

Working Group

The complexity of the therapeutic alliance in family therapy, and how a feedback orientation can be useful

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While psychotherapy research again and again highlights the importance of the therapeutic alliance to account for the effectiveness of therapy, family therapists have to acknowledge the complexity of this alliance in multi-actor settings like a family therapy session.

The systematic use of client feedback can be a rich resource for family therapists as a response to the complexity of the therapeutic alliance in the family therapy setting. While a feedback-orientation can give evidence of the effectiveness of therapy, in this working group our focus is on the ways in which the client's systematic feedback can contribute to an optimization of the therapeutic alliance in a family therapy session. We will present a dialogical model for the use of systematic client feedback and we will introduce some instruments that have proven helpful in family therapy practice.