

Chapter 2: The Fundamental Concepts of Family Therapy

2.1 Multiple-Choice Questions

- 1) Which is *not* a concept of von Bertalanffy's general systems theory?
 - A) "black box" metaphor
 - B) a system is more than the sum of its parts
 - C) equifinality
 - D) homeostatic reactivity

- 2) A biological model of living systems as whole entities which maintain themselves through continuous input and output from the environment, developed by Ludwig von Bertalanffy is known as
 - A) systems theory
 - B) cybernetics
 - C) constructivism
 - D) general systems theory

- 3) The stages of a family's life from separation from one's parents to marriage, having children, growing older, retirement, and finally death, are known as the
 - A) family structure
 - B) homeostasis
 - C) function of the system
 - D) family life cycle

- 4) Which phenomena are *not* a focus of cybernetics, as applied to families?
 - A) sequences of interaction
 - B) family hierarchy
 - C) family rules
 - D) negative feedback

- 5) Constructivism first found its way into psychotherapy in the work of
 - A) Paul Watzlawick
 - B) Kenneth Gergen
 - C) George Kelly
 - D) Michael White

- 6) The phrase, "where the id is, there the ego shall be," best fits which concept?
 - A) family triangles
 - B) generational boundaries
 - C) differentiation of self
 - D) functionalism

- 7) Superficial change in a system which itself stays invariant is termed _____, while basic change in the structure of a system is called _____.
 - A) cybernetic; second-order
 - B) first-order; systemic

- C) second-order; first-order
 - D) first-order; second-order
- 8) A balanced steady state of equilibrium is known as
- A) metacommunication
 - B) homeostasis
 - C) morphogenesis
 - D) equifinality
- 9) The privatization of family therapy training had what effect on the field?
- A) the amount of research on family therapy increased four-fold
 - B) traditional academic settings became the hotbed of the family therapy movement
 - C) released from the economic constraints of academia, family therapy became a profitable enterprise
 - D) all of these choices
- 10) The study of control processes in systems, particularly the analysis of the flow of information in closed systems, is known as
- A) functional analysis of behavior
 - B) cybernetics
 - C) existentialism
 - D) general systems theory
- 11) Narrative therapy differs from solution-focused therapy in being more focused on _____ than _____.
- A) exceptions; problems
 - B) cognitions; interactions
 - C) attitudes; behavior
 - D) individuals; families
- 12) With the exception of the feminist critique, what has been largely missing in family therapy has been an examination of
- A) cultural biases
 - B) the society we are helping people fit into
 - C) value systems
 - D) all of these choices
- 13) General systems theory, cybernetics, and social constructionism are _____ concepts.
- A) epistemological
 - B) metapsychological
 - C) clinical
 - D) metaphysical
- 14) The greatest conceptual influence on the early development of family therapy was
- A) the family life cycle
 - B) constructivism
 - C) feminism

- D) systems theory
- 15) The concept of the family life cycle was introduced to the field by
- A) Salvador Minuchin
 - B) Betty Carter and Monica McGoldrick
 - C) Jay Haley
 - D) Don Jackson
- 16) The notions of complementarity, structuralism, and general systems theory are all embraced by which family theory?
- A) behavioral family therapy
 - B) experiential family therapy
 - C) communications family therapy
 - D) structural family therapy
- 17) Boundaries around the executive subsystem in the family are of particular importance because the family _____ is seen by structural therapists as crucial to the family's well-being.
- A) network
 - B) hierarchy
 - C) life cycle
 - D) quid pro quo

2.2 Short Answer

- 1) Why should a family's ethnic background be considered in assessment?
- 2) List the stages of the family life cycle (Carter & McGoldrick, 1999) and describe the primary task(s) of each stage. Consider how the therapist would intervene with the family at each of these stages.
- 3) List and describe at least three contextual influences on the evolution of family therapy.
- 4) What are positive and negative feedback and how do they operate in families?
- 5) Listed below are a number of concepts and methods that have endured and continue to shape the field of family therapy. Choose any three and describe them. How can each concept be used to enrich our understanding of families and guide our treatment interventions?
 - a) importance of family context
 - b) triadic models
 - c) family structure
 - d) psychopathology serving a function in families
 - e) circular sequences of interaction
 - f) family life cycle
 - g) multigenerational patterns

6) How can general systems theory revitalize family therapy and bridge the chasm

between the narrative approaches of the twenty-first century and the traditional schools (i.e., structural, Bowenian, communications, and/or strategic) of family therapy?

Chapter 2.

1. A
2. D
3. D
4. B
5. C
6. C
7. D
8. B
9. C
10. B
11. C
12. D
13. B
14. D
15. C
16. D
17. B