Quick Study: Framo Family Therapy

Founder
- James Framo was a theorist who used an object relations approach to intergenerational and family-of-origin therapy.

Underpinnings
- Problems stem from a person's family of origin and are then repeated later in intimate relationships such as with a spouse or child. When early parent-child relationships are negative (hostile, unstable, etc), or overly helpful/intrusive, the child as an adult may view all objects (relationships) as all good or all bad. The adult may then put these unrealistic behaviors on present objects, which can cause conflict.

Theory of Change
- Change occurs when a person understands the issues that originated in his/her family of origin and how they are projected onto that individual's current intimate relationships.
- A corrective experience must occur with the individual’s family of origin in order to help facilitate change.

Role of the Therapist
- The therapist creates a strong therapeutic alliance with the client from the beginning in order to help develop trust.
- The therapist also takes an active and supportive role in educating the client on how previous experiences have influenced one’s present relationships.

Phases of Treatment
1. Conjoint Therapy
   - Focuses on building trust and having each partner identify the goal for therapy.
   - Information is gathered here regarding the present couple relationship, the family, and the family of origin.
   - The therapist educates the couple on object relations theory.
2. Couple Group Therapy
   - Helpful for couples to see others who are struggling with similar behavior patterns
3. Family of Origin Therapy
   ● Consists of two 2-hour sessions that are done individually with the family of origin.
   ● Allows for a corrective experience to occur with the family of origin.
   ● The individual understands how introjections from the past affect current relationships.

Treatment Goals
   ● Allow an individual to come to terms with problems related to his/her family of origin.
   ● Specific treatment goals are developed by each partner and may change as the couple goes through the various stages.