

Table 2. Comparison of Interpersonal Patterns (IPs) Across Family Therapy Models

	Case Conceptualization	Goal Setting (WIP)	Interventions: Facilitating Change	Primarily Used IP= X Optional = (x)			
				PIP	HIP	WIP	SCIP
Interpersonal Pattern= IP PIP = Pathologizing; HIP = Healing; WIP =Wellness; SCIP = Socio-cultural; TIP = Transformative (can be on part of therapist, client or other)							
Systemic-Strategic	Track and identify function of PIP focusing on behavioral interactions	WIPs conceptualized as virtually any interactional pattern that does NOT create symptoms in individuals or relationships (e.g., abuse)	Use directives or other TIPs that interrupt rather than correct PIP, thereby unbalancing the system and creating opportunities for system to self reorganize with WIPs	X	(x)	X	(x)
Structural	Map PIP focusing on boundaries, hierarchy, and roles; may also track HIP and SCIPs	WIPs conceptualized as clear boundaries and hierarchy and meeting developmental needs of all	Use enactments and related TIPs to directly guide family on how to enact WIPs	X	(x)	X	(x)
FFT	Identify relational and hierarchical function of PIP; identify effect of SCIPs	WIPs conceptualized as developmentally appropriate relational bonds and hierarchy and well as WIPs with broader socio-cultural network.	Use systemic reframing and psycho-education TIPs to create HIPs and WIPs	X	X	X	X
Satir Model	Track and sculpt PIP with focus on emotional dynamics of interactional patterns and each person's internal PIPs	WIPs conceptualized as congruent communication and self worth	Sculpt PIP and WIPs; communication coaching to create HIPs and WIPs;	X	X	X	(x)
EFT	Stage 1: Identify PIP with primary attachment and secondary emotions	WIPs conceptualized as ability to maintain secure attachment	Stage 2: TIPs to facilitate HIPs Stage 3: TIPs to solidify WIPs	X	X	X	(x)
Bowen	Identify intergenerational PIPs with focus on differentiation and anxiety	WIP conceptualized as differentiation process and ability to manage anxiety	TIPs that promote insight into PIP to promote WIPs	X	(x)	(x)	(x)
Psycho-dynamic	Identify family of origin and current PIPs, which are conceptualized as interlocking pathologies (e.g., defense mechanisms and object relations)	WIP conceptualized as ego-directed action rather than use of defenses and capacity for intimacy without loss of self	TIPs that provide insight into PIPs to promote WIPs	X	(x)	(x)	(x)
CBFT	Identify behaviors and thoughts that trigger and reinforce PIP.	WIP conceptualized in terms of behaviors and cognitions that do not cause symptoms or relational distress	TIPs that educate client on specific WIPs to replace PIPs or cognitive techniques to enable clients to “discover” better ways for themselves.	X	(x)	X	(x)
SFBT	Identify and behaviorally define WIPs; may inquire about PIPs	WIP defined as client's preferred solution	TIPs to identify small steps to enact WIPs	(x)	(x)	X	(x)
Narrative	Identify relationship between PIPs, WIPs, and SCIPs	WIP defined as client's preferred narrative with conscious choice of one's positioning in relation to dominant discourses	TIPs to reconstruct SCIPs to create HIPs; re-story to create WIPs	X	X	X	X
Collaborative	Identify each person's construction of PIPs; may include SCIPs	WIPs conceptualized as identity narratives in which client has strong sense of agency in relation to problem	Transform PIPs through dialogic conversation (TIP) to “dissolve” the problem (HIPs) and co-create WIPs; being public to address value differences and influence in external systems.	X	X	X	X