



Family & Couple Arts Therapy

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SWOT – FAMILY ANALYSIS MODEL



FAMILY ART PSYCHOTHERAPY – H.B. LANGARTEN

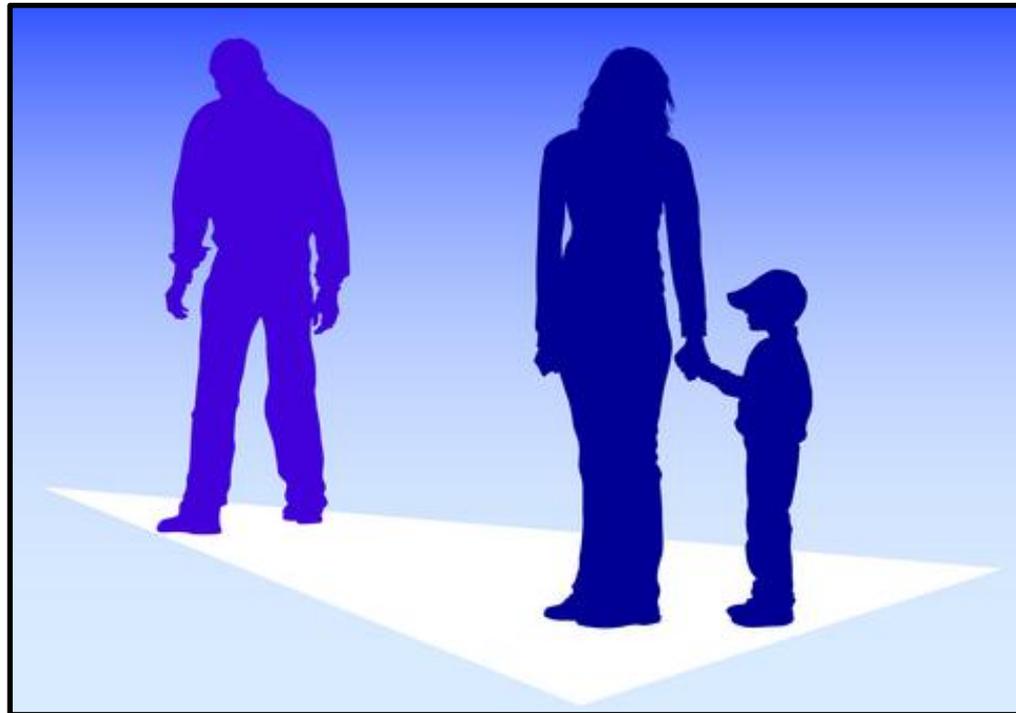
Familial dysfunction may be portraying during the art production as well as in the artwork for example:

Undifferentiated Ego Mass: This concept refers to blurred boundaries and entanglement. This can be exemplified through "lumped together" artwork, where it is difficult or impossible to identify the contribution of each member due to overlapping, merging and connecting forms.



TRIANGULATION

It is displayed during the art process when two people (or more) focus their dissatisfaction onto a third person.



PARENTIFICATION

Exists when there is inappropriate reversal of the parent-child roles while creating their product.



MARITAL SCHISM AND MARITAL SKEW

In the "schism", incompatibility is exhibited with conflict and hostility.

Harmony is for the skewed pair and is displayed in their artwork since the roles are complementary, the dominant individual's independence dovetails with his/her spouse's dependency.



PSEUDO MUTUALITY

Presents a family facade of positive relationships.

Their cooperative artwork has a tendency to be on the compensatory, pleasant side. In this situation the family's united front layers over any conscious divergences or splits.



PSEUDO MUTUALITY

At the same time the family's alignment serves to deprive them of affectional depth. While any threats to the family unity are denied, intimate relationships are also circumvented. In this way the unit manages to keep equilibrium. There is a family resistance for change while in treatment, since the members collude to maintain family homeostasis.

A DOUBLE BIND

It is a pathological, mixed communication which sets up entrapment through obscure and/or contradictory instructions. A double message is sent out while the family is engaged in the art. One message is on a face value level, and an opposing one is hidden beneath the surface. The person receiving the dual communication is in "no-win" situation. If the superficial overt instruction is followed, the covert one must be denied even though it was perceived correctly.

