

Lesson 8- Family Systems Theory: Core Concepts

- A. Aspects to change:
 - 1. Honesty
 - 2. Grief
 - 3. Forgiveness

- B. Balancing the forces:
 - 1. Individuality and Autonomy

 - 2. Togetherness and Fusion

 - 3. Balancing Connecting and Agreeing

- C. Family Systems Theory: Core Concepts
 - 1. Identified Patient

 - 2. Homeostasis

Questions to Consider: see end of lesson 12