

Chapter 2

The Evolution of Family Therapy

Multiple Choice

1. Lyman Wynne's term for the façade of family harmony that characterized many schizophrenic families is:
 - a. pseudocomplementarity
 - b. pseudomutuality
 - c. pseudoharmony
 - d. pseudohostility
2. Hospital clinicians began to acknowledge and include the family in an individual's treatment when:
 - a. they noticed when the patient got better, someone in the family got worse
 - b. they realized the family was footing the bill for treatment
 - c. they realized the family continued to influence the course of treatment anyway
 - d. a and c
 - e. none of the above
3. Kurt Lewin's idea of _____ can be seen in action in Minuchin's promotion of crises in family lunch sessions, Norman Paul's use of cross-confrontations, and Peggy Papp's family choreography.
 - a. unfreezing
 - b. social equilibrium
 - c. group process
 - d. field theory
4. Paying attention to *how* members of a group interact rather than merely to *what* they say is called:
 - a. Basic assumption theory
 - b. Group dynamics
 - c. Field theory
 - d. Process/content distinction
5. The first to apply group concepts to family treatment was:
 - a. Murray Bowen
 - b. John Elderkin Bell
 - c. Virginia Satir
 - d. Carl Whitaker
6. A second, covert, level of communication which conveys something about how the communicants should relate is called:
 - a. denotation
 - b. connotation
 - c. metacommunication
 - d. didacticism
7. Frieda Fromm-Reichmann's concept, "_____ mother," described a domineering, aggressive, rejecting, and insecure mother who was thought to provide the pathological parenting that produced schizophrenia.
 - a. undifferentiated
 - b. schizophrenogenic
 - c. reactive

- d. symbiotic
8. According to Wilfred Bion, most groups become distracted from their primary tasks by engaging in patterns of:
- a. fight-flight
 - b. pairing
 - c. dependency
 - d. any of the above
 - e. all of the above
9. Ivan Boszormenyi-Nagy emphasized the importance of _____ in families.
- a. communication
 - b. ethical accountability
 - c. triangles
 - d. systems dynamics
10. Gregory Bateson and his colleagues at Palo Alto introduced this concept to describe the patterns of disturbed family communication which cause schizophrenia.
- a. schizophrenogenesis
 - b. double bind
 - c. pseudohostility
 - d. none of the above
11. The only means to effectively escape a double bind is to:
- a. withdrawal from the relationship
 - b. metacommunicated
 - c. quid pro quo
 - d. a and b
12. According to Theodore Lidz, marital schism occurs when:
- a. one spouse with serious psychopathology dominates the other
 - b. there is a chronic failure of spouses to achieve role reciprocity
 - c. one spouse consistently engaged in double-binding communication
 - d. there is a loss of autonomy due to a blurring of psychological boundaries between spouses
13. Jackson's concept, _____, that families are units that resist change, became the defining metaphor of family therapy's first three decades.
- a. emotional reactivity
 - b. quid pro quo
 - c. family homeostasis
 - d. a and c
14. A _____ relationship is one based on differences that fit together.
- a. complimentary
 - b. symmetrical
 - c. homeostatic
 - d. imbalanced
15. This family therapist's personal resolution of emotional reactivity in his family was as significant for his approach to family therapy as Freud's self-analysis was for psychoanalysis.
- a. Salvador Minuchin
 - b. Jay Haley

- c. Murray Bowen
 - d. Carl Whitaker
16. This family therapist believed in the existence of an interpersonal unconscious in every family.
- a. Murray Bowen
 - b. Nathan Ackerman
 - c. Ivan Boszormenyi-Nagy
 - d. Virginia Satir
17. The restructuring techniques of structural family therapy are designed to bring about:
- a. first-order change
 - b. second-order change
 - c. ethical accountability
 - d. transmuting interpretations
18. The group therapy model was not entirely appropriate for families for what reason?
- a. family members are peers
 - b. families have a shared history
 - c. both a and b
 - d. none of the above

Short Answer

1. Describe the “double-bind theory” of schizophrenia. Historically, why was the theory important?
2. How are family systems therapies different from traditional individual therapies?
3. Some would argue that there is a radical divergence between family systems therapies and the more traditional psychotherapeutic approaches. Others would challenge this view, arguing that there are many points of similarity and that the differences are exaggerated. Take one position or the other and defend your stand.
4. Choose two of the individuals below and describe how they helped to launch the family therapy movement. Be specific in discussing their contributions to the field.
 - a. Gregory Bateson
 - b. Theodore Lidz
 - c. Milton Erickson
 - d. Nathan Ackerman
 - e. Murray Bowen
 - f. Don Jackson
 - g. Jay Haley
 - h. Salvador Minuchin
 - i. Virginia Satir
 - j. Carl Whitaker
5. How is group therapy similar to and different from family therapy?
6. What is the positive impact of research on family dynamics and schizophrenia? What was its negative impact?
7. What are some of the factors that have resulted in diminished academic enthusiasm for family therapy?

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