

Blended Family Therapy Worksheet

Read the information carefully provided in the worksheet.

What is a blended family?

A blended family consists of two parents and their offspring from prior marriages. It can be difficult to bring two parents and their children together. Different parenting methods and household routines may be foreign to children. Stress might arise as a result of visitation or disagreement between divorcing parents.

Therapy approaches for blended family

- **Family Therapy:** This is a good technique for blended families to work out their problems. Families are welcome to attend most sessions together. Separate sessions with each child can also be planned by the therapist. One or both parents may meet with the therapist one-on-one.
- **Family Systems Therapy:** The family is viewed as a system in this form of therapy. The system's operation determines each member's responsibility. Family systems therapy can be approached in a variety of ways. The structural and strategic approaches may be most beneficial to blended families. In-session family engagement is the focus of the structural method. Outside of therapy, the strategic method examines patterns of interaction.
- **Family Attachment Narrative Therapy:** This method aims to strengthen a child's relationship with a parent or stepparent. This sort of therapy requires families to gather every day for around two weeks. Parents and stepparents create narratives to aid in the healing of their children. The bewilderment, grief, or trauma that the children have encountered can then be processed.
- **Narrative Family Therapy:** People are separated from their difficulties in this sort of therapy. It may make it easier for each family member to express their own opinions or concerns. Once narrative therapy has helped to open communication, bonding may occur.
- **Attachment-based Family Therapy:** It is frequently beneficial in relationships that have been harmed by external factors. It can aid in the re-establishment of a bond between parents and children. They may learn to deal with challenges related to family, mental health, or divorce. Families with blended children who have mental health problems may also benefit. This form of treatment can help kids who are depressed or have suicidal thoughts.