



THE HINDA INSTITUTE

Additional Techniques for Managing Chronic Family Conflict

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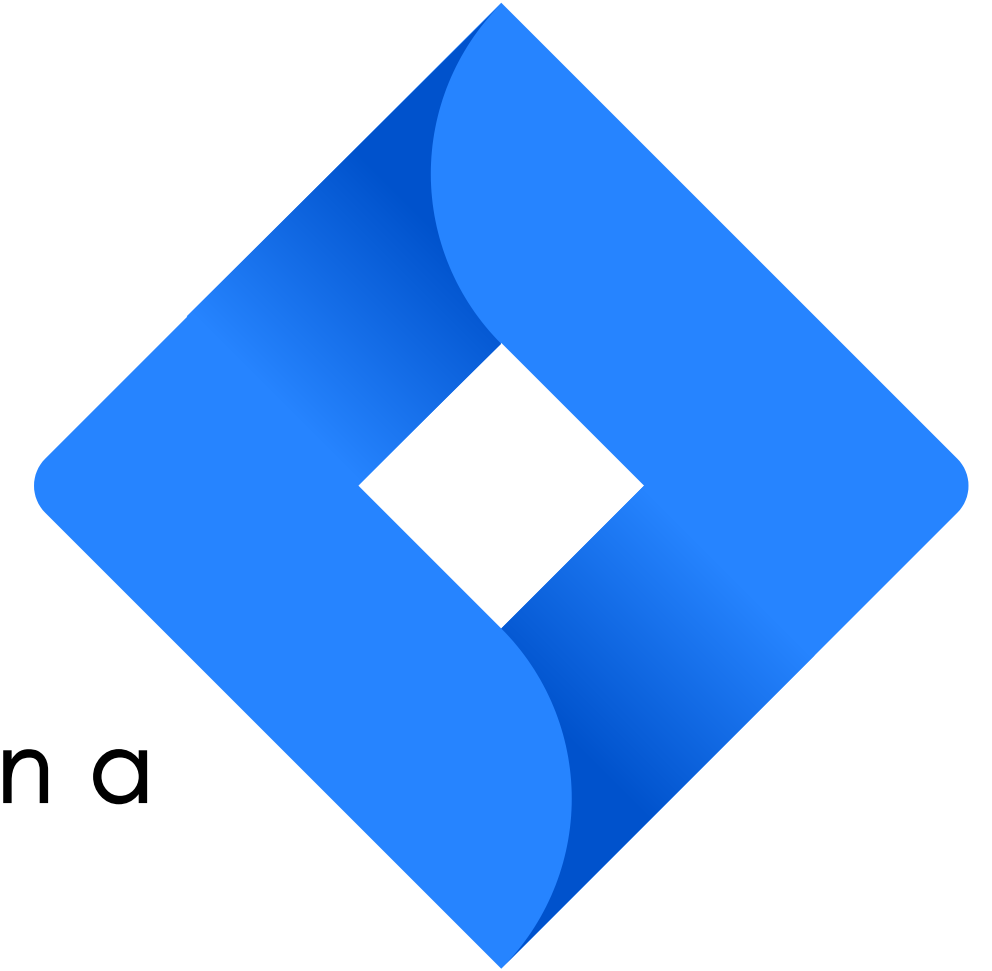
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Session 4

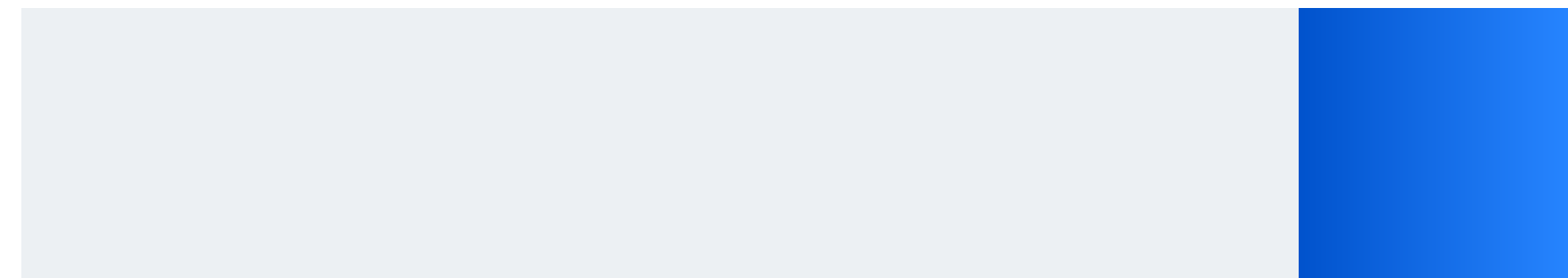
Mediation & Family Therapy

- Definition of **Mediation**: Process led by trained mediator in disputes to manage and contain emotional expression so settlement can be reached.
- Definition of **Family Therapy**: Process facilitated by psychotherapist trained in family dynamics to explore meanings, reactions and levels of disorder.

Elements of Mediation



- Mediators focus on problem solving to design a strategy.
- Conflict is managed using negotiation.
- Focus is on current and future needs (not past) to reach agreement.



Elements of Family Therapy

- Counselors help couples and families to nurture change and development.
- Treatment improves communication to self-manage conflict.
- Therapist reflects/redirects back by anticipating triggers and re-aligns.
- Positive result is better functioning home environment.

Family Therapy Models

1. **Couples Therapy**- reduces risk of conflict affecting entire family.
2. **Intergenerational/Family Therapy**- Informs how generational patterns/problems impact family conflicts in the present.
3. **Narrative Therapy**- Families develop a story of their life to better understand behaviors, roles, experiences.
4. **Psycho-Education**- Teaches members about mental health, addiction, social, economic, educational impact to develop empathy and support for others.
5. **Structural Family Therapy**- Uses family mapping to create a visual representation of problems, re-frame negative interactions.

Important Qualities of Family Therapists

- Holds professional license and registration.
- Creates and maintains safe environment.
- Analytical thinking.
- Compassionate, empathetic.
- Skilled listener, speaker with organizational skills.