

IASA's 10-Year Celebration

Florence, June 12 - 14, 2018

DMM: Integrative Approaches to Family Treatment

Rudi Dallos (UK)

r.dallos@plymouth.ac.uk

Topic: Clinical practice

The presentation offers a conceptual overview of developments in systemic family therapy and its integration with attachment theory. Family therapy has represented a move away from intra-psychic views of clinical problems. It offers as focus on processes in families that maintain problems including cycles of behaviours and inter-locking systems of beliefs. However, it has ignored the role of emotions and attachment and how the parents' own attachment histories construct a context that shapes family life and the development of problems. However, attachment theory has remained an essentially dyadic theory that struggles to offer a formulation or clinical interventions for triadic and larger systems that constitute families.

Reference is made to approaches that attempt integrations such as Steve Farnfield's ecological model and Kasia Kozłowska's model of somatic processes. I have also developed ANT (Attachment Narrative Therapy), a model which utilises parts of the AAI to develop 'formats for exploration' with families, for example regarding comforting and their parenting intentions (corrective and replicative scripts). These are employed as family conversations to facilitate reflective functioning and a revision of individual and shared family beliefs

How it used the DMM

The ANT approach uses DMM to offer a developmental framework and particularly the important emphasis on representational systems and conflicts and contradictions that can occur between implicit and semantic representations.

What it can contribute to the DMM

Though DMM includes reference to triadic processes, arguably it also lacks concepts to formulate and assess families in terms of triadic processes and needs to develop ways of formulating the dynamic triadic processes that take place in family therapy sessions. There is an invitation to develop DMM to offer a framework for formulation of dynamic triadic process in families based on observation. This could be based on family tasks and/or observation of the processes in family therapy sessions