modernization brings to other nations, in India, there are some problems that families and adolescents face with. In terms of these problems: family and couple based conflicts, sexual problems, disagreements about child raising, high expectations of parents (academic pressures on adolescents), child abuse and other domestic violence types, conflicts between generations and additionally mental health diseases, physical disabilities and diseases and the problems related to AIDS, behaviour disorders in adolescents, depression and suicide, alcohol and drug use can be named.

Although family is at the core of Indian society, family counselling or academic discipline and the type of clinical implementation are quite new. However, family therapy in India dates back to at least half a century. For instance, the department of Christian Medicine Psychiatry started a family participation program in its college in Vellore (Tamil Nadu) in 1957, and this epitomic implementation still exists in India. Establishment of Indian Family Association in 1991, establishment of Mumbai Family Therapy Study Group with the organization of National Conference on Couple and Family Systems at NIMHANS in 2003, and it proves that the interest on family is quite new. For example, psychological counselling courses, Delhi University and Veer Bahadur Singh (VBS) Purvanchal University, and some colleges include various master's programs in applied psychology to their education. Additionally, there are short term (1-3 months) certificate programs that offer master programs in family therapy at Family Psychiatry Centre in National Mental Health and Neuro Sciences Institute in Bangalore [10]. However in Turkey, notion of family therapy started to made progress in 1980's. Professional associations played an important role during the period of arrangements about couple and family therapy identifying the proficiency criteria and constituting standards in education.

Family and Couple Therapy association was constituted in 2012. After this step specialist who have been performing this profession for a long time improved and introduced family therapy as profession. In 2014, family therapy unity was established under the umbrella of Turkish Psychology. This unity performed prospective studies to raise awareness and upgrade the family therapy [11].

EXPRESS COUNSELLING IN INDIA AND POTENTIAL OBSTACLES OF FAMILY COUNSELLING

There are some specific, cultural and society based obstacles in individuals and families' point of view about family therapy in India. Foremost among these: mental health problems and the fear of stigmatization of counselee who consults for cases require therapy need, feeling of shame and guilt related to this situation, that the society's first choice as counsellor is old people, healers or spiritual advisors, the concern about the family counsellor if the counsellor is really reliable or not, the adoption of the belief 'whatever you do, the results do not change', and male-domestic society can be considered. Nevertheless, the mentality that family union is important, family has the responsibility to solve its own problems and members of the family can find solutions so there is no need to mental healthcare. This tendency ignores the vitalism of public mental healthcare [10].

THE PLACE OF FAMILY COUNSELING IN FAMILY PRACTICES

Family practice is a branch of expertise that provides continuous and multi-faceted health services to families and individuals who are responsible, and intertwined with clinical and behavioral sciences, including all age groups, both sexes, all systems and diseases. As it can be understood from this definition, family physicians should be consulted to advice individuals and families with whom they are responsible for all their problems, including clinical and behavioral sciences. In addition, each family has a life cycle and the family physician must be the health adviser of the individual and the families at all stages of the family life cycle [4].

Family therapists aim to communicate meticulously with family members of all ages. Empirically based family therapy for adolescents, especially in adolescents, has been shown to be significantly more effective than standard service approaches [11]. The primary care physicians are responsible for preventing the problems before they occur and working with the individual and the family in solving the problems within the scope of the regulation of family counselling centres. It will be opened by public institutions and organizations with real persons and private law legal entities published in the official newspaper in 2012. To figure out which problems are causing deterioration in the functions of the family system, affecting the individual

development and upbringing of the family and individuals negatively, causing relationship and communication problems between spouses due to family life cycle and developmental differences, making it difficult for parents to fulfill their roles and responsibilities in a healthy way and to threatening the psycho-social and economic structures of family members.

The primary care physicians also provide guidance and counselling services to the individuals who intend to establish a family. Also, to plan and implement mediation services by including psychosocial processes and dynamics to families before divorce, and plan and implement post-divorce adaptation programs so that divorced individuals and their children are not adversely affected by this situation. They also provide guidance and counseling services for the prevention of domestic violence and to direct the family members to the institutions and organizations providing mental health and diseases services in line with their needs.

CONCLUSION

All of the primary care physicians should be able to evaluate individuals with current clinical problems and diagnosed chronic diseases, analyze with their roles within the family, provide counselling to families by examining existing psychological needs, and demonstrate a co-operative approach with family therapists when necessary. Nonetheless either in India or in the world, with the notion of therapy communication will be clear and mutual transmission of being able to learn, will develop and healthier families and happier composition of people.

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