

The Viewpoint of the Family Psychology : Having a Viewpoint as a Family(Abstract)

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Abstract**The Viewpoint of the Family Psychology:
Having a Viewpoint as a Family****Junko Murakami**

The families influence their children horrendously. The influences they give are “good ones,” “bad ones,” and “ones that could be good or bad.” And we cannot ignore those influences when we think and treat the child’s problem. For example, sometimes a child gets better or well-behaved when he/she is temporary removed from his/her family. But when the child goes back into the family, the problem starts again. Or, sometimes a child gets better only when one of the family members is away for some reason, such as hospitalization or business trip. Therefore, it seems to be important to consider the child’s problem as a family problem.

Family therapy is a psychotherapy that treats not the individual but the whole family as a client. The individual that is showing the problematic behavior is called Identified Patient (IP). In Family therapy, we think that the real problem is the family’s way of functioning and IP is just representing the problem they have. So the goal of the therapy is to change the family’s function in a better way, thus IP doesn’t have to show the problematic behavior any more.

It is important to turn the viewpoint from the individuals to the family. In that way, it gives us a broader view and more options to treat the problems. The family problems are complex, and it requires the family to change. Sometimes it is hard to change the whole family radically, but not every member needs to be changed. If one of the family members tries to change, that could cause a chain reaction in the family.

Viewing the problem in a new way reveals us a new way of solving problems. And even through the problems that we never welcomed, it gives us a hope for a restoration of the family.