

Family Therapy Interventions Handout

Family Name:

Date:

Therapist Name:

Primary Goals for Therapy:

1. Genogram Creation

Family's Unique Patterns Identified:

Significant Insights Gained:

2. Communication Skills Training

Specific Communication Goals:

Reflection on Progress:

3. Family Sculpting

Key Roles and Relationships Explored:

Emotional Insights:

4. Boundary Setting Exercises

Boundaries Established:

Challenges in Respecting Boundaries:

5. Conflict Resolution Techniques

Recent Conflicts and Resolutions:

Effective Strategies Identified:

6. Strengths-Based Interventions

Family Strengths Identified:

Application of Strengths to Problem Areas:

7. Homework Assignments

Assigned Tasks:

Observations and Learnings:

Additional Notes and Reflections

(Here, family members can jot down any additional thoughts, feelings, or insights they have about their therapy process, specific sessions, or interventions.)

Next Steps and Goals for Upcoming Sessions

(Outline the focus areas or goals for future therapy sessions based on current progress and insights.)

This personalized handout is designed to be a working document for families engaging in therapy. It encourages active participation, self-reflection, and a collaborative approach to achieving therapeutic goals. Families are encouraged to regularly update this handout with their therapist's guidance, ensuring it remains a relevant and empowering tool throughout their therapy journey.