

Lesson 10- Family Systems Theory: Secrets, Circular Causality, and Assessment Procedures

A. Family Systems Theory: Secrets, Circular Causality, and Assessment Procedures

“We talk about differentiation, triangles, anxiety, and people’s inability to be honest about what they are feeling because that is the easiest way into these confusing circular problems.” - Zink

1. Secrets
 - a. Function to divide family
 - b. Unnecessary estrangements
 - c. Distort perceptions
 - d. Exacerbate other anxieties
2. Circular Causation
3. Assessment Procedures

B. Family Systems Theory: an example (see lesson 11)

Questions to Consider: see end of lesson 12