Lexicon of Couples and Family Counseling

(*Italics* are used to indicate words or phrases defined elsewhere in the glossary)

**AAMFT**.Abbreviation for American Association for Marriage and Family Therapy.

**abnormal**. An evaluative term used to indicate structures, interactions, feelings, or behaviors that are considered outside of expected norms, values, or processes.

**accommodation**. The act of coordinating one’s functioning to the needs of a situation or another person.

**Ackerman Family Therapy Institute**. Started by Nathan Ackerman in 1960 in New York City, this was one of the premier scholar-practitioner centers in the United States. Over the years, *Evan Imber-Black*, *Jorge Colapinto*, *Lynn Hoffman*, *Peggy Papp*, and *Olga Silverstein*, to name a few, have worked there.

**Ackerman**, **Nathan**. In 1960, he founded the Family Institute, now the *Ackerman Family Therapy Institute*, in New York City, a major clinical center and training ground for family therapy. His best known work is *The Psychodynamics of the Family*.

**acting “as if**.**”** An intervention favored in both *Adlerian therapy* and *cognitive-behavioral family therap*y that involves practicing new behaviors and new positions or roles in the family “as if” family members were the people they wanted to be—in some cases, “as if” they were the family they wanted to be.

**activating event**. The *A* in Ellis’ A-B-C theory of personality.

**active commitment**. The fifth stage of a *feminist* *identity development model* characterized by self-appreciation, personal freedom, pride in and appreciation for women in general, and even a selective appreciation for parts of the dominant culture. But most important, this stage is characterized by an understanding that the *personal is political* and that real change requires political and social activism.

**active listening (reflection)**. A term coined by *Thomas Gordon* in *parent effectiveness training*, it means to paraphrase (or reflect) what is heard in a conversation with an emphasis on the feelings that underlie the meaning of the message.

**Active Parenting**. Developed by *Michael Popkin*, Active Parenting is an Adlerian-based parent-education program that teaches parents effective ways of engaging with children and adolescents.

**Adler**, **Alfred**. Founder and developer of *individual psychology* (now called *Adlerian* *psychology* and *therapy*).

**Adlerian brief therapy**. A model of *Adlerian* *therapy* with individuals, couples, and families. It differs only slightly from Adlerian therapy in general by focusing on interventions based on systemic and brief, time-limited strategies and by embracing a *resiliency* model.

**Adlerian family counseling or therapy**. *Adlerian therapy* or *Adlerian brief therapy* applied to families in either an *open forum* or in private and focusing on the *teleology* of interactions and family processes. This model employs *encouragement* and supports *democratic childrearing*, especially the use of *natural* and *logical consequences* and other effective parenting processes described in *STEP: Systematic Training for Effective Parenting* *and* *Active Parenting*.

**Adlerian therapy**. A comprehensive therapy based on the work of *Alfred Adler* and *Rudolf Dreikurs*.

**advice/advise**. Providing suggestion or guidance about what others might do with themselves or their lives.

**ageism**. The discrimination and oppression of people based on age. The presumption of privilege for those who are young or younger.

**Alexander**, **James**. A *behavioral therapist* associated with *functional family therapy.*

**alignment**. The ways in which some members of a family will join together. Alignments are often *coalitions* against third or other parties.

**alternate story**. From *narrative therapy*, a story within the family system that challenges or contradicts the *dominant family story*.

**altruism**. Being concerned with and doing for others; unselfishness; sharing thoughts and feelings with others; and working for the common good. Similar to the Adlerian notions *community feeling* and *social interest*.

**amplifying family difficulties**. A strategic paradoxical intervention by which family problems are directed to increase so that the systemic needs being met by the family problem can be understood and used.

**anal stage**. Freud’s second stage of child development where the child learns to delay gratification and use reality testing. Personalities associated with this stage are anal incorporative (miserly hoarding) or anal expulsive (dumping). The issues at this stage are all about *control*. Defense mechanisms of the ego include *rationalization* and *intellectualization*.

**Andersen**, **Tom**. A Norwegian psychologist who developed the use of *reflecting teams*.

**Anderson**, **Carol**. One of the first people to look at the effects that mental illness had on family systems, reversing the original systemic conceptualization that the family system maintained the illness; also a collaborator with *Monica McGoldrick* and *Froma Walsh*.

**Anderson**, **Harlene**. A colleague of the late *Harold Goolishian* who developed a *linguistic* approach to family therapy that featured the adoption by therapists of *a not-knowing position* and a privileging of *clients-as-expert*.

**Ansbacher**, **Heinz L**. Often called the Dean of Adlerian Psychology, he is the co-author with his wife Rowena of three volumes and numerous articles on Adlerian psychology.

**Ansbacher**, **Rowena R**. Co-author with her husband, Heinz, of three volumes on Adlerian psychology.

**Anthony**, **Susan B**. First-wave feminist who succeeded in passing an amendment that gave women the right to vote.

**Aponte**, **Harry**. A *structural family therapist* who developed the *ecostructural* model.

**arbitrary inference**. A type of cognitive distortion: A conclusion generated about an event without substantiating evidence, such as deciding your child is engaged in delinquent behavior when he or she comes home 5 minutes late. This cognitive distortion is often noted in *cognitive-behavioral family therapy*.

**assertiveness training**. Learning appropriate ways of standing up for oneself. It is essential to self-esteem and to being strong, confident, and capable in the world: A skill-development intervention often used in *feminist family therapy*.

assumed disability. Another name for *Dreikurs*’ fourth goal of children’s misbehavior: The child, although being fully capable, adopts a position of hopelessness in an effort to get adults to leave her or him alone.

**attachment**. The human desire to seek closeness and care from survival beings.

**attachment theory**. Developed by *John Bowlby*, this model focuses on the early relationship of the mother-child union. The foundational model for most couples counseling.

**attention getting**. *Dreikurs*’ first goal of children’s misbehavior: a goal that invites parental responses of irritation, annoyance, or frustration.

**authoritarian**. Coming from a dictatorial position in which the designated boss rules. On the dysfunctional end of both Baumrind’s and Dreikurs’ parenting continuum, it is characterized by high demand (rules and order) and low responsiveness (often lacking warmth, reciprocity, or attachment).

**authoritative-responsive parenting**. Similar to the Adlerians’ democratic parenting, *Baumrind* uses this term to describe parents who are emotionally and pragmatically responsive to their children’s needs. This approach is characterized by both reasonable demands (order) and effective responsiveness (warmth, reciprocity, and attachment).

**autocratic parenting**. An approach to parenting based on authoritarianism.

**automatic thoughts**. Thoughts that are produced when triggered and that are specific applications of one’s *cognitive schemas*, as discussed in *cognitive-behavioral family therapy*.

**autonomy**. From *principle ethics*, the valuing of individuality, independent action, and individual freedom and responsibility.

**AVANTA**. An association of Satir-trained therapists, started in the 1970s and currently subsumed as part of the *Satir Global Network*.

**aversive control**. Use of *punishment* to suppress, control, or eliminate undesirable behaviors.

**aversive stimuli**. Negative or punishing experiences that serve to suppress undesirable behaviors.

**Avis**, **Judith Myers**. A *feminist family therapist*.

**avoidance**. Staying away from or not facing something. Bitter’s third supplemental goal to *Dreikurs*’ model for children’s misbehavior.

**awareness**. Conscious knowing or that to which attention is given. Part of the basic interests of Gestalt and experiential therapies.

**Baldwin**, **Michelle**. Co-author with *Virginia Satir* of *Satir: Step-by-Step*.

**Bandura**, **Albert**. The developer of *social learning theory*.

**Banmen**, **John**. A *Satir* scholar and trainer, who has done extensive work in Asia.

**baseline**. The measurement of a behavior or set of behaviors as they currently are so that later measurements of change can be made.

**Bateson**, **Gregory**. Co-founder of the *Mental Research Institute*, and the architect of integrating *general systems theory* and family therapy.

**battle for initiative**. From *symbolic-experiential family therapy*, the belief that the family must win a battle with the therapist and take charge of what happens in the therapy process, including any changes that might be initiated.

**battle for structure**. From *symbolic-experiential family therapy*, the belief that the therapist should win the battle with the family related to the structure and ground rules for therapy, including the question of who should come to the first session and how the therapy process should proceed.

**Baumrind**, **Diana**. Developed language and research for the assessment of effective parenting. Her parenting styles (*authoritarian*, *authoritative-responsive*, *permissive*, and *neglectful*) are now in common usage.

**Bay Area Family Therapy Training Associates**. A *narrative therapy* center in San Francisco, California, created by *Jeffrey Zimmerman* and *Vicki Dickerson*.

**because clause**.*Object relations family therapists* reason why things are the way they are—a form of *interpretation*.

**Beck**, **Aaron**. The founder and developer of *cognitive therapy*.

**Beck**, **Judith**. Daughter of *Aaron Beck*, and a leading contributor to *cognitive therapy*.

**Becvar**, **Dorothy S**. **and Raphael J**. Co-authors of *Family Therapy: A Systemic Integration*.

**behavioral exchange agreements**. Setting up trades in behavior in which people increase caring and love in a marriage or family.

**behavioral extinction**. See *extinction*.

**behavioral family therapy**. Family therapy focused on changing specific dysfunctional behaviors within families. Also, see *cognitive-behavioral family therapy*.

**behavioral interventions**. Methods derived from *behaviorism* that include *shaping*, *reinforcement*, *desensitization*, *rewards* and *punishment*, the *Premack principle*, etc.

**behavioral observations**. Assessments made by the therapist in *cognitive-behavioral family therapy* about who does what with whom: These assessments start from the moment the sessions begin.

**behaviorism**. Applied learning procedures based on either a *classical conditioning* model (*Pavlov*), an *operant conditioning* model (*Skinner*) or a *social learning* model (*Bandura*).

**beliefs**. Ideas or values that one holds strongly. The *B* in Ellis’ A-B-C theory of personality. In Ellis’ model, beliefs can be rational or irrational.

**Bell**, **John Elderkin**. Inspired by the what he believed was John Bowlby’s work with a family in England, he returned to Clark University in Massachusetts to invent *family group therapy*.

**belonging**. *Dreikurs* believes belonging is the main goal that all humans have.

**beneficence**. From *principle ethics*:To do good, to make a positive difference.

**Berg**, **Insoo Kim**. The co-developer of *solution-focused therapy*.

**biased explanation**. Similar to *private logic*, biased explanations are cognitive distortions in which the individual communicates to self and others a belief or viewpoint unique to the individual, lacking consensual validation, and predisposed to a given outcome.

**bibliotherapy**. The use of books or other written materials as a supplement to family practice.

**bio-ecological systems theory**. A systems approach described by Urie Bronfenbrenner that positsfive environmental systems that affect the individual: microsystem, mesosystem,exosystem, macrosystem, and chronosystem.

**Birdwhistell**, **Ray**. A colleague of *Ivan Boszormenyi-Nagy* at the first Family Therapy Department at Eastern Pennsylvania Psychiatric Institute (EPPI): Birdwhistell focused on the development of kinesics, sometimes called body language in therapy.

**birth order**. The order in which children are born in families.

**bisexual**. Women or men who have a *sexual/affectional orientation* for either or both women and men.

**Bitter**, **James Robert**. An Adlerian family therapist who also trained with Virginia Satir, Erv and Miriam Polster, and Michael White. He is the author of *Theory and Practice of Couples and Family Counseling*.

**blaming**. *Satir*’s defensive communication stance, involving accusations and finger-pointing, it has a similar meaning to what *Kfir* calls the priority of *significance*.

**blended family**. Two families coming together by marriage or the agreement of a new couple or parental partnership.

**Boscolo**, **Luigi**. One of the Milan group who developed the *Milan model of strategic family therapy*.

**Boston Family Institute**. Formerly a premier family therapy training institute, founded and co-directed by *Bunny* and *Fred Duhl*, it no longer exists. *Bunny Duhl*, a close associate of *Virginia Satir*, continues to offer training throughout the world.

**Boszormenyi-Nagy**, **Ivan**. A psychoanalytically trained therapist who developed contextual family therapy, a model that placed a heavy emphasis on ethical family processes and mutual responsibility of family members to each other.

**boundaries**. Structural, emotional, and physical barriers that protect or enhance the functioning of individuals, subsystems, or families.

**Bowen**, **Murray**. The founder and developer of multigenerational family therapy.

**Bowen family therapy**. The multigenerational family therapy approach developed by *Murray Bowen*.

**Bowlby**, **John**. An English Freudian who developed the concept of *attachment theory*.

**Boyd-Franklin**, **Nancy**. A multicultural feminist who has analyzed and critiqued various models of family therapy.

**Breunlin**, **Douglas C**. Co-author of *Metaframeworks*.

**brief family therapy**. A model of *strategic family therapy* taught at the *Mental Research Institute* in Palo Alto, California, this strategic approach is based on the ideas that the problem the family brings to therapy really is the problem and that everything the family has done so far has only served to maintain the problem. See also *Fisch*, *Richard; Segal*, *Lynn*; and *Weakland*, *John*.

**Brief Family Therapy Center in Milwaukee**, **Wisconsin**. The therapy and training center established by *Steve de Shazer*, *Insoo Kim Berg*, and colleagues; the location where *solution-focused therapy* was developed.

**brief therapy project**. A project at the *Ackerman Institute* conducted by *Lynn Hoffman*, *Peggy Papp*, and *Olga Silverstein*: It focused on the use of paradoxes in family therapy.

**Bronfenbrenner**, **Urie**. Developed bio-ecological systems theory.

**Brown**, **Laura**. A *feminist therapist* who specializes in work with a diverse range of women, families, and gender-based issues.

**Bruner**, **Jerome**. The epistemological philosopher that underlies postmodern, constructivist approaches to therapy and education.

**Bumberry**, **William**. Co-author with *Carl Whitaker* of *Dancing with the Family*, he also interviewed Whitaker on the tape *A Different Kind of Caring*.

**Carlson**, **Jon**. An Adlerian and author of numerous family therapy books and several video series featuring therapy with experts.

**Carter**, **Betty**. A *feminist* *Bowen family therapist* who, together with *Monica McGoldrick*, developed the *family life cycle*.

**Cecchin**, **Gianfranco**. One of the Milan group who developed the *Milan model of strategic family therapy*.

**changing the doing of the problem**. *O*’*Hanlon* and *Weiner-Davis* believe that changing the “doing” and “viewing” of the perceived problem changes the problem; that is, effective solutions have some relation to processes that counter problematic patterns.

**chaos**. The feeling of being disoriented; *Satir*’s third phase in the *process of change*.

***Children: The Challenge***.Co-authored by *Rudolf Dreikurs* and *Vicki Soltz*, this is the best-selling book on parenting in the world.

**Christensen**, **Oscar**. An *Adlerian family counselor* and author of *Adlerian Family Counseling*; he is also a co-developer of *Adlerian brief therapy*.

**chronosystem**.The pattern of environmental events and transitions that occur over the life of the individual and the family. In family therapy, we note the development of the chronosystem across the *family life cycle* (McGoldrick, Carter, & Garcia-Preto, 2011).

**circularity or circular causality**. Systemic causality in which behaviors and interactions are understood to be recursive loops, each action influencing and being influenced by all the others.

**circular questioning**. A method of relational questioning developed by the *strategic therapists* in *Milan* that brings out differences among family members. Example: "What do you expect your mother will do when you and your father get into a fight?"

**classical conditioning**. A learning model based on *Pavlov*’s approach that pairs an unconditional stimulus (UCS), like meat powder on a dog’s tongue, which causes an unconditioned response (UCR), like salivation, with a conditioned stimulus (CS), like a tone, until the same response (CR) occurs.

**classism**. Discrimination and oppression based on socioeconomic status; a privileging of the rich.

**clients-as-expert**. A privileging of clients’ expertise; therapist power is counterbalanced by an honoring of and curiosity and interest in clients’ stories.

**closed system**. A collective group that places a rigid boundary around itself so that it does not interact with outside agents or events.

**coaching**. A therapeutic stance assumed by *Bowen* and his associates in relation to helping family members differentiate. Being a coach in relation to the family team is also a position that *Whitaker* occasionally assumed.

**coalition**. An alliance between two people or entities, often against a third.

**cognitive-behavioral family therapy**. A merging of the cognitive therapies of *Ellis*, *Beck*, and their associates and behavioral interventions based on *classical* and *operant* conditioning and *social learning theory*. *Datillio* is the major developer of the cognitive-behavioral family therapy model.

**cognitive distortion**. A pervasive or systematic error in thinking or reasoning.

**cognitive restructuring**. The identification and correcting of faulty or distorted thinking.

**cognitive schemas**. See*schemas*.

**cognitive therapy**. The application of reason over emotion. This approach includes models developed by *Albert Ellis* and *Aaron* *Beck*.

**cohesion**. In *family systems* theory, the emotional bonding among family members.

**Colapinto**, **Jorge**. A *structural family therapist* who has worked and developed the model with *Salvador Minuchin*.

**collaboration/collaborative practice**. An egalitarian approach to working with, including, and/or privileging client perspectives in therapy. Used in models developed by *Adlerian*, *Satir*, *solution-focused* and *solution-oriented*, *social constructionist*, and *feminist therapists*.

**collaborative language systems**. Part of *linguistic therapy*, it is a *postmodern* clinical stance in which a partnership between the therapist and the family is emphasized, and the therapist adopts a curiosity about how the family attaches meaning to their lived experiences. This stance values talking *with* rather than *to* the family.

**collectivist cultures**. Cultures in which one’s place and relationship to the family and society are considered before one’s individual needs or interests can be met.

**Combs**, **Gene**. Evanston, Illinois, based *narrative therapist* and trainer; co-author with Jill Freedman of *narrative therapy*.

**comfort**. Avoiding pain or stress: One of *Kfir*’s personality priorities. It has a similar meaning to what *Satir* calls the *irrelevant* stance.

communication stances. *Satir*’s concept of stress positions that she refers to as *blaming*, *placating*, *super-reasonable*, and *irrelevant*. *Congruence* is the antidote to the stress stances. Also see *personality priorities*.

**communication theory**. An understanding of relationships based on verbal and nonverbal interactions.

**communication training**. Used by family practitioners in models ranging from *Satir* to *cognitive-behavioral therapy*, effective communication includes congruent expression of thoughts and feelings, listening to and acknowledging the messages of others, giving clear directives and polite requests, setting clear and reasonable limits and expectations, and using *I-statements* in relation to personal and family needs.

**community feeling**. Being concerned about the well-being of others; *altruism*; Adler’s term for mental health in individuals and families. The umbrella term for which *social interest* is the action line.

**complaint-oriented stories**. *Solution-focused therapists*’ description of presenting problems in individual and family counseling and therapy.

**complementary relationships**. Different qualities or entities that fit together and enhance one another.

**complementary sequence**. *Structural family therapists* use this term to describe an automatic exchange of opposite kinds of behaviors (for example, father’s anger leads to an asthma attack in the daughter); such complementary sequences signal problems in the power balance of the family.

**compliments**. Used by *solution-focused therapists*; to be effective, compliments come from a genuine appreciation of what the clients have done or have achieved. Questions of surprise and delight often are used to convey a compliment: “Wow! You really did that well. How did you do that?” Such compliments focus on strengths and direct family members toward successful interactions and interventions: solutions that already work.

**conscience**. A part of the *superego* that contains our sense of self when we are behaving or acting badly; this part of the *superego* is often associated with feelings of guilt or remorse. Some accidents (stumbling, falling, and mildly hurting oneself) are often interpreted as the person’ conscience rendering punishment for bad behavior.

**confidentiality**. The ethical obligation of counselors, therapists, social workers, and psychologists to protect the identities, communications, and privacy of clients, an obligation that is more difficult to maintain when the practitioner is engaged in family therapy with multiple members.

**conflict induction**. In structural family therapy, a technique of introducing a conflict during therapy when the family is engaged in conflict avoidance, and the therapist wants to help the family learn to manage and resolve conflicts.

**congruence**. The ability to communicate clearly and effectively what one thinks and feels in a manner that is appropriate to the context in which the communication is offered. Congruence is similar to *emotional honesty*.

**conjoint family therapy**. The first name that *Satir* initially gave to her family therapy process. The model was co-developed with *Don Jackson*.

**consciousness-raising**. A *feminist therapy* intervention, usually performed in groups, that allows women or men to talk with each other about what it means to them to have their *gender* identities impacted by *patriarchy* and other sociopolitical positions in society.

**consequential emotions**. The feelings that result from irrational thoughts or *beliefs* or distortions in cognitive *schema*. The *C* in Ellis’ A-B-C theory of personality.

**constructivism**. A perspectivist model based on the subjective construction of various (multiple) realities. Reality is created through interactions with one’s environment rather than having an independent, objective existence outside of the person perceiving it. Also see *social constructionism*.

**contact**. The way in which people interact with self, each other, and the environment; central to *Gestalt* and *experiential therapies*.

**contempt**. Devaluing another; approaching the other as unworthy; one of the Gottmans’ *four horseman of the apocalypse*, a predictor of the end of a marriage.

**context**. The situation, environment, or location in which events take place.

**contextual family therapy**. *Boszormenyi-Nagy* and *Spark*’s model of relational therapy.

**contingency contracts**. A behavioral agreement between family members that involves an exchange of rewards for desired behaviors.

**continuous reinforcement**. The application of a reinforcing *stimulus* every time a desired behavior occurs.

**control**. To gain power over others when power over a situation is failing; the second goal of adults faced with misbehaving children. One of *Kfir*’s personality priorities, it denotes efforts to keep life contained, especially emotions. It has a similar meaning to what *Satir* calls the *super-reasonable* stance.

**coping questions**. When situations are really difficult and overwhelming, *solution-focused therapists* will use coping questions: "WOW! With so much happening to you all at once, where do you get the courage to keep going?" or "How did you manage to keep things from getting worse?" or "How did you manage to get here today to see me?"

**core competencies**. A list of performance expectations for the helping professions. *AAMFT* and *IAMFC* both provide lists of core competencies for family counselors and therapists.

**counter-paradox**. Originated by the *Milan strategic therapists*, a counter-paradox is a directive that intends an interruption of the paradoxical family processes that keep and maintain a given problem. For example, if the family process is seen as designed to maintain a depressed individual, a counter-paradox would be for the family *to not change*.

**counter-transference**. A term that originated in *psychoanalysis*, referring to the personal or distorted feelings that arise in the counselor or therapist for the client. In family therapy, counter-transference occurs when emotional reactions are triggered due to the practitioner re-experiencing *family-of-origin* issues.

**courage**. Facing up to one’s fears; moving ahead in spite of fears.

**courage to be imperfect**. This is a phrase coined by Sofie Lazersfeld and used extensively by *Rudolf Dreikurs* and other *Adlerians*. This kind of courage comes from accepting ourselves as human beings who are not perfect and who make mistakes.

**critical-evaluation model**. Kitchener’s model of ethical decision making, based on the ethical principles of *autonomy*, *beneficence*, *nonmaleficence*,and *justice*.

**criticism.** Negatively evaluating and commenting on another; one of the Gottmans’ *four horseman of the apocalypse*, a predictor of the end of a marriage.

**cross-generation coalitions**. A multigenerational alliance that stands in opposition to a third member of the family.

**cuing**. A behavioral stimulus that initiates a behavior; for example, a family sitting down to dinner (the cue) may initiate a pleasant conversation or conflict among family members.

**cultural competence**. Sensitivity to and familiarity with multiple cultures and worldviews.

cultural feminists. *Feminist therapists* who believe that therapy could be an avenue for infusing society with women’s values, including *altruism*, cooperation, and connectedness. They note that oppression includes the devaluing of women’s strengths and that all people need a world that is more nurturing and relationally based.

**cultural sensitivity**. An awareness of cultural issues in families and a willingness to make these issues a central part of family practice, including an understanding of different values and beliefs, different levels of acculturation experiences, and the need to consider the marginalization, discrimination, and oppression of some cultures by the dominant culture.

**culture**. Shared experiences, language, and ways of being based on ethnicity, nationality, gender, age, ability, *sexual/affectional orientation*, and/or location.

**cybernetics**. How control processes work in systems, including the assessment and application of *positive* and *negative feedback loops*.

**Dattilio**, **Frank**. The foremost *cognitive-behavioral family therapist* practicing today.

**Davis**, **Sean D**. Professor and researcher at Alliant International University; Director of AIU’s Marriage and Family Therapy Program; co-author of *Common Factors in Couple and Family Therapy.*

**decentered position**. *Michael White*’s term for *narrative therapists* when they put themselves in a *not-knowing*, curious position that approaches the *client-as-expert*.

**DeClaire**, **Joan**. Co-author with John Gottman of *The Heart of Parenting*. Their work with children focuses on *emotion coaching*.

**deconstruction**. The breaking down of meaning or events in a manner that allows them to be re-examined: In *narrative therapy*, deconstruction often precedes the creation of space in which new meanings can be constructed.

**defense mechanism of the ego**. The defenses that the person uses to protect a sense of wholeness and psychological wellbeing, to protect the self.

**defensive communication patterns**. *Satir* identifies *blaming*, *placating*, *super-reasonable*, and *irrelevant* as defensive communication patterns.

**defensiveness**. Verbally and emotionally protecting oneself from the negative feelings or experiences of another; one of the Gottmans’ *four horseman of the apocalypse*, a predictor of the end of a marriage.

**definitional ceremonies**. Based on the work of Barbara Meyerhoff and developed as a therapeutic process by *Michael White* for *narrative therapy*, definitional ceremonies call a community audience together to witness the telling of a story by an individual or family; to participate in a re-telling (or *thickening*) of the story; and to witness again the re-telling of the re-telling of the story.

**demand**. *Baumrind*’s word for rules, requirements, order, and expectations in families.

**democratic childrearing**. *Dreikurs*’ description of effective parenting based on a leadership model that uses encouragement and natural and logical consequences, similar to *authoritative-responsive* parenting.

demonstration of adequacy. The first goal of adults faced with raising children who sometimes misbehave.

**demonstration of inadequacy (assumed disability)**. *Dreikurs*’ fourth goal of children’s misbehavior. A goal that invites a parental response of despair. Also, the fourth goal of *neglectful* adults faced with misbehaving children.

**denial of reality**. An early *defense mechanism* common in the *oral stage*.

**de-pathologize**. *Feminist therapists* reframe pathology in relation to the experiences people have within a dominant culture and take away the stigma of pathology from normal reactions to dehumanizing life experiences.

**depressive position**.*Melanie Klein*’s second phase of development, starting around 5 months of age, in which the child’s ego is increasingly able to relate to whole, external objects rather than *part objects*.

**Derks**, **Jim**. Early colleague of *Steve de Shazer*, *Insoo Kim Berg*, and *Eve Lipchik* at the *Brief Family Therapy Center in Milwaukee*, *Wisconsin*.

**desensitization (or systematic desensitization)**. A counter-conditioning process used by behaviorists to help people overcome fears, phobias, and anxiety.

**de Shazer**, **Steve**. The founder and co-developer of *solution-focused therapy*.

**detriangulation**. *Bowen*’s process for removing oneself from a negative emotional triadic relationship.

**development**. How individuals and families grow and change over time, including the challenges facing individuals and families at different points in life. A prominent family developmental model is called the *family life cycle*; one of the *metaframeworks*.

**Dewey**, **John**. An American philosopher, psychologist, and educator who provided the foundational thinking for the democratic education and rearing of children.

**dichotomous thinking**. A type of cognitive distortion: classifying experiences as all or nothing, always or never, complete success or failure, totally good or totally bad, absolutely right or absolutely wrong. This kind of polarization is evident when one spouse says, “I wish you would have picked up some ice cream when you went shopping,” and the other spouse thinks, “Nothing I ever do is good enough.”

**Dickerson**, **Vicki**. Created *Bay Area Family Therapy Training Associates*, a *narrative therapy* center in San Francisco, California; co-author of *If Problems Talked*.

**differentiation of self**. *Bowen*’s term for a functional human being who is able to use reason to overcome *emotional reactivity* and is able to remain calm and observant in an emotionally charged family atmosphere.

**Dinkmeyer**, **Don C**. An *Adlerian therapist* who wrote with *Rudolf Dreikurs* and who joined with *Gary McKay* and his son, *Don Dinkmeyer*, *Jr*., in merging Adlerian childrearing principles and *parent effectiveness training* in the development of *Systematic Training for Effective Parenting* (STEP).

**Dinkmeyer**, **Jr**., **Don C**. An *Adlerian therapist* who co-authored with his father, *Don C. Dinkmeyer*,and *Gary McKay* the parent training program called *STEP*.

**directives**. Interventions used by structural, strategic, and brief therapists to assess or change systemic family processes or to interrupt problem-maintaining behaviors.

**discouraged**. *Adler*’s and *Dreikurs*’ word for adults and children who had lost a sense of value and connectedness with others and were acting in problematic or symptomatic ways.

**disengaged/disengagement**. Withdrawal and psychological isolation. *Structural* and *strategic* *therapists* believe that disengagement results from rigid boundaries established by individuals or subsystems (often while allowing more diffuse boundaries for the system as a whole). Disengaging family systems promote individuation at the expense of bonding, intimacy, support, and loyalty.

**distracting**. Another word for *Satir*’s *irrelevant* stance.

**Dobson**, **James**. An ultra-conservative, Christian promoter of “family values,” and the author of several books and newspaper columns on parenting that include support for spanking and other aversive interventions.

**Dolan**, **Yvonne**. *Solution-focused* *therapist* and author whose work addresses sexual abuse; co-author with *Steve de Shazer* of *More Than Miracles* (2007).

**dominant culture**. That culture or aspect(s) of culture which are privileged in any given society. In the United States, the dominant culture is white, male, heterosexual, Christian, young adult, abled, and rich.

**dominant family story (or narrative)**. From *narrative therapy*, the story or narrative in which the family is stuck. Dominant family stories carry immense power and are often *problem-saturated stories*.

**dominant knowledge-position**. *Michel Foucault*’s belief that knowledge is power and that certain knowledge-positions gain power and work to reinforce themselves and eliminate or minimize alternative *knowledge positions*.

**double bind**. The experience of being locked in a significant relationship, characterized by contradictory messages and from which neither escape nor comment is possible.

**downward arrow technique**. Used by *cognitive-behavioral family therapists* to develop a cognitive map that leads from *automatic thoughts* to *cognitive distortions* to underlying core beliefs in the individual’s private *schema*.

**Dreikurs**, **Rudolf**. A child psychologist and family counselor who developed a systematic approach to *Adlerian therapy*.

**drive**. In psychoanalysis, another word for *instinct*: A biological process that has an origin, impetus, and aim (tension reduction).

**dual relationships**. A situation in which a helping professional is seeing a client or family and also has another kind of relationship or contract with the client(s): Sexual or romantic relationships with clients are always harmful dual relationships, but purchasing products or services from a client may or may not be a harmful dual relationship.

**Duhl**, **Bunny**. A family therapist who focused on metaphor and sculpting—and was closely associated with *Virginia Satir*. She was one of the original founders and co-directors of the *Boston Family Institute*.

**Duhl**, **Fred**. A family therapist who was one of the original founders and co-directors of the *Boston Family Institute*. With *David Kantor*, his scholarship contributed to the development of the field of family therapy.

**Dulwich Centre in Adelaide**, **South Australia**. *Michael* and *Cheryl White*’s training center for *narrative therapy*.

**dyadic models**. Therapeutic processes that focus on the relationship of any two people, as in couples therapy. Dyadic models seek to understand relationships based on an assessment of the interactional processes that characterize those relationships.

**dyads**. Any two people or entities in a relationship.

**dysfunctional**. An evaluative term used in multiple systemic models to indicate non-functional or non-productive structures, interactions, or behaviors.

**early recollections**. *Adler*’s use of early memories as individual projective tests that reveal the client’s *phenomenological* world.

**ecostructural model**. The *structural family therapy* approach developed by *Harry Aponte*. Focuses on the influences that macro-systems have on families and attempts to engage other social resources in aiding the family.

**efficacy research**.Research that aims to demonstrate the effectiveness of models or approaches in the delivery of services to clients.

**egalitarian relationships**. A relationship between equals and expressed in collaborative processes.

**ego**. In psychoanalysis, the ego is the executor of the will; it is the part of the psyche in charge of balancing the desires of the *id* with the restraints of the *superego*.

**ego-ideal**. The part of the *superego* that contains a sense of who the person is when they are behaving and acting well; the ego-ideal is associated with the feeling of pride, and it guides the individual in positive directions.

**electra complex**.Carl Jung’s term for the female *oedipal period* in which the girl *represses* love feelings for her father for fear of losing her mother’s love.

**Ellis**, **Albert**. The founder and developer of *rational-emotive behavior therapy*.

**embedded messages**. *de Shazer* used embedded messages within the directives of *paradoxical interventions*. In essence, his directives would join with what the family was already doing, but would use pauses to emphasize doing something different.

**embeddedness**. The third stage of a *feminist identity development model* in which women endorse the value of women in general and seek women friends and colleagues. They may reject men as representing the dominant group that has oppressed them. They are female-focused, and they begin to identify with a “feminist culture.”

**emotional cutoff**. *Bowen*’s term for fearing and rejecting emotional attachment; the other end of the continuum from *emotional fusion*; indicative of a lack of *differentiation*.

**emotional fusion**. *Bowen*’s term for excessive emotional involvement or connections: A contamination and blurring of psychological boundaries. The other end of the continuum from *emotional cutoff*; indicative of a lack of *differentiation*.

**emotional honesty**. *Satir*’s description of a communication in which the speaker’s words and feelings match and are *congruent*.

**emotional reactivity**. *Bowen*’s term for automatic emotional responses that were learned in old experiences with one’s family-of-origin and are triggered in the present by similar people or circumstances.

**emotional tracking**. Also see *tracking*: used by *object relations family therapists* to mean the following and uncovering of emotional content in often hidden from but present in individual family members.

**emotion coaching**. *John Gottman*’s term for parenting that involves teaching young children the language of emotions and then listening for, acknowledging, and reflecting the feelings that arise in their children’s lives. Paying attention to the emotions of hurt and anger are considered especially important.

**Emotion-focused therapy.** A model developed by Les Greenberg and Susan Johnson.

**Emotion-focuses therapy with couples**. A model based on the application of *attachment* theory to couples counseling developed by Susan Johnson.

**empowerment**. Interventions designed to help clients feel in charge of their own lives. A process central to the work of Adlerians, Satir, and feminists.

**enactments**. A *structural family therapy* directive to engage in a set of behaviors or interactions that will allow the therapist either to assess family process or work on restructuring or re-aligning the family.

**encouragement**. To build courage in others; to have faith in people and be able to communicate that faith in them.

**enmeshed/enmeshment**. A family structure characterized by diffuse internal boundaries with one or more family members being *emotionally reactive*, overly concerned, and overly involved in other members’ lives. Paradoxically, enmeshed families are often *closed systems* in relation to other systems.

**Enns**, **Carolyn**. A feminist family scholar who has helped to define the continuum of *feminist therapy*.

**entropy**. A *systems theory* concept that suggests that change in the order of things will move toward greater disorder, randomness, and a loss of distinctive states of being.

**epistemology**. The study of knowledge; also used by *Bateson* to indicate worldview or beliefs.

**Epston**, **David**. A founder and developer of *narrative therapy*. Living in New Zealand, he is a collaborator with *Michael White* from Australia.

**equifinality**. A complex system’s ability to reach a specific goal in many ways and from many different directions.

**equilibrium**. A steady state of a system held in balance. Similar to *homeostasis*.

**equipotentiality**. A *systems theory* concept that suggests different outcomes can result from similar origins.

**Erickson**, **Milton H**. A psychiatrist specializing in medical *hypnosis* and family therapy, he was the founding president of the American Society for Clinical Hypnosis and was a major influence on *strategic family therapists*, especially *Jay Haley*. His influence can also be found in the work of some *solution-focused therapists* and some *Satir* *therapists* too.

**Erikson**, **Erik**. A Freudian psychologist who projected Freud’s developmental model into adolescents and young adulthood.

**ethnicity**. Groups who share values and customs based on common ancestry.

**evidence-based practice**. Therapy approaches that are supported by *efficacy research*.

**evolving a crisis**. *Whitaker*’s term for escalating a crisis beyond what even the family is prepared to handle. If a kind of meta-event with the power of a psychological orgasm occurs within the therapy session, then stimulating it—to evolve into a full-blown crisis—is one way to release the family into a greater sense of becoming.

**exception questions**. Questions asked by *solution-focused* or *solution-oriented* *therapists* about times or events that are different from normal occurrences in clients’ lives.

**existentialism**. A philosophy of existence that stresses freedom, authenticity, and responsibility in the face of anxiety and chaos.

**exosystem**.The impact on the child’s development that results from a link between environmental systems that do not directly involve the child or person. Example: Mother gets a promotion at work and is not at home as much; dad decides to quit working and be a stay-at-home parent. The child is affected by the mother’s promotion and the father’s termination of employment.

**experience**. What individuals or families do or what happens to them; central to *Satir*’s model and to *Gestalt therapy*.

**experiential therapy**. A term often applied to *Satir*’s *human validation process model* and *Whitaker*’s *symbolic experiential model*. It is also applicable to *Gestalt therapy* and other models with individuals and families that emphasize experience and change rather than teaching or reorganization.

**experiment**. Trying something out; one form of *experience*; central to *Gestalt therapy*.

extended family. Family members beyond the *nuclear family*, including aunts, uncles, cousins, grandparents, etc.

**externalization**. A *narrative therapy* intervention designed to name problems and locate them as outside agents working on individuals or families.

**external resources**. *Satir*’s concept of outside agencies or agents, perhaps including counselors, therapists, or family practitioners, who offer help to people in need.

**extinction**. Eliminating the reinforcement of a behavior so that it gradually ends.

**facilitating change**. Generally the last phase of a family therapy process in which the therapist—having *formed a relationship* with the family, conducted a *family assessment*, and offered a *hypothesis* about family process—intervenes in a variety of ways designed to support needed or desired change in the family system.

**Fairbairn**, **W**. **R**. **D**. An object relations theorist from England.

**family assessment**. Generally the first or second phase of a family therapy process in which the therapist attempts to understand the dynamics of the family through observation, engagement or *enactments*, *genograms*, or formal testing.

family atmosphere. An Adlerian description of the mood, feeling, or human climate maintained in the family.

**family constellation**. Adler’s term for family system. Toman’s name for birth order descriptions: It is Toman’s model that was incorporated by *Bowen* in *multigenerational family therapy*.

**family games**. The term the *Milan strategic therapists* used for dysfunctional family patterns.

**family group therapy**. Developed by John Elderkin Bell at Clark University in Massachusetts.

**family hierarchy**. A *structural family therapy* concept that addresses how the leadership and power in the family is organized. It also addresses decision making in families.

**family homeostasis**. Keeping the family the same; also, the tendency of families to resist change in an effort to keep things the same.

**family lifecycle**. Developmental stages in a family’s life as proposed by *Betty Carter* and *Monica McGoldrick*, and often used as a foundation for *Bowen family therapy*. The original family life cycle began when an individual separated from her or his family, then entered into marriage, had children, grew older, entered retirement, and finally faced death.

**family life-fact chronologies**. *Satir*’s process for relating multigenerational family life and experiences to an individual-in-focus, as well as to historical events.

**family mapping**. *Satir*’s process for drawing the structural-emotional relationships in a family. *Satir*’s process is similar to *genogram* work except that she did not like to differentiate gender in her diagrams or limit people to single roles within families. Family mapping is also a process used by *structural family therapists* with a slightly different focus than the ones used by *Satir* or in genograms: *Minuchin* uses them to diagram family organization and process as they revolve around the *presenting problem*.

**family myths**. Family stories that are shared by all, but that are also distortions of history and reality.

**family-of-origin**. The original *nuclear family* of adults, including parents and *siblings*.

**family-of-origin therapy**. Another name for *Bowen*’s *multigenerational family therapy*.

**family projection process**. *Bowen*’s term for the processes by which parents pass along to their children similar levels of *differentiation of self*. Because the emotional functioning of the parents often is projected onto the children, this process explains how children become symptom-bearers. The *family projection process* also can refer to more-benign roles, values, and attributes being passed along to the next generation.

**family reconstruction**. *Satir*’s psychodramatic process for recreating early family-of-origin experiences and transforming them so that individuals can see them with adult eyes and experience them in a new way. This process is designed to help individuals, especially family practitioners, gain the perspective that *Bowen* associates with a strong *differentiation of self*.

**family rituals**. Repeated patterns or performances within families that serve to acknowledge or celebrate given events or passages. As used within the *Milan model*, a family ritual is a prescribed performance designed to change *family rules*.

**family roles**. The activities and functions assumed by each member of the family.

**family rules**. The directives, stated or implied, that govern how family members, behave, experience, feel, interact, and communicate.

**family rule transformation**. *Satir* believed that *family rules* developed as a way to bring order to systemic processes, but that such rules often were communicated in impossible forms (always or never) and as lacking choice (must be done or have to be done). Her transformation process helped people to reconsider family rules in a way that added choice and possibilities.

**family sculpting**. Arranging the family members in physical postures that represent how each person feels and the relationship that each has to the others.

**family secrets**. Knowledge, beliefs, or attitudes held by one or more family members privately and kept from others; or a secret that the whole family holds against outsiders and may pass on from one generation to the next.

**family structure**. The organization of the family in terms of interactional patterns.

**family system**. The family as an organized whole, including the way the various parts of the family function together.

**family triads**. Any arrangement of family members in groupings of three.

**family values**. Therapeutically, values on which both parents agree; also a term used by social conservatives (see *James Dobson*) to indicate traditional or fundamentalist beliefs and actions.

**feedback loops**. From *cybernetics*, the flow of information within a system such that what is given out is processed and returned in a manner that maintains the system (*negative feedback loop*) or indicates a need for change in the system (*positive feedback loop*).

**Felder**, **Richard**. A colleague in the Atlanta practice of *Carl Whitaker*, *Gus Napier*, and *John Warkentin*.

**feminism**. A way of being in which women’s perspectives and voices are valued, the *personal is seen as political*,and *egalitarian*, *culturally sensitive* models are promoted. Feminists believe in social, political, and financial equality; they challenge *patriarchy* and *dominant culture positions*.

**feminist critique**. Feminists in family therapy who challenged the idea that normal families and family structures were good for women as partners in marriage with men or as mothers. Feminists also challenged the male-dominated approaches to family therapy that often supported men at the cost of women.

**feminist ethical decision-making model**. An ethical decision-making model proposed by *feminist therapists* that makes use of *participatory ethics*.

**feminist family therapy**. *Feminist* therapy applied to families. Major contributors to this model include, among others, *Thelma Jean Goodrich*, *Rachel T. Hare-Mustin*, and *Louise B. Silverstein*.

**feminist identity development model**. How women grow and develop into a full consciousness of who they are as women. One model includes five stages: (1) *passive acceptance*, (2) *revelation*, (3) *embeddedness*, (4) *synthesis*, and (5) *active commitment*.

**feminist therapy and feminist therapists**. A therapeutic approach that values women’s voices and perspectives, and advocates for changes in patriarchal processes that affect both genders. A major contributor to this model is *Laura Brown*.

**fidelity**. From *principle ethics:* faithfulness, trust, confidentiality, keeping one’s word.

**first-order change**. Changes within a system that do not change the basic organization of the system itself; changes that are temporary or superficial.

**first-order cybernetics**. The belief that an outside agent, such as a counselor or therapist, can observe and make changes in the system while remaining independent of the system.

Fisch, Richard. Co-author of *The Tactics of Change*, a leading theorist at the *Mental Research Institute* (MRI)

**Fishman**, **Charles**. A structural family therapist who wrote *Intensive Structural Therapy* in 1993.

**Fogarty**, **Thomas**. A *Bowen* scholar and therapist.

**foreign element**. The introduction of a significant difference that interrupts personal or family routines. *Satir*’s second phase in the *process of change*.

**Forgatch**, **Marion**. A colleague of *Gerald Patterson* at the University of Oregon who co-authored papers on *functional family therapy*.

**forming a relationship**. The formal designation of the first stage of *Adlerian therapy*—and, in general, it is also the informal stage of almost all other family therapy approaches.

**formula first-session task**. At the end of the first session, *solution-focused therapists* ask families to think about what they do that they want to keep doing (or retain) as they move forward. The formula first-session task is designed to focus on family strengths and support the development of solutions.

**formula tasks**. Assignments given to many families, regardless of their situations, to focus them on the future, on solutions, and on improvement.

**Foucault**, **Michel**. French philosopher and social scientist who gave us the concepts of *dominant culture* or *dominant knowledge positions*—and their *deconstruction*. A major influence on *postmodern* thinking and the *narrative therapy* of *Michael White* and *David Epston*.

**Four Horseman of the Apocalypse.** Gottman’s term for Criticism, Contempt, Stonewalling, and Defensiveness, the four attitude/stances that predict the end of a marriage.

**Framo**, **James**. A psychoanalytically trained family therapy pioneer who worked with multiple generations of families and who spent some time with *Ivan Boszormenyi-Nagy* before moving his practice and teaching to southern California.

**Freedman**, **Jill**. Evanston, Illinois, based *narrative therapist* and trainer; co-author with Gene Combs of *narrative therapy.*

**Freeman**, **Arthur**. A *cognitive therapist* with close ties to *Adlerian therapy*.

**Freud**, **Sigmund**. The father of modern psychology and psychotherapy. The originator of psychoanalysis.

**Friedan**, **Betty**. Author of *The Feminine Mystique*, the book that launched the second wave of *feminism* in the United States.

**function**. Used by *strategic family therapists* to indicate role, purpose, or use within a family.

**functional**. An evaluative term used in multiple systemic models to indicate productive or healthy family structures, interactions, or behaviors.

**functional analysis of behavior**. An assessment of specific behaviors to determine what is *cuing* them and what is *reinforcing* them. In *cognitive-behavioral family therapy*, it is an analysis of both prior and current learning experiences that contribute to current client issues.

functional family therapy. A behavioral model for functional families associated with *James Alexander*.

**function of symptoms**. The idea that symptoms are not simply possessed, but rather that they serve some purpose or function in the family.

**fusion**. See *emotional fusion*.

**Garcia-Preto**, **Nydia**. Co-author of *The Family Life Cycle*.

**gay**. Men who have a *sexual/affectional orientation* for other men.

**gender**. A consideration of different perspectives brought to life experience by each sex; one of the *metaframeworks*.

**gender-awareness**. A consciousness of gender issues in life and family therapy.

**gender-role socialization and power analysis**. How individual women and men learn to behave in stereotypic ways based on gender. As used in *feminist family therapy*, the assessment includes a consideration of how *power* is distributed within accepted roles.

**gender sensitivity**. An awareness of gender issues in families and a willingness to make these issues a central part of family practice, including an understanding of *patriarchy*, differential socialization processes, and the need to have both women and men choose voices and roles different from those prescribed by the dominant culture.

**general systems theory**. Developed by *Ludwig von Bertalanffy*, general systems theory is a biological model of living systems that maintain themselves in specific environments through continuous input and output. *Bateson* adapted general systems theory to his work at the *Mental Research Institute*.

**genital stage**. Freud’s fourth stage of child development, starting around puberty and assuming the other stages have been resolved, the child is able to engage in *normal* male-female\* relationships (\*Freud did not think *gay* or *lesbian* relationships were "normal.")

**genograms**. Formal, structural maps formalized and developed by *Monica McGoldrick* and *Randy Gerson*, (their book is currently co-authored with Sueli Petry) that are used to describe families over several generations and that code the emotional/affective and transactional relationships that exist in families.

**Genograms of Couples & Family Counseling**. A set of maps developed by James Bitter that delineates the relationships and connections between and among the people who contributed models to the fields of family counseling and family therapy.

**Gerber**, **Jane**. A Satir scholar and trainer.

**Gergen**, **Kenneth**. Author of *The Saturated Self* and *Relational Being*, he is a leading social philosopher and psychologist in the development of *postmodern*, *social constructionism*.

**Gerson**, **Randy**. Co-author with *Monica McGoldrick* and *Sueli Petry* of *Genograms: Assessment and Intervention*.

**Gestalt therapy**. Based on the holistic psychology of Kohler and Wertheimer, and developed in the United States by *Fritz Perls*, his colleagues, and associates, Gestalt therapy focuses on the here-and-now and the development of awareness and contact through experiments.

**getting**. Going after what someone wants without regard for ownership or appropriateness. Bitter’s first supplemental goal to *Dreikurs*’ model for children’s misbehavior.

**Gilligan**, **Carol**. Author of *In a Different Voice* in 1982, she proposed an alternate moral development (to Kohlberg’s) for women.

**Ginott**, **Haim**. Author of parenting books *Between Parent and Child* and *Between Parent and Teenager*, his work on communication with children is the foundation for *Gottman*’s approach to *emotion coaching*.

**Gladding**, **S**. **T**. Author of *Family Therapy: History*, *Theory*, *and Practice.*

**Goldenberg**, **Herbert and Irene**. Co-authors of *Family Therapy: An Overview*.

**Gomori**, **Maria**. A *Satir* scholar and trainer.

**good enough mother**.*Winnicott*’s description of the person a child needs for adequate attachment. This good-enough mother is not perfect: She makes mistakes. Her general approach, however, is to initially give herself over to care of the infant. As the child grows, she adapts to the infant’s needs. The child is central to her life. As the child matures, she slowly reclaims her own independence. **Goodrich**, **Thelma Jean**. A *feminist family therapist* and co-author with *Louise Silverstein* of *Feminist Family Therapy: Empowerment in Social Context*.

Goolishian, Harold. A colleague of *Harlene Anderson* who developed a *linguistic* approach to family therapy that featured the adoption by therapists of *a not-knowing position* and a privileging of *clients-as-expert*.

**Gordon**, **Thomas**. A student of the late *Carl Rogers*, he wrote and developed a training model for *Parent Effectiveness Training*.

**Gottman**, **John**. A researcher from the University of Washington and the Gottman Institute known for his longitudinal studies of couples and families; he is the author of *The Marriage Clinic* and *The Heart of Parenting* (with Joan DeClaire). His work with children focuses on *emotion coaching*.

**Gottman, Julie**. Scholar, collaborator, and spouse of John Gottman and a trainer at the Gottman Institute in Seattle, Washington.

**Grey**, **Loren**. An *Adlerian* and co-author with *Rudolf Dreikurs* of *Logical Consequences*.

**Guerin**, **Phillip**. A *Bowen* scholar and therapist.

**Guerney**, **Jr**., **Bernard G**. An early associate of *Salvador Minuchin*.

**Haley**, **Jay**. Founder and co-developer of the Washington School of Strategic Family Therapy.

**“hanging hats**.**”** A process developed by *Satir* to help family practitioners clear their minds and hearts so that they can be present with clients. The process is an aid to counselors and therapists in dealing with *family-of-origin* issues and *counter-transference*.

**Hare-Mustin**, **Rachel T**. A *feminist family therapist*; one of the first to promote *gender-awareness* in family therapy.

**Hawes**, **Clair**. An Adlerian couples andfamily therapist who co-developed *Adlerian brief therapy*.

**healthy**. An evaluative term used to suggest useful and effective structures, interactions, feelings, or behaviors.

**Hendrix, Harville.** Together with his partner, Helen LaKelley Hunt, the developer of Imago therapy with couples.

**here and now**. Humanistic language for the present or immediate experience.

**hermeneutics**. Methods of assessing stories or human experiences through interpretations of meaning.

**heterosexism**. The discrimination and oppression of *lesbian*, *gay*, *bisexual*, and *transgendered* (LGBT) individuals; the privileges associated with and the assumption of normalcy for heterosexuals.

**hierarchy**. See *family hierarchy*.

**Hoffman**, **Lynn**. Family therapist, social worker, and author of foundational articles and books in family systems therapy, she started her career with *Jay Haley* and *strategic family therapy* and evolved into a leading spokesperson for *postmodern*, *social constructionist* approaches.

**holding space**. A place of attachment and safety, often between the mother and child in *object relations theory*, but also between the therapist and the family in *object relations family therapy*—with the goal of creating it in therapy between the family members.

**holism**. A term developed by *Jan Smuts*, meaning an understanding of human behavior, patterns, and processes within the social contexts and interactions that support them: The goal is to understand the whole of *experience* rather than break it down into analyzed parts.

**homeostasis**. A steady state characterized by balance; a state of equilibrium.

**homework**. Homework is an out-of-session assignment that may include *bibliotherapy*, *self-monitoring*, behavioral task assignments, and activity scheduling, all important as effective methods to support changes within families.

**humanism**. A therapeutic approach that centralizes in therapy care for and connection with human beings. A description of self that is preferred by *Virginia Satir*.

**human mandala**.A term and process developed by *Virginia Satir* to help counselors look at multiple levels of individuals within families.

**human validation process model**. *Satir*’s final description of her therapeutic model.

**Hunt, Helen LaKelley.** Together with her partner Harville Hendrix, the developer of Imago therapy with couples.

**hypnosis**. A form of indirect influence accomplished when the client is receptive to therapist suggestions; the most referenced form in family therapy is Ericksonian hypnosis, based on the work of *Milton H. Erickson*.

**hypothesizing** (shared meaning).The process in systems therapy of forming a guess about the clinical issues, family dynamics, or motivations for individual behaviors or interactions presented in family treatment. Often associated with the *Milan* group of *strategic family therapists* and *Adlerian family therapy*.

**IAMFC**. Abbreviation for International Association of Marriage and Family Counselors, a division of the American Counseling Association (ACA).

**id**. In psychoanalysis, the impulsive gratification-seeking part of the psyche that usually functions according to the *primary process*.

**identification**. A *defense mechanism of the ego* associated with the *phallic stage*; the child identifies with the parent of the same sex and learns to be a man or a woman.

**identified patient (or index person)**. The family member who is symptomatic and carries the problem for the rest of the family.

**Imago Therapy with Couples**. Developed by Harville Hendrix and Helen LaKelley Hunt, this model of couples counseling uses structured conversations (dialogues) to ensure effective communication and dyadic connection.

**Imber-Black**, **Evan**. A family therapist who addressed *family rituals*, *family secrets*, and families within larger systems.

**individualistic cultures**. Cultures or societies that focus on the rights, needs, and responsibilities of the individual independent of the needs of the collective group.

**individual psychology**. *Adler*’s term for his psychology and therapy*.* *Adler* used the term *individual* to focus on the person as an indivisible whole functioning within a specific social context.

**infantile dependence stage**.Fairbairn’s first stage of development, similar to *Bowlby*’s *attachement* stage.

**informed consent**. A document that clients sign acknowledging that they have been informed about the qualifications of the counselor, therapist, or family practitioner; the activities and experiences in which they are about to engage; the definitions and limits, both legal and professional, of confidentiality; and that they are entering into family counseling or therapy voluntarily.

**ingredients of an interaction**.*Virginia**Satir* developed this process to help people reveal the feelings and beliefs about self that were part of every interaction, but often hidden.

**inner system**. The arrangement and use of parts within individuals.

**instinct**. In psychoanalysis, another word for *drive*: A biological process that has an origin, impetus, and aim (tension reduction).

**intellectualization**. A *defense mechanism of the ego* associated with the anal stage: Talking and using high language to mask real feelings; "How do I love thee? Let me count the ways."

**intensifying**. A *structural family therapy* process for changing family interactions by promoting strong emotions or increasing pressure on the system.

**intergenerational family therapy**. Another term for *Bowen*’s *multigenerational family therapy*.

**intermittent reinforcement**. The strongest form of reinforcement in which only some occurrences of a particular behavior are reinforced—generally on a fixed or variable ratio or time interval.

**internal family systems**. A systemic approach to working with the parts of individuals, developed by *Richard Schwartz*; also part of *metaframeworks*.

internal locus of control. The feeling individual’s have when they believe they can direct and take charge of their own lives and the decisions that they make.

**internal resources**. Those parts of clients that are present but underutilized in creating solutions to problems. *Satir* focuses on internal resources when helping individuals and families through the experience of *chaos*. Internal resources also are sought in *Richard Schwartz*’ work with *internal family systems*.

**interpretation**. Giving a specific meaning to an action, experience, event or set of events.

**introducing doubt**. Used by *solution-oriented therapists*, these are questions about the assumptions involved in problem-oriented stories or presentations that challenge such notions as real, permanent, or inevitable. Such doubt has the effect of making space for additional possibilities.

**introjection**. An early *defense mechanism of the ego* in which the attributes of someone else are incorporated whole by the child; it is often associated with Freud's oral stage.

**invariant intervention**. An intervention developed by *Maria Selvini Palazzoli* that directs parents to go on a date together without informing, checking on, or taking the children. For many years, *Palazzoli* experimented with giving this prescription to every family she saw.

**I-position**. In *multigenerational family therapy*, the I-position is related to *Bowen*’s *differentiation of self*   : It is the ability of an individual to state a position that reflects his or her thinking and personal stance in the face of emotional pressure to be what the family wants the person to be.

**irrational beliefs**. See *beliefs.*

**irrelevant**. *Satir*’s defensive communication stance, involving distracting, changing the subject, or avoiding pain or stress through side-tracking or denial of reality. It has a similar meaning to what *Kfir* calls the priority of *comfort*.

**I-statements**. Individual declarations (or statements) that start with the word “I,” indicating that the speaker is taking ownership of both the content and the feelings included in the statement. Associated with *active listening*, *active parenting*, *STEP*,and *parent effectiveness training*.

**I-thou relationship**. Martin Buber’s description of a real meeting and engagement of two people. This type of relationship is highly prized by *Satir* therapists.

**Jackson**, **Don**. Co-founder and developer of *Mental Research Institute* model of family therapy. Worked with Virginia Satir on the development of *conjoint family therapy* while she was at MRI.

**Jacobson**, **Edith**. An object relations theorist.

**Jacobson**, **Neil**. A behavioral therapist.

**Johnson, Susan**. Scholar and developer of *Emotion-Focused Therapy with Couples*. Her work involves an application of attachment theory for connection and healing within the couple relationship.

**join/joining**. A *structural family therapy* process by which the therapist accepts and accommodates the family or family members to win their confidence and sidestep resistance.

**Jones**, **Mary Cover**. In 1924, following up on John Watson’s experiment with Little Albert, Mary Cover Jones reversed an induced phobia with a little boy named Peter.

***Journal of Marital and Family Therapy***. Professional journal of the American Association for Marriage and Family Therapists (AAMFT).

**Jung**, **Carl**. A contemporary and early colleague of *Sigmund Freud* who developed the concepts of the collective unconscious and psychological archetypes. The focus of his work was often in dream analysis.

**justice**. From *principle ethics*: Implementing fairness to all parties involved; considering the social contexts of lives and challenging and correcting injustice.

**Kantor**, **David**. Together with *Fred Duhl*, he was a major contributor to the development of the field of family therapy.

**Keith**, **David**. A co-therapist with *Whitaker* and a scholar-practitioner of *symbolic-experiential family therapy*.

**Kernberg**, **Otto**. An object relations theorist and psychoanalyst.

**kinesics**. The study of body language.

**Kfir**, **Nira**. An Israeli *Adlerian* therapist who invented personality priorities, a conceptualization similar to *Satir*’s *communication stances*.

**Klein**, **Melanie**. An object relations theorist.

**knowledge-positions**. The conceptualization of positions or stances fused with the epistemology that underlies these positions. *Michel Foucault*believes that certain knowledge-positions tend to become dominant in any society, and they then exist to reinforce themselves and eliminate or minimize alternative knowledge-positions.

**Kohut**, **Heinz**. An object relations theorist.

**Krumboltz**, **John and Helen**. *Cognitive-behavioral therapists* who applied the model to raising children. John Krumboltz is a leading scholar-practitioner who studied with *B. F. Skinner*.

**labeling and mislabeling**. A type of cognitive distortion: Attaching trait labels to self or others for what is essentially a single or small set of incidents, as in making a mistake and declaring oneself stupid or declaring that an adolescent’s desire to watch TV rather than practice the violin as a sign of laziness or indolence.

**latency period**. Part of Freud’s *phallic stage*; after *repression* of sexual desires, children tend to hang out with and learn from same-sex peers until puberty.

**Lazersfeld**, **Sofie**. Originated the concept of the *courage to be imperfect*, used extensively by the Adlerian psychiatrist, *Rudolf Dreikurs*.

**learned helplessness**.*Martin Seligman*’s cognitive-behavioral concept related to depression and helplessness.

**Lebow, Jay L.** Professor and researcher at the Family Institute at Northwestern University; co-author of *Common Factors in Couple and Family Therapy.*

**lens**. Another word for *perspectives* or *metaframeworks* in family practice.

**lesbian**. Women with a *sexual/affectional orientation* for and toward other women.

**lesbian feminists**. *Feminist therapists* who believe that *heterosexism* is at the core of women’s oppression with its insistence on male-female relationships and sexuality, its sexualized and romanticized images of women, and its almost total marginalization of strong women in same-sex relationships.

liberal feminists. *Feminist therapists* who see therapy as a means of empowering the individual woman and helping her to overcome the limits and constraints of *patriarchal* socialization. Personal fulfillment, dignity, and equality were sought as a means of negating male privilege in both social and work environments.

**libido**.Freud’s term for sexual energy.

**Lidz**, **Theodore**. A psychoanalytically trained therapist who worked and taught at Yale University and who focused on fathering practices in families with schizophrenic patients, relieving mothers of their often-blamed position.

**life tasks**. An *Adlerian* concept that designates social relationships, work or occupation, and intimacy as unavoidable tasks for all human beings; used in assessment of individuals and families.

**linear causality**. One-way cause and effect such that the first event in a sequence causes the second or subsequent event without reciprocity.

**linguistic therapy**. A model of individual and family therapy developed by *Harold Goolishian* and *Harlene Anderson* that asks therapists to adopt *a not-knowing position* and that privileges *clients-as-experts*.

**Lipchik**, **Eve**. A clinical social worker who joined the Brief Family Therapy team and helped to develop *solution-focused therapy*. Her scholarship often centers on the relationship of theory to practice with a special emphasis on the epistemology of *solution-focused therapy*.

**Little Albert**.Refers to a case in which *John Watson* created a phobia in a little boy using *classical conditioning* principles.

**Little Hans**. Refers to a case in which *Sigmund Freud* coached a father on how to provide psychological treatment for his son.

**logical consequences**. *Dreikurs*’ term for the creation of a learning consequence by an outside agent (e.g., parent or teacher) when a *natural consequence* will not have a desired effect. Logical consequences address the needs of social situations.

**Lowe**, **Raymond**. An *Adlerian family therapist* who studied with *Rudolf Dreikurs*; for years, he ran a family education center on Saturday mornings at the University of Oregon.

**Luepnitz**, **Deborah Ann**. A *feminist family therapist* and author of *The Family Interpreted: Feminist Theory in Clinical Practice*.

**MacKune-Karrer**, **Betty**. Co-author of *Metaframeworks*.

**macrosystems**.Those systems larger than the individual (e.g., society, religion, culture, etc.) that provide the contexts within which the individual lives and functions—and that impact the development of the individual.

**Madanes**, **Cloe**. Co-developer of the Washington School of Strategic Family Therapy.

**magnification and minimization**. A type of cognitive distortion: Making more or less out of a situation or event than is warranted by the facts; an example is when an adolescent gets Bs on her report card, and her parents declare that she will never get into a good college and that she might as well go to beauty school. Later when the child’s grades have improved, but are not straight As, the parents lament that the additional As didn’t really help her much.

**Mahler**, **Margaret**. An object relations theorist.

**making contact**. *Satir*’s term for the development of a close, nurturing relationship between therapist and clients.

**Malone**, **Thomas**. An early collaborator with *Carl Whitaker*: They wrote *The Roots of Psychotherapy*.

**managed care**. Modern health-care delivery in which third-party payers regulate and control the cost, quality, length, and terms of delivered services, including the regulation and control of family practice.

**marginalized cultures**. Cultures set aside by the dominant culture: In the United States, marginalized cultures are women; children; people of color; the aged; the poor; the disabled; *lesbian*, *gay*, *bisexual*, and *transgendered* individuals; and the non-religious and non-Christian populations.

**mature relational stage**.*Fairbairn*’s final stage in which there is a mutual give and take.

**McGoldrick**, **Monica**. A leading family researcher and *feminist therapist* who developed, among other things, *genograms*, considerations of *culture* and *ethnicity* in family therapy, and the *family life cycle*.

**McKay**, **Gary and Joyce**. *Adlerians*, they co-authored and developed *STEP*.

**McLendon**, **Jean**. A *Satir* scholar and director of the Satir Institute of the Southeast in Chapel Hill, North Carolina.

**Meichenbaum**, **Donald**. A *cognitive-behavioral therapist* who made significant contributions to the practice of behavior modification techniques.

**Mental Research Institute**. A west-coast center in Palo Alto, California, for the training of *brief family therapists* and *strategic family therapy*.

**mesosystem**.Refers to the impact that occurs when *microsystems* interact.

**metacommunication or metamessages**. The idea that every message or communication has both content and a comment that indicates how the content should be received. *Satir* looked at tone of voice and body language as a means of understanding metacommunications. *Strategic family therapists* look at the *directives* implied in communications as the metacommunication.

**metaframeworks**. The development of multiple lenses or perspectives across models in family therapy, including *internal family systems*, *tracking sequences*, *organization*, *development*, *gender*,and *multiculturalism.* This book also adds the *lenses* of a *teleology* and *process*.

**microsystem**.Includes all of the environmental, social, and political groups that directly impact the individual, especially as a child during early development: the family (nuclear and extended), the school, the neighborhood, friends and peers, and sometimes religious affiliations. It can also include the person’s internal biology.

**Milan model of strategic therapy**. A *strategic therapy* model originally based on uses of family *paradox* and *counter-paradox*; developed in Milan, Italy, by *Maria Selvini Palazzoli* and her associates.

**Miller**, **Scott**. A *solution-focused therapist* and author who did extensive work with *Insoo Kim Berg*.

**mimesis**. A form of *accommodation* and *joining* used in *structural family therapy*; the family practitioner mirrors or imitates the family’s style, tempo, and affect.

**mind reading**. A type of cognitive distortion: Another arbitrary inference in which one individual believes that she or he knows what another is thinking or will do—even though nothing has been communicated verbally between the two people. Anytime spouses, parents, or children say they know what other people are going to say or do when they find out about a problem or misdeed, they are engaging in mind reading: It is a guess that more often than not is framed in the negative.

**Minuchin**, **Salvador**. Founder and developer of *structural family therapy*.

**miracle question**. From *solution-focused* and *solution-oriented therapy*, the therapist asks clients to imagine how things would be if they woke up tomorrow and their problems were solved. Used to identify goals and desired solutions. The miracle question is similar to Adler's concept called "The Question."

**mirroring**. Similar to *reflection* in individual therapy, the therapist expresses understanding and acceptance of the family’s or family member’s feeling and content.

**Mitchell**, **Stephen**.Modern object relations theorist; proposes a relational model.

**modeling**. Learning by *reinforcing* behaviors that come closer and closer to matching the behaviors set by a model; a form of learning through observation.

**modernism/modernist**. A belief in essences, independent reality, and the application of *the* scientific method and linear causality to understand life experiences.

**monad**. Any single individual or entity.

**Montalvo**, **Braulio**. An early associate and author with *Salvador Minuchin* in the development of *structural family therapy*.

**morphogenesis**. The tendency of a system to change its structure.

**morphostasis**. The tendency of a system to maintain the same structure.

**motivation**. Goals or purposes that explain and direct current behaviors, feelings, and thoughts.

**motivation modification**. The process in *Adlerian therapy* and *Adlerian brief therapy* of changing individual and family goals so the individual and family development may continue in a functional manner.

**multiculturalism**. Considering and appreciating the perspectives brought to lived experience by different races, *ethnicities*, *cultures*, ages, abilities, *genders*, and *sexual/affectional orientations*; one of the *metaframeworks*.

**multigenerational family therapy**. Another name for *Bowen family therapy*; a family approach that focuses on processes involved in at least three generations of family life.

**multigenerational transmission** **process**. *Bowen*’s term for the process by which poor *differentiation of self* is passed along from generation to generation. Bowen believed that people with similar levels of differentiation tend to marry with children then suffering various psychological problems.

**multiple-choice questions**. Used in *solution-oriented therapy*, questions about the family’s problem(s) with a twist: They suggested that A-B-C answers have embedded within them solutions or directions that are new possibilities for the clients.

**mystery questions**. Questions used in *narrative therapy* to help clients wonder about how their problems got the best of them; a form of *externalization*.

**Napier**, **Gus**. Co-author with *Carl Whitaker* of *The Family Crucible*, and a scholar-practitioner of *symbolic-experiential family therapy*.

**narrative therapy**. A *postmodern*, *social constructionist* therapy developed by *Michael White* and *David Epston* that includes the naming of problems, *externalization*, a search for unique events, and the development of *alternate stories*. This approach works at *thickening* client stories when clients enter therapy with often *thin* (often problem-fused) *descriptions* of themselves.

**natural consequences**. A consequence that automatically follows any given act; what would happen if no one intervened in a given action. *Dreikurs*’ term for a consequence that occurs without outside intervention.

**navel equality**. *Satir*’s term for human equality.

**negative feedback loops**. From *cybernetics*, a *feedback loop* that serves to maintain the system and set predetermined limits on how the flow of information is used.

**negative reinforcement**. Removal or avoidance of an aversive or unpleasant stimulus contingent on performing a desired behavior and resulting in an increase in that behavior.

**negentropy**. The emergence or revelation of a system’s organizational pattern: The opposite or reverse of *entropy*.

**neglectful**. *Baumrind*’s term for parents who are *discouraged* and *disengaged*, who want their children to leave them alone, and who engage in what *Adlerians* call a *demonstration of inadequacy*. Such parenting is characterized by low demand (rules or order) and low responsiveness (in the form of warmth, reciprocity, or attachment).

**neutrality**. The *Milan model*’s term for fair and balanced acceptance of all family members.

**new integration**. What happens after new behaviors, interactions, or processes are practiced and have become part of people and families. The final phase of *Satir*’s *process of change*.

**new possibilities**. New options that arise in people and families when they are able to connect to both *internal* and *external resources* or build on exceptions to the problems faced. The fourth phase of *Satir*’s *process of change*.

**next most interesting question**. A form of questioning in which the previous answer given informs the development of the next question; a process associated with the *linguistic approach* to therapy developed by *Harlene Anderson* and *Harold Goolishian*.

**Nichols**, **Michael P**. Associated with structural family therapy and psychoanalytic approaches, he is the author and sometimes co-author with *Richard Schwartz* of *Family Therapy: Concepts and Methods*.

**Nicoll**, **William G**. An *Adlerian family therapist* who co-developed *Adlerian brief therapy*.

**nonmaleficence**. From *principle ethics*:To do no harm.

**normal**. An evaluative term used to indicate that structures, interactions, feelings, or behaviors are within expected norms.

**normal autism**. Mahler’s first stage of child development.

**normal family processes**. A term used by *Froma Walsh* to describe the large variety and diversity of what makes up normal family structures, interactions, and behaviors in the United States.

normalization (or normalizing the problem). Similar to what occurs when feminists *de-pathologize* experience, both *Adlerians* and *solution-oriented* practitioners will *reframe* problems as everyday occurrences. Normalizing a problem implies that the problem is not so extreme and that it can be addressed and solved.

**normalizing family experiences**. Used by *Adlerians*, when families are feeling overloaded and distressed by their life experiences, normalizing is helping the clients to see that they are not alone in their situation, that other families with similar experiences would be feeling the same way, and that change is possible. Similar to the process used by Adlerians, the *solution-oriented* *therapists* often will reframe problems as normal, everyday occurrences when the family or family members have been pathologized or have begun to self-pathologize their situation.

**normal symbiosis**.Mahler’s second stage of child development.

**not-knowing position**. A position of interest and curiosity developed by *Harold Goolishian* and *Harlene Anderson* as a means of privileging *clients-as-expert* in the therapy process. A *not-knowing position* is greatly facilitated when family practitioners follow their clients’ stories very closely and continue to ask the *next most interesting question*.

**nuclear family**. Parents and children in a single household.

**nuclear family emotional system**. A *Bowen* term for a conflict that starts between the parents and evolves through *triangulation* into emotional distress or turmoil for the whole family.

**nurturing triads**. *Satir*’s term for a positive *triadic process* in which two people join together in support of a third, as in two parents joining together to raise a child.

**Nutt**, **Roberta**. A *feminist family therapist*, and former Chair of the Psychology of Women Division of the APA.

**object**. In psychoanalysis, the external part or person to whom the child attaches.

**object relations family therapy**. The evolution and application of Freudian *psychoanalysis* to family systems; the model is based on attachment theory and the conceptualizations of self and others that evolve from early parent-child relationships. *David* and *Jill Savege Scharff* are the foremost scholar-practitioners of this model.

**oedipal period**. Part of Freud’s *phallic stage*; a period in which little boys desire their mothers sexually, but fear castration from their fathers, so they *repress* their feelings.

**O**’**Hanlon**, **William (Bill) H**. The co-developer of *solution-oriented therapy*, which he now calls *possibility therapy*.

**one-down position**. A paradoxical clinical stance adopted by *strategic family therapists* at the *Mental Research Institute* that aims to empower clients.

**open-forum family counseling**. An *Adlerian* approach to family counseling conducted in public settings and making use of an audience as an outside witness to understanding a family-in-focus and encouraging and supporting change in family interactions. This model’s strongest advocate is *Oscar Christensen*.

**open systems**. From *general systems theory*, an open system is one that continuously exchanges feedback with its environment. In family therapy, it is a metaphor for a family’s willingness to receive new information and adapt.

**operant conditioning**. A behavioral learning model developed by *B. F. Skinner* that emphasizes the importance of *reinforcement* in *shaping*, maintaining, and increasing desired behaviors.

**oral stage**. Freud’s first stage of child development when stimulation of the mouth is central to the child’s activities; personalities thought to develop from a fixation at this stage include oral incorporative (swallowing) and oral aggressive (biting). Denial and introjection are common *defense mechanisms* at this stage.

**ordeals**. Developed by *Jay Haley* in *strategic family therapy* as a form of *paradoxical intervention*, the client(s) is directed to do something that is even harder than continuing to maintain the symptom.

**ordinal birth position**. Fixed attributes assigned to each birth position based solely on the order of sibling birth, as in Toman’s *family constellation* model.

**organization**. The leadership and *hierarchy* of the family; one of the *metaframeworks*.

**over-functioning or under-functioning relationships**. A concept from *multigenerational family therapy* that describes a relationship of reciprocal roles in which one member is overly dependent, and the other member is overly responsible. Such relationships may hold the family together during periods of low stress, but in distress, both positions tend to become polarized.

**overgeneralization**. A type of cognitive distortion; generalizing from one or two incidents to assigning someone a consistent, ongoing attribute; an example is when one family member is late picking up another family member, and the late individual is declared to be completely unreliable.

**Pagenkopf**, **Virginia**. The birth name of Virginia Satir.

**Palazzoli**, **Maria Selvini**. Co-founder and developer of the *Milan model* *of* *strategic family therapy*.

**Papp**, **Peggy**. Worked with *Lynn Hoffman* and others at the *Ackerman Family Therapy Institute* in New York, using a model that evolved from strategic interventions to *social constructionism*.

**paradox**. A self-contradictory statement or position based on equally acceptable premises.

**paradoxical interventions**. Associated with *strategic family therapy*; the therapist directs the family to do what appears to be the opposite of what the family needs, including *prescribing the symptom*, *restraining family change*,and *ordeals*.

**parent effectiveness training**. A model of parenting developed by *Thomas Gordon* that is based on the person-centered therapy of *Carl Rogers*; much of this model is incorporated in the parent training programs called *STEP* and *Active Parenting*.

**parentification**. A child is put in the role of a parent, having to care for the parents and/or other siblings.

**parent value system**. Values held by a single parent or individual values held by each parent.

**participatory ethics**. Based on a *postmodern*, *social constructionist* philosophy, participatory ethics is an ethical decision-making model that involves clients in conversations about what is ethical for both the family practitioner and the clients.

**part objects**.In *object relations theory*, a part of a caregiver, usually the mother’s breast, to which the child attaches in infancy.

**parts parties**. *Satir*’s psychodramatic process for integrating different parts of people’s *inner systems*.

**passive acceptance**. The first stage of a *feminist identity model* in which women accept the roles and *gender* stereotypes that have been fostered by the dominant culture.

**patriarchy**. Patriarchy comes from the Latin word *Patri* which means father. It involves the misuse of power and control by masculine authority, either individually or systemically; patriarchy discriminates against and oppresses both genders and often is manifest as male privilege and *sexism*.

**pattern**. Repeated behaviors, processes, or experiences to which meaning is attached.

**Patterson**, **Gerald**. A behavioral therapist who developed one of the first *behavioral* models for working with delinquent children.

**Pavlov**, **Ivan**. A Russian behaviorist who developed *classical conditioning*.

**Pedesky**, **Christine**. A *cognitive therapist* who trained with *Aaron Beck*, and who currently is an international trainer in the model.

Peller, Jane E. *Solution-focused* *therapist* from Chicago, she is the co-author of two books on this model.

**Perls**, **Fritz**. Founder of *Gestalt therapy* as it is practiced in the United States.

**permissive parenting**. A dysfunctional form of parenting in which children are allowed to do what they want. It is characterized by high responsiveness (giving in to children) and low demand (rules and order).

**personal is political**. A *feminist therapy* belief that one’s personal way of being cannot be understood outside of the social, cultural, and political *contexts* that have impacted the person, including an understanding of *gender-role socialization*, internalized *sexism* and *patriarchy*, and sociopolitical norms and laws that oppress women and men. This principle values the emergent voices of women as a political statement and *consciousness-raising*.

**personality priorities**. Developed by *Nira Kfir*, these are *Adlerian* ways of coping with stress similar to *Satir*’s *communication stances*.

**personalization**. A type of cognitive distortion; a form of arbitrary inference that occurs when someone attributes external events to oneself without sufficient evidence, such as when a comment about movie star’s weight is taken to mean “She thinks I’m fat.”

person-centered therapy. Developed by the humanist psychologist *Carl Rogers* in the 1940s and 1950s, this model encouraged *congruence* and self-actualization through the *active listening* and empathy of the client. Rogers approached his clients with unconditional positive regard in the present, and communicated understanding through reflections of feeling.

**perspective**. A certain way of seeing or experiencing that individuals bring to life events.

**perspectivist model**. A family systems model that relies on multiple viewpoints or lenses in *family* *assessment* and *tailoring* interventions.

**Petry**, **Sueli**. Co-author with *Monica McGoldrick* and *Randy Gerson* of *Genograms: Assessment and Intervention.*

**phallic stage**.Freud’s third stage of child development consisting of two periods: *The oedipal period* and *the latency period*. Repression is the most common *defense mechanism* at this stage.

**phantasy**.In *object relations theory*, this is a psychological fantasy.

**phenomenology**, **(adj**. **phenomenological)**. A study of perceived experience(s); the theory that people behave according to their perceptions.

**Philadelphia Child Guidance Clinic**. The clinic where *Salvador Minuchin*, *Jay Haley*, and others developed *structural family therapy*.

**placating**. Deferring to others and/or wanting everyone else to be happy: One of *Satir*’s communication stances; similar to *Kfir*’s *personality priority* of *pleasing*.

**play**. Engaging in activities that are immediately pleasurable. Used in *symbolic-experiential therapy* as a dialectical intervention; the more one can play, the greater the capacity for seriousness. Play is at the heart of what *Whitaker* considers “craziness.” If one is free to be crazy, one also is free to adapt, to be sane.

**pleasing**. Seeking to make others happy; one of *Kfir*’s *personality priorities*. It has a similar meaning to what *Satir* calls the *placating* stance.

**Polster**, **Erving**. A master *Gestalt therapist* and author of many books, articles, and videos on the development of the model with special attention paid to the development of self. He is the co-author (with Miriam Polster) of *Gestalt Therapy Integrated*.

**Polster**, **Miriam** A master *Gestalt therapist* and author of many articles and several books, including *Eve*’*s Daughter: The Forbidden Heroism of Women* and with her husband, Erving, *Gestalt Therapy Integrated.*

**Popkin**, **Michael** An *Adlerian*, he wrote and developed a training model for *Active Parenting*.

**positioning**. A *strategic family therapy* intervention that paradoxically overstates the severity of the problem: When the client indicates that things are really bad, the therapist suggests that they are probably hopeless.

**positive connotation**. A form of *reframing*, used primarily by the *Milan* group of *strategic family therapists*, to suggest that family symptoms have a positive use.

**positive feedback loops**. From *cybernetics*, a *feedback loop* that serves notice to the system that change is needed and modifications in process must take place.

**positive reinforcement**. A pleasant stimulus that follows a desired behavior, resulting in an increase in that behavior; positive reinforcement may be applied continuously or *intermittently* on fixed or variable ratios or time intervals.

**possibility therapy**. The name *William O*’*Hanlon* now uses for *solution-oriented therapy*.

**postmodern feminists**. *Feminist therapists* whoaddress *patriarchy* as one form of dominant-knowledge position and use *deconstruction* and discourse analysis to examine how reality is socially constructed and influenced by power and hierarchical relationships.

**postmodern perspective**. A belief in multiple realities, and a valuing of multiple perspectives, voices, and narratives. A rejection of positivism that views knowledge as relative and co-constructed within given *contexts*. Postmodernism is the philosophical *epistemology* for *social constructionism*.

**power**. One’s ability to influence or control situations or events.

**power struggles**. *Dreikurs*’ second goal of children’s misbehavior characterized by either active or passive fights with adults or peers; a goal which invites parental responses of anger or defensiveness and leads to feelings of being challenged or controlled.

**Prata**, **Guiliana**. One of the Milan group who developed the *Milan model of strategic family therapy*.

**prediction task**. A *formula task* used by *solution-focused* and *solution-oriented* therapists to increase chances of success: “Today, let’s predict whether your problem will be better or the same tomorrow. Tomorrow, rate the way your day goes and compare it to your prediction. What do you think made a difference in a right or wrong prediction? Do this each day until we meet again.”

**preferred outcomes**, **solutions**, **or stories**. The *social constructionist* idea that, given an opportunity and support, clients actually can develop a life that they choose and prefer over what they have been living.

**prejudice**. Active discrimination against a person or group.

**Premack principle**. A behavioral intervention in which preferred activities are used to reinforce (or are contingent upon) behaviors that are less likely to occur.

**prescribing the symptom**. A *paradoxical intervention* used in *strategic family therapy* that forces clients either to give up their problem or symptom or to recognize that it is under their control.

**presence**. To focus on clients with interest and even fascination, bringing all of the therapist’s senses to bear in meeting the people with whom she or he will work.

**presenting problem**. The problem or concern brought to counseling or therapy by an individual or the family. Presenting problems become a primary focus in *structural*, *strategic*, and *cognitive-behavioral family therapies*.

pretend techniques. A *paradoxical intervention* used in *strategic family therapy* and designed by *Cloe Madanes* that asks family members to pretend to have the problem or symptom with each other. The capacity to pretend indicates that it is really under the control of individuals or the family as a whole anyway.

**primary process**.The act of forming a picture of what the *id* wants in order to satisfy a *drive* or *instinct.*

**primary reinforcements**. *Reinforcements* that are physical in nature, such as food.

**principle ethics**. Ethical decision making based on the application of specific principles. Principle ethics is the underlying foundation for most ethical codes in the helping professions.

**private logic**. A term used by *Adler* to denote personal distortions in thinking that are at odds with common sense. The most common form of private logic would involve irrational *beliefs* or *automatic thoughts* based on distortions in cognitive *schema*, as these are described by *cognitive-behavioral therapists*.

**problem-saturated stories**. From *narrative therapy*, stories that individuals or families bring to therapy that are oriented around significant problems and have become dominant in the family members’ lives.

**problem-solving training**. Used by *cognitive-behavioral family therapists*, problem-solving training is a systematic process that helps parents and families to use a series of steps to analyze an issue, identify and assess new approaches to the issue, and develop ways to implement new solutions for the issue.

**problem talk**. What *solution-focused therapists* call the complaints and problem presentations of clients.

**process and process model (***Satir***)**. Considers the “how” of interaction in addition to the “content” of interactions: A process lens is an additional perspective to those proposed as *metaframeworks*. Process model is a name that *Satir* used to convey her emphasis on process over content in therapy. It is a term she used between the developments of her *conjoint family therapy* and the *human validation process model*.

**process of change**. *Satir*’s change model that tracks movement from a *status quo* interrupted by a *foreign element*, leading to *chaos* and a need for support from *internal* and *external resources* that may generate *new possibilities* and eventually a *new integration*. New integrations automatically become a new *status quo*, and the process of changes starts all over again.

**projection**. An early *defense mechanism of the ego* in which parts of the self are seen as externally part of someone else; it is often associated with Freud's oral stage.

**pseudo-hostility**. A show of anger or conflict to cover up more problematic or dysfunctional aspects of the family system.

**pseudo-mutuality**. A show of intimacy and harmony to cover up more problematic, conflictual, or dysfunctional aspects of the family system.

**pseudo-self**. *Bowen*’s term for people who have a low degree of *autonomy*, are *emotionally reactive*, and unable to take a clear position on issues.

**psychoanalysis or psychoanalytic theory**. Of or pertaining to the model developed by Sigmund Freud. Modern neo-Freudians are called *object relations* *therapists*, and they are engaged in the development and use of *attachment* theory. *David* and *Jill Savege Scharff* have applied this model to couples and family therapy.

**psychological disclosure**. The third stage of *Adlerian therapy* in which motives or goals are disclosed to clients in a tentative manner, and clients are asked to consider and comment on the disclosure.

**psychological investigation**. The second stage of *Adlerian therapy*, focusing on and assessment of *family constellation* and *birth order*, *life tasks*, a *typical day*, and *early recollections*.

**psychology of use**. *Adler* used this term to mean that we know people by how they act or use their traits and capacities: It is the opposite of a psychology of possession (or descriptions of what they have within them).

**psychosomatic families**. A term used by *Minuchin* to describe families who are overly *enmeshed* with the symptom bearer. Minuchin once pinched a child and asked the father if he felt the pain: The father responded that he did. When Minuchin asked the mother if she felt the pain, she responded that she did not, but noted she had poor circulation.

**punishment**. A behavioral term used to describe an unpleasant stimulus that temporarily suppresses or decreases unwanted behaviors: It is a term seldom used by contemporary behaviorists today. Punishment is considered by *Adlerians* to be an imposition of *authoritarian* power: Adlerians prefer the use of *natural* and *logical consequences*.

**purpose**. Central to *Adlerian therapy*, it is what is intended or that which motivates, as in the goals of misbehavior in children or a discovery of the purpose of a feeling, such as anxiety.

**questions of difference**. An umbrella term used by *solution-focused* and *solution-oriented* therapists to describe questions that open up space in families to consider other possibilities and generate solutions. Questions of difference include *exception questions*, *scaling questions*, and *the miracle question*.

***quid pro quo***.Literally, something for something. A contract for an exchange of equal value: As used by *cognitive-behavioral family therapists*, it is often a negotiated contract between partners in which each partner works on behaving the way the other wants.

**racism**. The discrimination and oppression of people of color, based on race, ethnicity, or culture: the presumption of privilege for Caucasians or the dominant race of any given country or community.

**radical feminists**. *Feminist therapists* who are more likely to focus on *patriarchy* and the social activism that is required to eliminate it. Within family therapy, their goals include the transformation of gender relationships; sexual, procreative, and reproductive rights; and the equalization of household chores, partnerships, parenting, and access to employment outside the home.

**Rank**, **Otto**. A psychoanalyst who came to the United States and initiated the field of social work in Washington, DC. His views on union and separation support the development of what is now *attachment theory*.

**rational-emotive behavior therapy (REBT)**. REBT is a cognitive-behavioral approach to therapy developed by*Albert Ellis*.

**rationalization**.A *defense mechanism of the ego* associated with the anal stage. Giving a good reason for why one behaves in a certain way.

**Rayner**, **Rosalie**. Assistant to *John Watson* who helped him with the experiment on *Little Albert*.

**R**.**E**.**C**.**I**.**P**.**E**. *Jean McLendon*’s acronym for the ingredients in the Satir model that facilitate therapeutic change: *resourcefulness*, *empowerment*, *congruence*, *inner system*, *pattern*,and *externalization*.

**reciprocity**. Interactions between family members in which the behavior of one is complementary or dovetails with the behavior of another.

**recognition reflex**. *Dreikurs*’ description of a child’s body reflex (a twinkle in the eye and a quick smile) when a goal of misbehavior has been properly disclosed.

**recursive**. One part, stage, or event influencing and being influenced by every other part, stage, or event in the *system*.

**reflecting team**. *Tom Andersen*’s process for having a group of observers share their reactions with the family after a session. Within *social constructionism*, the reflecting team serves to provide clients with multiple perspectives and creates dialogues and dialogues about dialogues.

**reframing**. Relabeling individual or family behaviors, symptoms, problems, or processes to highlight the good intentions behind them or to make them more amenable to change or therapeutic intervention. Used across models, *Adlerians* tend to use it to highlight good intentions or motives; *Satir* tends to use it to generate new awareness or possibilities in communication; and *structural* and *strategic family therapists* tend to use it to describe symptoms or problems in more-human, everyday language.

**reinforcements**. Any stimulus that maintains or increases a given behavior. *Positive* and *negative reinforcements* are examples.

**relapse prevention**. Methods of helping individuals and families not fall back into old patterns after treatment is finished.

**relative influence questions**. From *narrative therapy*, questions designed to explore how much influence the problem has had on the client(s) versus how much influence the client(s) has/have had on the problem.

**Remer**, **Pam**. Co-author with *Judith Worrel* of *Feminist Perspectives in Therapy: An Empowerment Model for Women*.

**reorientation**. Re-education or re-directing clients toward a more productive way of living; the last phase of *Adlerian therapy*.

**repress/repression**. A *defense mechanism of the ego* associated with Freud’s phallic stage. When events or feelings become threatening to the child, repression is the mechanism of the psyche by which these events/feelings are made *unconscious*.

**resiliency**. The ability of families to bounce back from adversity and to make the most of their *internal* and *external resources*.

**resistance**. Clients or families having a different goal from the counselor or therapist (*Adler*); clients or families regulating contact (*Gestalt*); clients or families opposing or retarding progress in therapy; clients not accepting interpretations in psychoanalysis.

**resourcefulness**. Accessing the *internal* and *external resources* needed to face life, problems, or difficulties in an effective manner. In the *Satir model*, the family practitioner is often a significant *external resource* for the client, supporting the family and its members through the process of change.

**responsiveness**. *Baumrind*’sterm for parenting that includes warmth, effective reciprocity with children, and appropriate attachment or connectedness.

**restraining family change**. Originally a *paradoxical intervention* developed by the *strategic family therapists* at the *Mental Research Institute*, the family is directed not to change anything they are doing in relation to the symptom or problem, to go slowly. If the family does as they are directed to do, they discover that they have control of it. If they let go of the symptom or problem, it is over.

**restructure/restructuring**.What *structural family* therapists attempt to do with *dysfunctional* families.

**revelation**. The second stage of a *feminist identity model* in which women begin to notice and see the impact of *patriarchy* in their lives.

**revenge**. *Dreikurs*’ third goal of children’s misbehavior; a goal that invites parental responses of hurt or wanting to get even; sometimes, a goal parents use with children when they feel hurt or defeated.

**reward**. A *positive reinforcement* used by behaviorists. Considered by *Adlerians* to be a bribe for positive behavior, they prefer the use of *encouragement*.

Richeport-Haley, Madeline. Wife of *Jay Haley* and co-author of his last book, *The Art of Strategic Therapy.*

**Riskin**, **Jules**. Early practitioner with *Don Jackson* and others at *MRI*.

**rituals**. Repeated patterns of behavior or experience often used to mark or celebrate special occasions. As used in *strategic family therapy*, they are a set of prescribed actions designed to change *family rules*.

**Robertson**, **Patricia E**. A *feminist**therapist*and, prior to retirement, chair of the Department of Human Development and Learning at East Tennessee State University.

**Rogers**, **Carl**. Developed the model known as *person-centered therapy* and was a teacher of *Thomas Gordon*, the developer of *Parent Effectiveness Training*.

**ropes**.Satir therapists use ropes to highlight human communication and human connections in families.

**Rosman**, **Bernice L**. An early associate of *Salvador Minuchin*.

**rubber fence**. A term used by Lyman Wynne to indicate the ability of tightly controlled, pathological families to let members function in the outside world, but haul them back into family isolation if the members went beyond simple tasks like going to school or work.

**Satir Global Network**.An organization of Satir therapists and trainers that originated with Satir’s development of *AVANTA*.

**Satir**, **Virginia M**. The founder and developer of *conjoint family therapy* and the *human validation process model*.

**Satir model**. The complete development of the processes and interventions created by Virginia Satir, including *conjoint family therapy*, *family reconstruction*, *parts parties*, *process model*, and the *human validation process model*.

**scaling questions**. Used in *solution-focused* and *solution-oriented* therapies to note changes occurring in small steps. The clients are asked to rate on a 10-point scale how interested they are in finding a solution; how bad a problem is now versus last time or an earlier time; or to predict how much better the problem will be tomorrow.

**scapegoat**. A member of the family, usually the *identified patient* or *index person*, who is designated as the problem and who absorbs displaced conflict and is criticized by others.

**Scharff**, **David and Jill Savege**. The foremost scholar-practitioners of a model called *object relations family therapy*.

schemas. Cognitive constructions or core beliefs through which people generate perceptions and structure their experiences; underlying core *beliefs* people have about self, others, and the world (and how everything functions), they are central to the assessment and treatment processes associated with *cognitive-behavioral family therapy*.

**Schumer**, **Florence**. An early associate of *Salvador Minuchin*.

**Schwartz**, **Richard**. The developer of *internal family systems* and co-author with *Michael Nichols* of *Family Therapy: Concepts and Methods*.

**Schore**, **Allan N**. UCLA neuropsychologist whose research on right-brain development supports the *psychoanalytic* concepts associated with *attachment theory*; author of *The Science of the Art of Psychotherapy.*

**sculpting**. Adapted from psychodrama by *Peggy Papp* and used by family practitioners such as *Virginia Satir* and *Bunny Duhl*, sculpting is placing family members in physical positions that depict emotional closeness and distance as well as common communications, interactions, roles, or alliances among members of the family system.

**Sears**, **Martha**. Wife/partner of *William P. Sears* and co-author of materials on *attachment* parenting.

**Sears**, **William P**. Pediatrician who advocates for high levels of *attachment* parenting.

**second-order change**. Fundamental change in the organization and functioning of the system: The opposite of *first-order change*.

**second-order cybernetics**. Anyone attempting to observe or change a system is automatically part of the system.

**seeding the unconscious**. This refers to *Whitaker*’s process of taking a family member’s inference far beyond anything the family member normally would consider. These psychological seeds suggest the forbidden, the taboo, the anxiety-provoking, and the hidden.

**seed model**. *Satir*’s term for a systemic worldview that answers questions about how we see ourselves (multiple roles, parts, and attributes as opposed to a fixed role); how we experience relationships (egalitarian and interdependent as opposed to hierarchical); how we view causality (*circular* and *recursive* as opposed to *linear*); and how we see change (“change *is* life” as opposed to “change is something to be resisted”).

**Segal**, **Lynn**. Co-author of *The* *Tactics of Change*, a leading theorist at the *Mental Research Institute* (MRI).

**selective abstraction**. A cognitive distortion: Taking things out of *context*, paying attention to distortion-supporting details, but ignoring other important information, such as noticing your child’s or spouse’s mistakes, but never commenting on positive attributes or accomplishments.

**self-disclosure**. Sharing part of oneself or life with a client: Highly valued in *feminist family therapy*. Appropriate self-disclosure always involves a judgment on the part of the therapist: that sharing some aspect of the therapist’s life will directly benefit the client.

**self-elevation**. Acting in ways that seek to make the self look better at other people’s expense or at least better than one truly is. Bitter’s second supplemental goal to *Dreikurs*’ model for children’s misbehavior.

**self-monitoring**. A *cognitive-behavioral* intervention that asks clients to keep a detailed, daily record of particular events or psychological reactions so that the therapist and the client can evaluate what the client is doing.

**self-object**. In psychoanalysis, the part of the self that the child treats as external and to which feelings are attached.

self-report questionnaires. *Cognitive-behavioral family practitioners* use questionnaires that are designed to reveal unrealistic beliefs and expectations, irrational ideas and *schemas*, *cognitive distortions*, and repetitive patterns of discordant behavior or interactions.

**Seligman**, **Martin**. *Cognitive* therapist and researcher; developed the concept of *learned helplessness*.

**Seneca Falls**, **New York**. In 1848, the site of the first gathering of women intent on gaining equal rights.

**separation/individuation**.Mahler’s third and final stage of child development.

**sequences of interactions**. Interactions that follow one from another. One of the lenses developed as a *metaframework* that unifies the tracking processes of various systems therapies and considers sequences that are face-to-face, developmental, and cross-generational.

**sexism**. The discrimination and oppression of women; the presumption of privilege for men.

**sexual/affectional orientation**. The individual’s choice and/or way of being with regard to sexual identity and affectional preferences.

shaping. Step-by-step reinforcements of small units of behavior that, taken together, add up to a larger more-complex learned behavior.

**Shellenberger**, **Sylvia**. Co-author with *Monica McGoldrick* and *Randy Gerson* of the second edition of *Genograms: Assessment and Intervention*.

**siblings**. One’s brothers and sisters.

**sibling position**. One’s birth position in relation to brothers and sisters.

**significance**. *Kfir*’s personality priority in which the individual is willing to do whatever is necessary to maintain self and personal importance. Similar to *Satir*’s *communication stance* of *blaming*.

**significant other**.*Harry Stack Sullivan*’s term for a lover or partner.

**signs**. See *questions of difference*.

**silence**. Being quiet, saying nothing, but being attentive. Whitaker uses silence to let therapy be, to let it percolate.

**Silverstein**, **Louise B**. A *feminist family therapist* and co-author with *Thelma Goodrich* of *Feminist Family Therapy: Empowerment in Social Context*.

**Silverstein**, **Olga**. A member of the *Brief Therapy Project* at the *Ackerman Institute* with *Peggy Papp* and *Lynn Hoffman* and the *Women*’*s Project* with *Betty Carter*, *Peggy Papp*, and *Marianne Walters*.

**Skinner**, **B**. **F**. A behavioral psychologist who developed *operant conditioning*.

**Slipp**, **Samuel**. An *object relations therapist* who proposed a bridge between individual and family therapy; author of *Object Relations: A Dynamic Bridge Between Individual and Family Treatment.*

**Smuts**, **Jan C**. A former governor of South Africa and military general who wrote *Holism and Evolution*, a book that influenced *Adler*, *Satir*, *Whitaker*, and the *Gestalt* therapists.

social constructionism. A *postmodern* perspective that believes social realities and experiences are co-constructed, as is the meaning that is attached to social interactions. Social constructionism is the basis for *linguistic therapy*, *narrative therapy*, *reflecting teams*, and *solution-focused* and *solution-oriented therapies*. Also see *constructivism*.

**social embeddedness**. An Adlerian term for contexts, social and cultural, in which a person is raised.

**social equality**. The belief that all people have an equal right to be respected and valued. This concept is central to the work of *Dreikurs* and modern *Adlerians*.

**social interest**. The action line of having a *community feeling* (*Adler*); actively working for the betterment of others, the whole, or the community; making a contribution to life and to others.

**socialist feminists**. *Feminist therapists* who were the first to broaden the perspective to include the multiple discriminations based on race, socioeconomic status, national origin, and other historical biases. In therapy, their goals include an assessment of how education, work, and family roles impact the individual, and a determination to transform relationships that are socially burdened and externally imposed.

**social learning theory**. A behavioral learning approach that integrates social and developmental psychology with *classical* and *operant conditioning*.

**social reinforcement**. *Reinforcement* that occurs within a social interaction or the reinforcement that comes from being the person who administers *primary reinforcements*.

**social transformation and advocacy**. *Patriarchy* has such negative effects on human life that *feminist* *therapists* actively try to change society and to counter its influence on individuals and families. From a feminist perspective, personal liberation cannot occur without social transformation including altering the core assumptions and structures of the helping professions.

**societal projection process or societal regression**. *Bowen* believed that under circumstances of chronic, societal stress, public anxiety would increase and government leadership would abandon rational considerations in favor of emotionally driven decisions designed to bring about short-term relief. The most common process would involve two groups joining together to preserve their own positions at the expense of a third. Such societal projection processes tend to result in laws that do little to affect the chronic problem, bring relief to very few, and generate helplessness in many.

**solid self**. *Bowen*’s term for people with a clarity of response marked by a broad perspective, a focus on facts and knowledge, an appreciation for complexity, and a recognition of feelings without being dominated by them.

**Soltz**, **Vicki**. Co-author with *Rudolf Dreikurs* of *Children: The Challenge*.

**solution-focused therapy**. A therapy that focuses on co-developing preferred solutions for clients. The model’s co-developers are the late *Steve de Shazer* and *Insoo Kim Berg*.

**solution-oriented therapy**. A derivative of *solution-focused therapy* developed by *Bill O*’*Hanlon* and *Michele Weiner-Davis*; this model acknowledges problems faced by individuals and families, but uses *exception questions* to develop *new possibilities*.

**solution talk**.A focus on solutions that *solution-focused* and *solution-oriented* *therapists* use to replace the complaints or problem talk of the clients.

**Sonstegard**, **Manford A**. A counselor, educator, and trainer of *Adlerian family counselors* and group counselors.

**Southern**, **Stephen**. Former editor of *The Family Journal*; reviewed a decade of research themes in *The Family Journal*.

**Spark**, **Geraldine**. A colleague of *Ivan Boszormenyi-Nagy* and the co-developer of their model for working with families, called *contextual family therapy*.

**Sperry**, **Len**. An *Adlerian*, he is the author of numerous couples and family therapy books, including a text on *family assessment*.

**splitting**. In psychoanalysis, the psychological act of dividing aspects of self or others into parts, usually two extreme parts (e.g., a good self and bad self).

**Sprenkle**, **Douglas H**. Director of doctoral programs in marriage and family therapy at Purdue University; co-author of *Common Factors in Couple and Family Therapy* and *Research Methods in Family Therapy.*

**Stanton**, **Elizabeth Cady**. Champion of women’s right to vote; first-wave feminist.

**status quo**.Familiar and routine activities that constitute normal for the person, family, or system. *Satir*’s starting point in the *process of change*.

**Steinem**, **Gloria**. Leading second-wave feminist; founder and publisher of *Ms. Magazine*.

**STEP: Systematic Training for Effective Parenting**. Developed by *Don Dinkmeyer*, *Don Dinkmeyer Jr.*, and *Gary McKay*, *STEP* is an *Adlerian*-based parent-education program that combines the work of *Dreikurs* with the communications models of *Haim Ginott* and *Thomas Gordon*.

**stepfamily**. A family in which some members are related only through remarriage.

**stereotype**. A fixed image or perception of people, things, and places that is oversimplified, rigid, and often *prejudiced*.

**stimulus**. An outside agent or force working on an organism.

**Stonehenge Conference**. In 1984, *Monica McGoldrick*, *Carol Anderson*, and *Froma Walsh* organized a meeting that included 50 prominent women in family therapy who carried on the *feminist critique* of family therapy and supported the development of the *women*’*s project*.

stonewalling. Taking a stance in relation to a partner where one refuses to move, change, or act; saying you will do something and never following through; one of the Gottmans’ *four horseman of the apocalypse*, a predictor of the end of a marriage.

strategic family therapy. The application of *directives* and other techniques and strategies in an effort to realign family systems so that *presenting problems* will be resolved. There are generally three recognized schools of strategic family therapy: The *Mental Research Institute* model (*Bateson*, *Jackson*, and *Watzlawick*); the *Washington School* (*Haley* and *Madanes*); and the *Milan model* (*Palazzoli* and associates).

**strengths perspectives**. A term often associated with social work that means approaching individuals and families with the desire to identify and actualize their strengths. This perspective is central to what are called *resiliency models*.

**structural determinism**. In the face of disturbances, a description of how much of a change a *system* can tolerate without losing its identity and basic organization.

**structural family therapy**. A family therapy model founded and developed by *Salvador Minuchin* and associates; it is built on the assumption that family structures often are designed to maintain problems and that dysfunctional families lack sufficient organization to cope with external and internal problems.

**structural map**. A mapping process developed within *structural family therapy* that presents the organization of the family in relation to the *presenting problems* of the family.

**structure**. The components of a system and their relationships as it defines the organization of a *system*.

**Stuart**, **Richard**. A behavioral therapist and scholar.

**subsystems**. Smaller systemic groups within a larger *system*.

**Sullivan**, **Harry Stack**. A neo-Freudian psychoanalyst who focused on interpersonal, person-to-person therapy that became a foundation for the work of some *object relations therapists*. Sullivan was also one of the first psychoanalysts who was known to be *gay*.

**summary messages**. Used by *solution-focused* and *solution-oriented therapists*, summary messages usually come at the ends of sessions—especially the first session. The summary lets the client know what the therapist(s) has heard and understands about the family’s problem, and seeks to clarify anything that the interviewer might have missed. Such a summary is followed by a compassionate expression of the emotional impact the problem has had on the couple or family coupled with *compliments* for how they have endured or what strengths have been mobilized to face the problem.

**superego**. In psychoanalysis, that part of the psyche that absorbs the mandates of civilization, often through an incorporation of the parent value system, and acts as a restraint in relation to the desires of the *id*. The superego is made up of two parts: *ego-ideal* and *conscience*.

**superiority**. In *Adlerian* thought, *superiority* means “a better position.”

**super-reasonable**. *Satir*’s defensive communication stance, involving a reliance on excessive reason or reasonableness in order to handle stress. It has a similar meaning to what *Kfir* calls the priority of *control*.

**symbiosis**. In *object relations theory*, the mother and child are fused, the same.

**symbolic-experiential family therapy**. The family therapy model developed by *Carl Whitaker*.

**symmetrical relationship**. A family relationship in which family members have relatively equal status and *power*.

**symmetrical sequence**. A s*tructural family therapist* uses this term to describe an exchange of similar behaviors in which each person assumes an absolute position in an argument from which neither can withdraw. Each part of the symmetrical sequence happens at once, leading to an almost automatic escalation of the fight.

**synthesis**. The fourth stage of a *feminist identity model* in which women are still female-centered and female-affirming, but they also can start to appreciate affirming men and effective parts of the dominant culture. Women begin to work closely with supportive members of the dominant culture, and they enlarge their understanding of oppression to see what it does to other groups, other cultures, and other people.

**systematic desensitization**. See *desensitization*.

**systems**. Units of interacting parts. See also *family system*.

**systems theory**. See *general systems theory*.

**tailoring**. Fitting assessments and interventions to the specific configuration, process, and needs of the family.

**teleological lens**. A perspective, based on *teleology*, that examines intent, purpose, and goals in individual behavior, dyadic interactions, and family life.

**teleology**. The study of final ends, goals, or purposes as motivation for the present. *A teleological lens* is an additional perspective to those proposed as *metaframeworks*.

**termination**. An ending and transition in one phase of life or work so that a new phase may begin; also, the end of counseling or therapy; a time for reorientation, summarization, discussion of future goals, and planning for follow-up events or procedures.

***The Family Crucible***.Co-authored by *Gus Napier* and *Carl Whitaker*, this is one of the most-referenced and most-read books in all of family therapy.

***The Family Journal***. The professional journal of the International Association of Marriage and Family Counselors (IAMFC).

**“The Question**.**”** An *Adlerian* intervention in which the client is asked, “If your problems or symptoms disappeared tomorrow, how would your life be different? What would you be doing differently?” Although “The Question” is similar in phrasing to the *miracle question*, *Adlerians* understand the answer to be an indication of what the person is avoiding by having the problem. When clients say, “Nothing would be different,” the problem is probably organic or medical.

thickening. A *narrative therapy* concept that relates to deepening client stories; thickening occurs as clients’ stories are met with interest and curiosity and both a telling and a re-telling of the stories are supported. Thickening stands in opposition to *thin descriptions*.

**thin descriptions**. A *narrative therapy* concept, describing client stories that are expressed in single words or fixed expressions (or diagnoses), such as “I’m anorexic.” Thin descriptions often indicate the ways in which the person and the problem are fused; they signal a need for *externalization* and *thickening*.

**time-out**. A behavioral intervention for extinguishing undesirable behaviors by removing the person from situations that continue to reinforce negative behaviors.

**token economy**. Reward or reinforcing agents offered in exchange for earned and accumulated points (or tokens).

**Tomm**, **Karl**. A Canadian therapist, who, having started out as a strategic therapist, joined the postmodern, social constructionist approach and became one of its strongest advocates.

**tracking**. A term used by *object relations family therapists* to mean following a person’s comments for signs of unconscious, emotional reactivity.

**tracking sequences**. A *structural family therapy* intervention whereby the therapist follows the evolution of content, themes, and direction that emerges in the family’s communication and interactions.

**transference**. A term that originated in *psychoanalysis*, referring to the personal or distorted feelings that arise in the client for the counselor or therapist. In family therapy, transference occurs when emotional reactions to the family practitioner or other family members are triggered due to re-experiencing *family-of-origin* issues.

**transgendered**. Men or women who have been trapped in the other sex’s body and/or who choose to reconnect with their correct gender.

**transgenerational family therapy**. Another term for *Bowen*’s *multigenerational family therapy*.

**transnational feminists**. *Feminist therapists* who seek to link women’s individual experiences to those of women throughout the world and across national boundaries. Sexual violence, prostitution, and other international processes that hurt and demean women are the focus of these global feminists.

**transitional stage**.*Fairbairn*’*s* second stage in which the child is in conflict between wanting independence and holding.

**treatment adherence**. Methods for increasing the likelihood that clients will stick to treatment prescriptions until therapy is complete.

**triad**. Any three people or entities in relation to each other.

**triadic process**. The processes and interactions of any three people in relation to each other. For *Bowen*, *triangles* are two-against-one relationships and *triangulation* is a negative process that must be avoided. *Satir* recognizes that triadic process can manifest itself as two-against-one, but she also envisions the possibility that it can become two-for-one, as in two parents working to secure a happy life for a child. She refers to positive triadic process as *nurturing triads*.

**triangles and triangulation**. A *Bowen* conceptualization of negative *triadic process*. In *multigenerational family therapy*, triangles always result in a two-against-one experience. Triangulation is the invitation of a third member into a *dyadic* relationship for the purpose of diffusing or distorting the intensity of the pair’s transactions.

**tunnel vision**. A *cognitive distortion* in which the individual is so focused on a single perception or belief that they can only see a given person, action, or event in one way.

**typical day**. An *Adlerian family assessment* process.

**unbalancing**. A *structural family therapy* intervention in which the therapist adds more force or emphasis to a certain behavior or role—or joins with one family member to add weight to that member’s position in the family—in an effort to interfere with the *equilibrium* of the family that is maintaining the problem.

**unconscious**. Freud’s term for the place in the psyche where repressed memories, experiences, and feelings are stored. Other models use the term to mean outside of individual awareness.

**undifferentiated ego mass**. *Bowen*’s concept for a lack of *differentiation of self* in family members such that, under stress, there is a blurring of internal *boundaries* and often confusion related to family members’ identities.

**undifferentiated family ego mass**. *Bowen*’s term for a family that is emotionally *fused* or stuck-together—as in many schizophrenic families.

**unhealthy**.An evaluative term used to indicate sickness, a lack of wellness, or ineffective structures, interactions, feelings, and behaviors that negatively impact individual and family wellness.

**unique outcomes**. *Michael White*’s term for events that challenge or dispute the client’s *problem-saturated* or problem-oriented *story*. *Narrative therapists* use unique events as a foundation for creating alternative stories.

**unorganized families**. A *structural family therapy* term, preferred by *Harry Aponte* and his *ecostructural model*, instead of the diagnosis of dysfunctional family.

**veracity**. From *principle ethics*; the implementation of truthfulness: It is intimately related to personal and professional integrity.

**virtue**. Desired qualities, traits, or attributes associated with living a good and productive life. In family practice, virtues refer to the personal qualities and ways of thinking, feeling, and being that are strongly associated with effective practice in the helping professions.

**virtue ethics**. Making ethical judgments based on the development and implementation of professional virtues associated with family practice.

**von Bertalanffy**, **Ludwig**. Developer of *general systems theory.*

**Walsh**, **Froma**. Author of *Normal Family Processes* and *Strengthening Family Resilience*, and a collaborator with *Monica McGoldrick* and *Carol Anderson*.

**Walter**, **John L**. *Solution-focused* therapist from Chicago; he is the co-author of two books on this model.

**Walters**, **Marianne**.A member of the *women*’*s project* that studied the roles of women in family life and family therapy.

**Warkentin**, **John**. Together with *Carl Whitaker*, he started seeing families at Oak Ridge Hospital in Tennessee between 1944 and 1946. In 1946, they left Oak Ridge to start the Department of Psychiatry in the Medical School at Emory University in Atlanta, Georgia.

**Washington School of Strategic Family Therapy**. Founded and developed by *Jay Haley* and *Cloe Madanes.*

**Watson**, **John Broadus**. Sometimes called the father of behaviorism, he was the first to test *Pavlov*’s *classical conditioning* model in the United States; he was also the author of the first best-selling book on parenting published in the United States.

**Watzlawick**, **Paul**. Theorist for the *Mental Research* *Institute*’s approach to *strategic family therapy*.

**Weakland**, **John**. Co-author of *The Tactics of Change*, a leading theorist at the *Mental Research Institute* (MRI).

**Weiner-Davis**, **Michele**. The co-developer of *solution-oriented therapy*.

**wheel of influence**. *Satir*’s process for diagramming significant others and the influence they have had on the individual or family. The person or family is located in the middle of a large piece of paper as the hub of the wheel; lines are drawn to significant others, suggesting spatially the closeness or separation from the person(s) in the hub. The influence of each person on the wheel is named with adjectives.

**Whitaker**, **Carl**. The founder and developer of *symbolic-experiential family therapy*.

**White**, **Cheryl**. *Michael White*’s wife/partner; co-director/publisher at *Dulwich Centre*.

**White**, **Michael**. A founder and developer of *narrative therapy*. Living in Australia, he is a collaborator with *David Epston* from New Zealand.

**white male privilege**. The idea that men in society have assigned certain unearned advantages to being white males and conferred dominance on themselves through law, custom, and tradition.

**Winnicott**, **D**. **W**.An *object relations theorist*.

**Winter**, **Joan**. Founder and director of the Family Institute of Virginia in Richmond. She was trained by both *Milton Erickson* and *Virginia Satir*, and she conducted a massive research project on family therapy in the late 1970s that compared the models of *Bowen*, *Satir*, and *Haley*.

**Wolpe**, **Joseph**. A behaviorist in the *classical conditioning* tradition of *Pavlov*, Wolpe is best known for the development of *systematic desensitization* and its applications to phobias.

**Wollstonecraft**, **Mary**. Author of *A Vindication of the Rights of Women* (1792/1989), a book credited with the initiation of the first wave of *feminism*.

**womanists**. A preferred term for the word “feminist” by *women-of-color feminists*.

**women-of-color feminists**. *Feminist therapists* who note that *racism*, *classism*, *sexism*, and *heterosexism* are all interlocked and cannot be considered separately when they are all experienced together. These oppressions affect all people, and within the context of therapy, *womanists*, actualize an appreciation of women’s culture, its strengths and emotional value, and seek to develop wholeness in both genders and all cultures.

**The** **Women**’**s Project**.A study of women in family therapy conducted by *Betty Carter*, *Peggy Papp*, *Olga Silverstein*, and *Marianne Walters*.

**working through**.What *object relations family therapists* do to get passed transference issues in therapy.

**working with the future**. In *solution-oriented therapy*, as preferred solutions are developed, they are transformed into specific, concrete goals. In anticipation of implementing these goals, possible obstructions to success are considered and ways around those obstructions are developed.

**Worrel**, **Judith**. Co-author with *Pam Remer* of *Feminist Perspectives in Therapy: An Empowerment Model for Women*.

**Wynne**, **Lyman**. A Harvard-trained psychiatrist, who headed the National Institute of Mental Health in the early 1950s. His work focused on dysfunctional communication in families, giving us such concepts of ***pseudomutuality***, a facade of cooperation that masks conflict and derails intimacy; ***pseudohostility***,a rather stereotyped approach to bickering or fighting that, again, masks a deeper hostility; and the ***rubber fence***, or the ability of tightly controlled, pathological families to let members function in the outside world, but haul them back into family isolation if the members went beyond simple tasks like going to school or work.

**Zimmerman**, **Jeffrey**. Created *Bay Area Family Therapy Training Associates*, a *narrative therapy* center in San Francisco, California: co-author of *If Problems Talked*.

**Zuk**, **Gerald**. Developed triadic family therapy while working at the first Family Therapy Department at Eastern Pennsylvania Psychiatric Institute (EPPI) with *Ivan Boszormenyi-Nagy*.