

## Family sculpture: An Eloquent and Convincing Method of Family Therapy!

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### Short Communication

The family sculpting (embossment) was developed in America in the late 1960s by Kantor, with the participation of Duhl and Duhl, as well as other associates of the Boston State Hospital and the Family Institute Treatment of Boston. According to Duhl the first applications of the Emboss were made by using object placement and not individuals. According to the two studies by Duhl and Kantor (1973), the Family sculpting is "the arrangement of persons or objects, which at a given moment express the family relations of one person with the other" Substantial The aforementioned studies and writers argue that the family is in a position to create an optic and spatial representation the image, by placing their body in space representation of its image through the placement of its bodies in space and through its direction so they think that a similar non-verbal representation is created which, when completed, can be followed by the comments Of the members for their personal feelings., their expression, their status, the guarantee or the distance between them, As Under this premise, Family Emboss is primarily a behavioral and learning approach to family therapy [1]. Specifically, the therapist determines his role as a trainer in co-operation with the family. He does not label "sick" And not "as does the psychoanalytic approach, which implies hidden controversy or illness and does not consider it necessary for the members of the family, to recognize publicly and to "third person" their "weakness" or "absurdity", since self-awareness is not the major point of change. The 1970s, in which it was established and developed family treatment and its techniques, the experienced family treatment family points out that the main offer Of this technique is that it places greater emphasis on this, and at the same time introduces as a new Emotional and cognitive experiences at meetings. But the fact that this approach emphasizes the expression of the emotions emerging from teamwork (family with therapists) also focuses on the units (individuals), i.e. their experiences, at the present time, quite often and other people. Instead of the therapist appealing to the interpretation of the causes of the past, he tries to strengthen the people in relation to their feelings and to teach them to deal with each other this technique also attaches particular importance to the value of honesty, the expression of views and of emotions as well as the importance of "clear" communication, which facilitates the resolution of interpersonal difficulties Family embossment is a recognized method in family therapy. It is commonly used to help member's families to

recognize the emotions they may find it difficult to express. It is the technique that helps Professional family therapists to focus on emotions Are the family. The therapeutic goal is to express these feelings from family members, So that it is clear!

The final representation of the Sculpture is how the family appears to the therapist (the sculpture) at this stage in the past or in the distant past. It can also represent how the expectant therapist to be the family would want to be in the future and work with her to her the direction! Etymologically, the English word sculpture comes from the Latin word "sculpture" which means sculpting, digging, carving Sculpture is defined as the art of the treatment of solid materials for representation in all three Dimensions of actual objects or virtual representations [2].

"The sculpture does not, in any other way, duplicate the objects provided by it, but tries to give The thought of his work, the artistic In the sense of the present, to emphasize his particular attributes which "(Encyclopaedia Dictionary" Helios ") The above definition and explanation concludes that Emboss is not just an illustration of reality but at the same time a creation of the sculpture (therapist) which also contains its subjective perception for the concretely reproduced or future feasible and desirable reality!

### Applications

- 1) **In children and families children:** Walrond-Skyenner sees the sculpture as a particularly useful involvement of children in family therapy.
- 2) **In groups of family experience, students and others:** The family sculpture is very useful to groups of experts

or groups of students who are interested in learning the potential of the family

- 3) **In groups of workers:** In working groups can help in the formation of groups and to assure their identities and return to their work.
- 4) **In groups for enrichment and recognition of interpersonal relationships:** Family sculpture can create a vivid image of family patterns, themes and roles and engrave dark substitutes and older expectations.
- 5) **In groups with couples before marriage:** Clarifies the goals, emphasizing the values and the will of the couple, and issues of civil conflict and standard life.

## Clinical Assessments

Family sculpting is a flexible tool that has been used creatively by clinicians! But many times in conversation with the persons, there are different views on what a family is so we have to understand that the other is realistic and the other desires we will work on what we are doing to say that it will be corrected that it is humanly possible!

Most people want a close family with members in a natural, emotional and psychological approach to each other [3]. In such a situation, the client may be encouraged to go even if he thinks he can be hopeless. The therapist should not be influenced by the ideal image but should work together with the patient as well as bring him closer to his aspirations. For the clinical, family sculpture is a powerful tool for evaluation and intervention. "An image is worth a thousand words." This is definitely the case here. To see the emotional family structure of course as it exists for the identified customer and the way the recognized customer understands the ideal provides an incredible amount of valuable information about how things are and how the customer wants them to be. In most cases, the sculptor will be deeply impressed with the brief statement faced by sculpture on subjects that they may not have consciously examined. When a recognized customer builds a family sculpture, he is empowered with full creative control. Another common fluctuation is to overthrow family members. So, in the family treatment it is possible to call the individuals separately and each to make his own sculpture. As therapists we will make a family composition in our minds and

then we will call the house to confirm or deny it to us! In each case an experience that strengthens the relationship between them!

## Documentation

The depth and complexity of information derived from the family sculpture makes it difficult to record or document the experience. David Kvebaek has developed a method of using a grid and small wooden figures or dolls. The shape she used seemed very like a stylish cockpit. The Kvebaek Family Sculpture method offers quantification of the analysis, since the matrix table allows for objective measurement of spatial layout (including distance) of family members. Another advantage of its system, in addition to its presentation and quantification, is that it can be used with an individual customer with or without the rest of the family being present. In conclusion, family sculpture is a unique and powerful tool. Clinicians have used it creatively and the basic technique has proven flexible. Much more work could be done with family sculpture - particularly in the field of research [4].

## Prospects Prospective

As a therapist, it is important to look at the prospect of the forces when working with family sculptures. As usual, it is easier to focus on problematic areas that ignore the forces inherent in any person, family or system. For the demanding worker, strengths must be as obvious as weaknesses. When you project and interpret a sculpture with a client, you make a conscious effort to see the representation through the lens of the forces perspective.

## Interpretation

After the family is captured, the client is asked to interpret his work. The worker and others can ask questions that allow the customer to explain his choices. For example, if a female substitute is used to represent a male member of the family, you may want to explain this choice to the client [5]. If a seemingly important person, such as a spouse, brother or parent, was omitted, it is time to look at this omission. Asking the customer to explain why people were placed as they were, gives a huge picture. Observe that the customer has been in control of both the process and the interpretation (the client has acted as an expert in providing interpretation). This brings us to the point of view.

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