Family-Farm Therapy: An Urban Therapy Clinic to Address The Multifaceted Needs of Multi-Stressed Families and their Surrounding Communities

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Multi-stressed Families

Multi-stressed is a term that is given to refer to families that are experiencing difficult realities in their lives, yet have the capabilities to address those stresses (Madsen, 2007) even if they are unaware themselves. It is an intentional approach to identifying and to maximizing the positive effects of language. Multi-stressed families have been labeled many ways based on judgments and interactions others have had with such families:

- dysfunctional
- high risk
- highly resistant
- non-compliant
- poverty
- long-term unemployment
- immigration status
- Offender status
- Mental health difficulties
- Closely knit social

Significance

The Family-Farming Therapy approach is innovative and unique in its holistic delivery and systemic application of Marriage and Family Therapy because it addresses the multifaceted needs of the family, and encourages the development of a relationship of not just the individual or family members, but the relationships between them, their community, and the environment.

- Mental and Relational Health: Individual, family, and group therapy provided within a non-institutional environment (i.e. green house rooms and walking gardens), in addition to psychiatric and substance use care.
- Environmental Relationship: Families will learn how their environment affects their lives (i.e. positive and negative) and how it can be used to lead and solve their unpredictable and uncontrollable changes by recognizing that a relationship exists between them and their environment, and then identifying the benefits of having a relationship with nature, the family may become invested in caring for nature and their environment.
- Family Characteristics: Metaphors will be used to explain the systemic relationships of family members, life, developmental and relational cycles, and hands on experiences will create bonding experiences for family members, an applied knowledge of concepts, and will create a positive therapeutic relationship. Systemic: Identifies the circularity of the family, community, and environment, and how each may help and hurt the other.

Experiential Therapy Applications

Experiential therapeutic approaches have proven to be quite effective within the populations they are structured to serve. This literature review will explore such experiential therapeutic approaches that have demonstrated outcomes that increase empowerment, self-control, increase positive states and decrease negative ones, and improve social opportunities. AT has demonstrated outcomes that increase productivity of those veterans to children (McCaffrey 2007). AT has demonstrated outcomes that address and improve social opportunities. GT can be used with or without guided imagery, and has demonstrated outcomes that relax, distract from negative stimuli, and increase social opportunities. EACT has demonstrated outcomes that increase productivity, self-control, self-confidence, and positive decision making, restore trust and improve the therapeutic alliance, and address vocational information and training opportunities.

Family-Farming Therapy (FFT) is systemic in nature that helps with both mental and physical health. FFT is systemic in nature that helps with both mental and physical health. FFT addresses family issues, and encourages family and community involvement increases the likelihood of maintaining systemic change in the family. It is important to note that the study that reviewed had a historically strong cultural and social economic status, and the family will be provided with fresh vegetables and green from the farm.

The goal of Family Farm Therapy (FFT) is for systemic change within the family and the community by creating positive relationships and personal acceptance.

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