

Example of different communication issues in family therapy critical thinking

[Sociology, Communication](#)



Communication is one of the basic units of family therapy. A therapist should consider various communication issues before come to a conclusion. The therapist should closely watch and evaluate the client's family communication system to avoid potential transference problems.

Communication can be technically defined as the way of transferring different forms of information from one source to another. However, in day-to-day life communication plays an important role in keeping relationships. The mode of communication differs from one place to another. For family therapist, they use special communication theory to address various incidents and issues in a family. Many therapists frequently complain that most often their consultation with their clients is exhausting and overwhelming. There are several different reasons behind this. The therapists need to be aware about various communication problems such as issues of communication processing, relationship styles, communication boundaries and communication issues of triangles.

In order to understand communication processing, the three different stages of communications have to be explained. The three stages of communication processing are verbal and digital mode, the context and non-verbal mode. The verbal communication is the act of transferring words or labels between two or more people. Non-verbal is the act of transferring information using voice tone, gestures, facial expression, and body posture and so on. On the other hand, context is the way of transferring information both by non-verbal communication and using analog. Context can also be explained as the chemistry of a relationship. So, within a relationship, the members

consciously or unconsciously become aware of the chemistry or context, to follow the meanings and messages of their verbal and non-verbal communication forms.

Communication boundaries can be explained as the abstract or material boundaries in a family system. It is this boundary that decides that who is in and who is out of the circle. The therapist should make an attempt to understand the boundaries build by the family structure both physiologically and physically. It is because of the fact that, boundaries influence the level of contact, how responsibility and independence are balanced, how skills are being used, how a family tackle their issue, and the standards of involvement. Normally, a family consciously and unconsciously develops three types of boundaries. They are rigid, diffuse and engaged or clear boundaries. So, it is the duty of the therapist to analyze all the three modes and correct the alignment between and among all other systems. The idea behind family therapy is to strengthen and empower each family to a different level.

References:

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