

Goals, Interventions, Objectives

Family Conflict: Treatment Planning Tool

25 Goals
with
interventions
& objectives!

Family Conflict Goals, Interventions & Objectives

Interventions for Family Conflict:

- Teach and active listening and reflective communication between family members.
- Provide psychoeducation on family dynamics and roles within the family.
- Identify and address any unhealthy communication patterns within the family.
- Teach effective conflict resolution skills, such as negotiation and compromise.
- Explore underlying emotional or psychological issues that may be contributing to family conflict.
- Use family genograms to identify patterns and intergenerational issues within the family.
- Encourage family members to express their emotions in a healthy and constructive way.
- Use role-playing exercises to practice healthy communication and conflict resolution.
- Identify and explore any cultural or societal factors that may be contributing to conflict.
- Help family members to set and respect healthy boundaries.
- Encourage and support the use of family meetings to discuss and resolve conflicts.
- Teach stress management and coping skills to help family members manage stress and anxiety related to family conflict.
- Help family members to identify and address any patterns of negative thinking or self-talk.
- Encourage and facilitate forgiveness and letting go of past hurts.
- Provide individual therapy for family members to address any personal issues that may be contributing to family conflict.
- Use cognitive-behavioral therapy (CBT) to address any dysfunctional thought patterns or negative beliefs.
- Use solution-focused brief therapy (SFBT) to find solutions and strengths within the family.
- Help family members to identify and build on their strengths and positive qualities.
- Use narrative therapy to help family members reframe their experiences and find new meaning.
- Encourage and support the use of family leisure activities and hobbies to build positive relationships.
- Teach and encourage active problem-solving skills within the family.
- Use play therapy or expressive arts therapy to help children express their emotions related to family conflict.
- Identify and address any substance abuse or addiction issues within the family.
- Use family systems therapy to address and change dysfunctional family patterns.
- Encourage and support the use of positive affirmations and gratitude practices within the family.
- Structural family therapy.
- Emotionally Focused Therapy (EFT).
- Narrative therapy.
- Behavioral contracts.

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Sample Of Measurable Goals For Family Therapy

Katrin Zwirgmaier



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