

Experiential family therapy

Psychology



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Suppression and denial of emotions lead to withdrawal and even the development of antisocial behaviors that may spill to affect the nature of the relationship with a family. The approach can be effective in treating a family with a depressed and withdrawn adolescent daughter who is experiencing first menstrual cycle but fears to tell parents who discourage discussions about sex and sexual developments. In this case, the depression and withdrawal of the adolescent daughter may be the only causes of the presenting family problem. Parents may feel uncomfortable with emotional shifts in their daughter and opt to invite a therapist. Applying Experiential Therapy will enable a therapist directly and spontaneously interrogate the daughter about her concerns and reasons for an emotional shift. Structural Therapy will not be effective because it can be possible that parents only prohibit discussions about sex with their children but encourage other topics. Interpersonal boundaries can be comforting to every member, and it may be difficult noting any inefficient boundary within the existing family subsystems.