

THE IMPORTANCE OF THE FAMILY THERAPY

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ABSTRACT

In this article, the ways and the benefits of family therapy are analyzed to improve family dynamics and relationships

Keywords: therapy, family therapist, counseling, psychotherapy, relationships, transgenerational, individual, couple, healthy boundaries, parenting, depression, marital problems, children, connection.

INTRODUCTION

All of us start this life with a family, whether that family is consists of blood relatives, adopted parents, a close-knit neighborhood, or a foster family. Our family has an effect who we are and who we become, for better and for worse. We learn our vocabulary, our habits, our customs and rituals, and how to view and observe the world around us. Moreover, we learn how to love and how to interact with others from these first important relationships. If we are born into a healthy family with healthy relationships, we are likely to learn how to maintain healthy relationships. If we are born into a dysfunctional family that struggles to connect, we may also struggle to connect with others. While it is certainly unlucky to be born into the second kind of family, it's not an unchangeable situation. Almost all families deal with some sort of dysfunction at one time or another but most families retain or regain a sense of wholeness and happiness.

LITERATURE REVIEW AND METHODOLOGY

Family therapy or family counseling is a form of treatment which is designed to address specific issues affecting the health and functioning of a family. Also, it is a method to develop and maintain healthy and functional family relationships. It is used to help a family through a difficult period, a major transition, or mental or behavioral health problems in family members. Family therapy offers families a way to do this—a way to develop or stay a healthy, functional family.

Mostly, we tend to think of therapy and psychotherapy as two different forms of treatment, but in fact, they are the same thing. This ambiguity is enhanced when

we introduce the term “counseling” as well. In fact, therapy is simply a shortened form of the word “psychotherapy”. However, counseling is sometimes called “talk therapy,” blurring the lines even further. In general, counseling is applied in situations where an individual (or, in the case of family counseling, a family) engages the services of a counselor or other mental health professional to help with a specific problem or set of problems. For instance, a family who is struggling with a situation that brings added stress, such as the death of a family member, addiction, or dire financial straits, may benefit from counseling to help them through their struggles to emerge on the other side as a stronger and more cohesive unit.

Furthermore, family therapy can employ techniques and exercises from cognitive therapy, behavior therapy, interpersonal therapy, or other types of individual therapy. Like with other types of treatment, the techniques employed will depend on the specific problems the client or clients present with. Behavioral or emotional problems in children are common reasons to visit a family therapist. A child’s problems do not exist in a vacuum; they exist, and will likely need to be addressed, within the context of the family. It should be stated that in family therapy or counseling, the term “family” does not necessarily mean blood relatives. In this context, “family” is anyone who plays a long-term supportive and main role in one’s life, which might not mean blood relations or family members in the same household.

RESULTS AND DISCUSSION

In fact, family therapy is often short term. It may include all family members or just those able or willing to participate. Your specific treatment plan will depend on your family's situation. Family therapy sessions can teach you skills to deepen family connections and get through stressful times, even after you're done going to therapy sessions. It can assist you improve troubled relationships with your partner, children or other family members. You may address specific issues such as marital or financial problems, conflict between parents and children, or the impact of substance abuse or a mental illness on the entire family. Your family may pursue family therapy along with other types of mental health treatment, especially if one of you has a mental illness or addiction that also requires additional therapy or rehabilitation treatment. For example:

- Family therapy can help family members cope if a relative has a serious mental illness such as schizophrenia — but the person who has schizophrenia should

continue with his or her individualized treatment plan, which may include medications, one-on-one therapy or other treatment.

- In the case of addiction, the family can attend family therapy while the person who has an addiction participates in residential treatment. Sometimes the family may participate in family therapy even if the person with an addiction hasn't sought out his or her own treatment.

Family therapy can be useful in any family situation that causes stress, grief, anger or conflict. It can help you and your family members understand one another better and learn coping skills to bring you closer together. Family therapy doesn't automatically solve family conflicts or make an unpleasant situation go away. But it can help you and your family members understand one another better, and it can provide skills to cope with challenging situations in a more effective way. It may also help the family achieve a sense of togetherness.

There are several types of family counseling:

1. Functional family therapy focuses on families with a child or adolescent with complex emotional or behavioral problems. The child and their parents may attend 8–30 weekly sessions together. The sessions will help families learn strategies to deal with the child's behavior and improve family functioning.

2. Multi systematic therapy aims to address any behavioral and emotional problems of children or adolescents. It also focuses on broader issues with the child's behavior. For example, it could aim to improve their interaction with social systems such as schools or neighborhoods.

3. Transgenerational - This involves a therapist who examines interactions across generations, such as between parents and children. The aim is to understand how these communications cause problems in the family. This therapy is useful when issues and behavior patterns persist across generations. It might also help predict how problems might develop in the future.

4. Brief strategic family therapy aims to change the patterns of interaction between family members. It is a time-limited intervention that targets family problems leading to problematic symptoms showing in youths. Most brief strategic family therapies will last 12–16 sessions. This form of therapy has long-term benefits. The researchers found that brief strategic family therapy was more effective than treatment as usual, such as group therapy and parent training groups, at decreasing arrests and incarceration in the short and long term.

5. Structural therapy manages problems that arise due to the family structure. It aims to achieve a functioning and balanced family hierarchy, Trusted Source with appropriate boundaries between members. The key difference with structural therapies is the focus on structure rather than specific behaviors that cause problems.

During a family therapy session, therapists may talk to the family as a group, individuals, or a combination of the two. The typical therapy session is around 50 minutes once a week. People may find it difficult to discuss concerns initially, and it is important that the family finds a therapist they feel comfortable with. Families may try several therapists before finding one that meets their needs.

Family therapists provide the following services:

- diagnosis and treatment of mental and emotional conditions
- treatment planning
- psychotherapy for individuals, couples, and children
- couple, group, and family therapy

In addition, the number of family counseling sessions depends on various factors, such as why a family is seeking help and whether they participate during therapy.

The benefits of counseling vary from family to family. They can include:

- developing healthy boundaries
- improving communications
- defining someone's role within the family
- improving family dynamics and relationships
- providing strength and coping tools for family members
- addressing dysfunctional interactions
- improving the family's problem-solving abilities

Moreover, family therapy effectively addresses issues with children, including:

- conduct disorders
- substance addictions
- offending behavior
- depression

Family counseling can also help people with mental health issues. That's why, families might find therapy useful for the following reasons:

- difficulties in communication or expressing emotions
- conflicts between siblings
- inconsistent parenting

- marital problems
- developing a functional and healthy relationship following a divorce
- adapting to a major change
- dealing with a chronic illness or death in the family

There is evidence that family therapy is an effective form of counseling. As well as, family counseling and other family-based approaches, such as parent training and programs, were effective in a variety of situations, including:

- sleep, feeding, and attachment problems in infancy
- recovery from child abuse and child neglect
- behavioral conditions
- disordered eating

CONCLUSION

In a nutshell, the aim of family therapy is to work together to heal any mental, emotional, or psychological problems tearing your family apart. To guide a family towards a healthy life, family therapists aim to aid people in improving communication, solving family problems, understanding and handling family situations, and creating a better functioning home environment.

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