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Meyer Family

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Meyer Family

Family therapy is very crucial in facilitating the development of the family by assisting family members in enhancing communication and conflict resolution. I would invite both Anita and Joseph Meyer for a coffee hour and explain to them the importance of having family therapy. Handling and controlling children who are in the adolescent stage requires the support and cooperation of the parents. Children always look upon their parents and what their parents do will influence them much; it is, therefore, essential to ensure family matters are sorted out as early as possible to allow spending time with children. Moreover, most problems faced by children are not within the child but from the family; thus, to help change Tim's behavior, it is essential for the therapist first to change the dynamics of the family.

There are several family subsystems; the first one is the marital subsystem which involves the relations between a husband and a wife, for instance, the interaction between Anita and Joseph Meyer. When the two have a strong marriage, then the well-being of the family will be affected in general. The second is a parental subsystem which deals with the relation between parents and their children. For example, according to Mandak et al. (2017), effective parents should always be present and mindful when relating with their children to enhance the support and care for their child. And lastly, extended subsystem deals with the relation with other members of the family such as relatives. The subsystems are problematic, starting from the marital subsystems where Anita says that she is depressed and unhappy with her marriage. The parental subsystem also has a problem because Joseph is not present enough in the children's life and does not support them. Besides, an extended subsystem seems to be healthy because Anita takes Annie to her mother, Juana, for days.

Family triangles always form when the two-person arrangement is under the unstable condition and hence when they are in a stressful situation; they pull in the third individual to stabilize the situation. Two problematic triangles have formed; the first one is between Josie and her mother, Anita. The two have ganged up to be against their father, leading to the Joseph complaining that Anita is turning Josie against him. Moreover, it is observed that Anita spends most time with Josie to the extent of sleeping with her. Another triangle that is formed is between Anita and Joseph blaming Tim for his problems. The two parents are required to be responsible for taking care of Tim, but in the end, they join hands to blame Tim for his problems.

Family power is determined by the influence a person has on other members, and they can easily lead to a change in behavior (Blackwell & Kane, 2015). Based on Meyer's family, Meyer previously had power in the family as he managed to control and manage the family as well as shaping his children's behavior. However, as time passed on, Anita has become more powerful in the family than Meyer. When Meyer came from work in Iraq, he had changed his personality to be more aggressive and with conflict. Although he tried to secure a job, Meyer was let go of the job after three weeks and has not yet attained another job.

To create change in the family, using the Structural Family Theory a family therapist should first observe how the family interrelates. Then create a chart indicating the structure of the family, which will assist the therapist to realize the subsystems, hierarchy and limitations in the family (Colapinto, 2019). Moreover, the therapist will be required to recognize the relationship between parents and children or among parents. The procedure will provide details to help the therapist know where changes are needed and the kind of intervention that will be relevant in reforming the family.

References

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