Family of Origin Influence on Therapeutic Practice Among MFT Interns

A study of the FACES III with self-reports of therapeutic practice differences among MFT interns at Abilene Christian University

Matthew Dodd, B.S. & Jackie Halstead, MMFT
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Research Question for the Study

• Research literature suggests that family of origin influences therapeutic practice
• This study analyzes the relation of FACES & gender therapeutic practice

Respondents in the Study

• Interns in the MFT program (N=13)

Independent and Dependent Variables in the Study

• Independent variable: FACES III, Gender
• Dependent variables: self-reports of therapeutic practices (theory reliance, intuition reliance, overreliance on supervisor, overreliance on self, empathy, surpasses departmental expectation

Family Cohesion (ideal) by Reliance on Theory in Therapy

Adaptability (real) by Surpassed Expectations of MFT Department

P=.03
Adaptability (ideal) by Reliance on Theory in Therapy

Non-Significant Variables

- Gender by the 6 practice variables: ns
- Cohesion real by the 6 practice variables: ns
- Cohesion ideal by 5 practice variables: ns
- Adaptability real by 5 practice variables: ns
- Adaptability ideal by 5 practice variables: ns

Conclusions

- Interns who wished to be disengaged from their family of origin are more likely to rely on theory in their therapeutic practice

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- Interns who wished to have less structure in their family of origin are more likely to rely on theory in their therapeutic practice than those from flexible-structured families

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- Interns from families of origin with both chaotic and rigid families are less likely to feel as though they surpass departmental expectations than those from flexible-structured families