



Multifamily Group Clinical Skills Workbook for Therapists: Facilitation from a Structural and Experiential Theoretical Lens

Psy.D., LMFT, David P Sanchez

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This clinical skills workbook for therapists is intended to support the supervising therapist as well as the novice therapist in conceptualizing how to facilitate multifamily group within a Structural or Experiential theoretical lens. For each theory the author examines the underlying philosophy and assumptions, the theory of assessment, the theory of change, case formulation and treatment goals, interventions, process and role of the therapist, and theory adaptation to units of treatment, presenting problem, and diversity. The author highlights multifamily group as another treatment modality for therapists to access when providing therapeutic services to a diverse population. Multifamily group is a non threatening treatment modality where the focus of treatment is not on any one specific family system but rather on the entire group. Multifamily group fosters an environment where parents and other family members may observe how differing family systems interact, collaborate and problem solve. It is the role of the facilitator to set the tone of the group by establishing an affirming, welcoming and safe atmosphere by joining and engaging with each family system as well as within the larger group system. This clinical skills workbook for therapists is intended to be a “one stop shop” for the supervising or practicing therapist as the author provides activity ideas to facilitate within the multifamily group treatment modality. As a bonus section the author also provides multifamily group curriculum ideas which supports the therapist in having the immediate tools to “get up and go” in facilitating a multifamily group. This clinical skills workbook may also serve as a reference tool to the working clinician who is conceptualizing the processes of therapy from a Structural Family Therapy or Experiential Family Therapy lens.

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