

Use of Structural Family Therapy and Dialectical Behavior Therapy with High-Conflict Couples

Authors : Eman Tadros, Natasha Finney

Abstract : The following case study involving a high-conflict, Children's Services Bureau (CSB) referred couple is analyzed and reviewed through an integrated lens of structural family therapy and dialectical behavior therapy. In structural family therapy, normal family development is not characterized by a lack of problems, but instead by families' having developed a functional structure for dealing with their problems. Whereas, in dialectical behavioral therapy normal family development can be characterized by having a supportive and validating environment, where all family members feel a sense of acceptance and validation for who they are and where they are in life. The clinical case conceptualization highlights the importance of conceptualizing how change occurs within a therapeutic setting. In the current case study, the couple did not only experience high-conflict, but there were also issues of substance use, health issues, and other complicating factors. Clinicians should view their clients holistically and tailor their treatment to fit their unique needs. In this framework, change occurs within the family unit, by accepting each member as they are, while at the same time working together to change maladaptive familial structures.

Keywords : couples, dialectical behavior therapy, high-conflict, structural family therapy

Conference Title : ICMFT 2018 : International Conference on Marriage and Family Therapy

Conference Location : Rome, Italy

Conference Dates : December 13-14, 2018