

## **305 – Family Systems**

### **I. Introduction to Family Systems Counseling**

#### **A. History**

#### **B. Family System Defined**

1. A family is \_\_\_\_\_:

2. A family system will have \_\_\_\_\_:

#### **C. Christianity and Family Systems**

1. By God's design (Deut. 6:1-9), the family is the primary channel for:

2. Families are comprised of and influence \_\_\_\_\_ generations.

### **II. Family Life Cycle**

**A.** Virtually everyone involved in family counseling will use a \_\_\_\_\_ approach.

#### **B. Psychoanalytic Theories**

1. Sigmund Freud

2. Erik Erikson

#### **C. Behavioral Theory**

1. B.F. Skinner

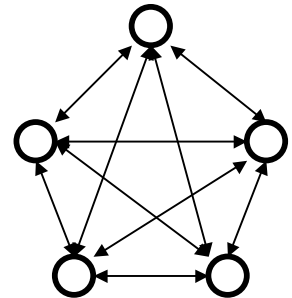
2. Learned helplessness

## D. Cognitive Theory

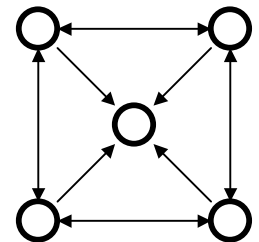
1. Jean Piaget
2. Albert Bandura
3. E. M. Duvall

## III. Family Roles

### A. Functional Families



### B. Adjusting to Problems



### C. Getting Stuck in \_\_\_\_\_

## **IV. Generational Influence**

### **A. Family Influence**

1. \_\_\_\_\_ Identity
2. \_\_\_\_\_ Dysfunction
3. \_\_\_\_\_ Influence

### **B. \_\_\_\_\_ Families**

### **C. The Family History**

1. Identify \_\_\_\_\_ issues
2. Look for \_\_\_\_\_ issues
3. Question for relevance to current problem

**D. Biblical Examples**

**V. Breaking the Curse and Growing Into Adulthood**

**A. Realize My \_\_\_\_\_**

**B. Discovery of \_\_\_\_\_ of Well-being**

**C. Growing Free \_\_\_\_\_**

**D. Looking Seriously at \_\_\_\_\_**

**E. Learn or Relearn Healthy Living \_\_\_\_\_**

## **VI. Conclusion**

**A. Change is \_\_\_\_\_**

**B. Our Job is To \_\_\_\_\_**

**C. God will do the \_\_\_\_\_**

## **Bibliography**

McGee, Robert S. *The Search for Significance*. Word:Nashville. 1998.

Seamans, David A. *Healing for Damaged Emotions*. Chariot Victor Publishing:Colorado Springs. 1991.

Springle, Pat. *Codependency*. Rapha Publishing: Houston. 1995

Van Vonderan, Jeff. *Good News for the Chemically Dependent:and Those Who Love Them*. Bethany House: Minneapolis 1991

## A Four-generation Genogram

