**Homework 4**

**Family Dysfunction (psychological explanation)**

**Task 1- Double Bind theory**

Use the information on Bateson’s ‘double bind’ theory to complete the flow diagram of the theory below and to define the key terms at the end.

‘Double bind’ theory

Theorised by \_\_\_\_\_\_\_\_\_\_\_

Certain families use \_\_\_\_\_\_\_\_\_\_\_\_\_ patterns of \_\_\_\_\_\_\_\_\_\_\_\_\_\_

In a double bind (or ‘\_\_\_ \_\_\_\_\_’) situation the \_\_\_\_\_\_\_\_\_ and the \_\_\_\_-\_\_\_\_\_\_\_\_\_\_ have \_\_\_\_\_\_\_\_\_\_\_\_\_ meanings

e.g. a parent who says they \_\_\_\_\_\_ their child but appears constantly \_\_\_\_\_\_\_\_ leaves their child in \_\_\_\_\_\_\_\_\_ over where they stand

These \_\_\_\_\_\_\_\_\_\_\_ caused by the use of the double bind lead to schizophrenic symptoms of:

-\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Bateson suggests that \_\_\_\_\_\_\_\_\_\_ speech of the schizophrenic represents an attempt to not \_\_\_\_\_\_\_\_\_\_\_\_ in order to keep the social world at bay.

Communication consists of 2 main components. Define the key terms below:

The message-

The meta-message-

**Task 2- Expressed Emotion**

Answer the questions below to make notes on Expressed Emotion (EE) for your folders.

1. High EE environments are characterised by what behaviours?
2. What effect can a high EE environment have for people with schizophrenia?
3. What did Vaughn and Leff’s (1976) research find?
4. What did Butzlaff and Hooley (1998) find that supported this?
5. How can EE also play a part in the cause of the disorder? Mention the diathesis stress model in your answer.
6. Can you think of any reasons why there might be a higher level of expressed emotion within families when one member is suffering from schizophrenia?

**Psychological Therapies**

**Task 3- Family therapy**

* Based on your notes from Task 2 and your information pack:

*Can you describe why family therapy was introduced as a form of treatment for schizophrenia?*

* Using this website: <http://www.mentalhealthcare.org.uk/family_therapy>

Can you make **brief** notes under the following headings:

* What happens in family therapy
* Why do relatives need to be involved in treatment?
* Is every member of the family involved?
* What proves family therapy works?

**Task 4- Token Economies**

Firstly, read about token economies in your information pack to give you an idea how they are used in the treatment of schizophrenia. Your task is then to design your own token economy by following the steps below:

1. Choose a context where you want behaviour to change, (e.g. behaviour in school, scouts, lunchtime, little brother/sisters at home etc.)
2. Pinpoint the behaviours that need to be changed- these should be specific, observable and measurable.
3. Choose the types of tokens to be used (e.g. plastic chips, gold stars, play money etc.)
4. Choose the reinforcers that the tokens can be exchanged for, (e.g. TV time, chocolate, internet use)
5. Set the reinforcer cost i.e. determine how many tokens are required for each reinforcer

**Task 5- The interactionist approach**

In the exam you could be required to answer a question like the one below:

“Outline the diathesis-stress model for explaining schizophrenia” (6 marks)

* Your task is to **write an answer** to this question using the information pack.
* This will be marked in class and forms the basis of the lesson.