

Family Therapy with Individuals

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Consider
Context

Map a Genogram and Timeline.
Explore past, present, and future.

Who Is The
Client?

Relationships!
Defining the problem in relational terms.

Triadic
Focus

Thinking in twos, threes and more.

Thinking In
Circles

Looking for patterns of mutual influence.

Asking
Relational
Questions

Inviting the opinion of others not
physically in the room.

Monitor Your
Alliance

Engage with your client as if all the
family is in the room.