

The Effectiveness of “Bowen’s Family System Therapy” on Differentiation and the Functions of Families with Addicted Child

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Abstract

Objective: The purpose of this study was to investigate the effectiveness of Bowen’s Family System therapy on increasing of differentiation and improving of family function in families with addicted children. **Method:** The research design of this research was semi experimental design namely: pre test-post test with witness group. The sample was selected voluntarily among referred bachelor addicts and their family members in 4 therapeutic centers, and divided to experimental (5families with 4 members), and witness groups (5families with 4 members), randomly. The experimental group was under training on the basis of Bowen’s family system therapy in 8 sessions. Each session was done for 2 hours. The witness group was under standard treatment of national protocols of Ministry and Health and Social Welfare Organization. The differentiation questionnaire and family function assessment were administered among two groups. **Results:** The result showed that Bowen’s Family System therapy increased differentiation and improved the function of addicted persons and their families. **Conclusion:** The addicted persons and their families have low differentiation that can be caused to family dysfunction. Bowen’s Family System therapy can be useful in this purpose. **Keywords:** Bowen’s Family System Therapy, Addiction, Differentiation, Family Function

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