

# Family Therapy with Individuals

Consider  
Context

Map a Genogram and Timeline.  
Explore past, present, and future.

Who Is The  
Client?

Relationships!  
Defining the problem in relational terms.

Triadic  
Focus

Thinking in twos, threes and more.

Thinking In  
Circles

Looking for patterns of mutual influence.

Asking  
Relational  
Questions

Inviting the opinion of others not  
physically in the room.

Monitor Your  
Alliance

Engage with your client as if all the  
family is in the room.