

# A therapy model in

Psychology



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## A therapy Model in Study A therapy Model in Study Dynamics of the Lowndes family

The dynamics of the Lowndes family can be best explained using experiential therapy model. Under this model of family pathology, Lowndes family is considered to be a system during the therapy. Using this model, the dynamics of their family problems can be best understood using enacting and re-experiencing the emotional experience of their present and past relationships and interactions with each other. Generally this family therapy model not only focuses on the emotions and feelings of the members of Lowndes family but also the environmental influences that may have led such feelings or emotions (Hecker and Wetchler, 2010).

The discord between Lisa and Tom Lowndes stem from a vast array of their individual feelings and emotions hidden in their hearts such as loneliness, anger, guilt, inadequacy, fear and sadness. For example, Lisa feels lonely because Tom rarely spends time at home. Tom on the other hand is emotionally bitter because he feels Lisa is a trouble maker and fears he might be hurt if he spends time with her. Lastly, the children are emotionally affected by violent environment and this explains their indiscipline and poor academic performance. The root cause of the problems of Lowndes family is therefore assumed to be the emotional suppression as well as denial of impulses by family members.

### Counseling techniques

Based on experiential therapy model, there are a number of techniques that I can use on Lowndes family to help them solve their family discord by unmasking their emotional pretense and making them feel comfortable in expressing themselves. One of the techniques I may use is drawing and

painting. In this context, I will encourage Tom, Lissa as well as the children to creatively share their feelings and emotions through artistic drawings and paintings that best convey their thoughts.

Another technique that I might use based on this approach is Role playing. This technique involves guiding the Lowndes family members through a role playing experience in an attempt to help identify how they emotionally respond to certain situations. Lastly, I would also use recreational technique such as introducing sporting activities during the counseling session. Apart from the fact that sports will help them learn discipline and teamwork, their emotions will also flow more freely as they get involved in the recreational activity.

#### Strengths and limitations of experiential therapy model

As applied in Lowndes family case, this therapy model has a number of strengths as well as some limitations. One of the potential benefits of using experiential family therapy in solving Lowndes family case is that it allows the therapist to observe each of the family members when they are not thinking of the therapy session and this can help unmask their inner feelings and emotions. Another potential strength of this therapy model is that it encourages emotional growth and personal improvement of the Lowndes family members particularly during their participation in experiential therapy programs. According to Sprenkle and Blow (2004), some of the limitations of using experiential therapy model in Lowndes family case include the fact that the numerous activities involved in this therapy model may be costly to the family. Another limitation is that the success of the therapy depends on many individuals. Consequently if any member of the family fails to comply with the programs, the therapy may be terminated.

## Comparison between experiential and Milan family therapy models

There are a number of significant differences between experiential and Milan family therapy models. In terms of their strengths and limitations, Milan's model uses systematic approaches that are more effective in helping establish the true cause of the family discord. On the other hand, experiential family therapy primarily focuses on the expression of feelings and emotions. Lastly, Milan's model is less expensive as compared to experiential approach.

## References

- Hecker, L., Wetchler, J. (2010). *An Introduction to Marriage and Family Therapy*. New York: Love Publishing Inc.
- Sprenkle, D., Blow, A. (2004). Common factors and our sacred models. *Journal of Marital and Family Therapy*, 30, 1, 113-129.