

# [Family centered therapy](https://assignbuster.com/family-centered-therapy/)

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Family Centered Therapy After having carefully looked into the Nguyen’s family issue, I highly recommend that they use the family centered therapy. This is a type of therapy that is used to work with members of the family to nurture and also change development. The therapy views change on the basis of the interaction systems between family members (Savenelli, 2012). The family centered therapy puts emphasis of family relationships to be an imperative factor when it comes to psychological health. Characterizing of a particular family member to be identified as the bad child or person is avoided with this therapy and thus Nguyen’s family should use this therapy (McGoldrick et al, 2005)
Among family members there are very strong connections whereby if one member is sad or shows signs of negative behavior then a negative impact on the entire family is brought out (University of California, 2010). Despite the fact that each and every family is unique, in the modern world we live in there are too many activities to be involved in. These are the school, work, extracurricular activities and many others. Therefore families have a hard time struggling to be able to keep their commitments (Metcalf, 2011). In the Nguyens case, we can see that every member of the family is involved with each their own personal lives and so having family get together is not common.
The problem is that each family is also driving them away from each other; for instance, Thi Phan Nguyen together with her husband is facing difficult problems since her husband is jobless. Secondly he had been diagnosed with lung cancer which means they will have to dig deeper into their pockets for his medical treatment considering they do not have medical insurance. This has brought a rift between them. Their children some who are married are also not in sync with each other. Dong An, their daughter is separated from her husband after they had a physical argument. Dong An’s brother has a job however much of his time is spent in gambling. Such problems are known to lead to stress which can then result to unhealthy behaviors like the one Thi Phan is experiencing; she is oversleeping and also has lost her appetite.
With the family-centered treatment covers issues like grief, relationship challenges, family and partner violence, separation, divorce and many others (Goldenberg & Goldenberg, 2012). This goes to show that the entire Nguyen family will be catered for and all their problems will be solved by the therapy. Thi Phan and her husband will benefit in that, therapy will deal with Tuan’s nightmares which he suffers after having experienced torture while he was at the re-education camp. Also, the therapy will look into their relationship issues and how to best cope with Kim Ly their profoundly deaf daughter. Dong An on the other hand will benefit from the family center therapy in that her she and her husband will be guided on how to deal with conflicts without engaging in physical rows. They will also be shown how to live a happy life especially with their baby involved.
Minh as well will be greatly helped by the therapy since he will be helped to overcome his gambling problem which is costing him a lot of money such that he is not chipping in the household income. In addition to this, Minh and his sister Dong An, will be shown on how to co-exist with each other without the constant arguments. Overall the Nguyen family will be shown how to love, support and live with each other peacefully especially during difficult times. This will enable the entire Nguyen family live happily despite any challenges that they may go through.
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