

# Analysis of Family Therapy for Children and Adolescents with Behavioral Disorders

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**Abstract:** *As an important stage of growth in life, children and adolescents is the main period for the formation of personality and habits. However, the number of children and adolescents with behavioral disorders is increasing in their growth stages. Through in-depth analysis and exploration of behavioral disorders in children and adolescents in the medical field, it has been proposed that individual treatment can only achieve poor effect for behavioral disorders in children and adolescents. The treatment should be carried out in accordance with the growth environment of children and adolescents. It is found that the treatment of behavioral disorders in children and adolescents is more effective if involving family therapy. By optimizing the family atmosphere and relationship between family members, family therapy provides a better treatment for children and adolescents with behavioral disorders, thus improves the effect of the treatment.*

**Keywords:** *Children and Adolescents, Behavioral Disorders, Family Therapy, Mental Health, Psychotherapy*

## 1. Introduction

Common behavioral disorders in children and adolescents include attention deficit, learning disabilities, obsessive-compulsive disorder, etc. [1-3] The appearance of these disorders has brought huge obstacles to the healthy growth of children and adolescents, and seriously affected the physical and mental health of children and adolescents as well as their ability to receive education [2-5]. Previous researches have indicated that the current treatment for behavioral disorders in children and adolescents is based on individual psychotherapy and medication, which is undoubtedly a superb solution for the treatment of behavioral disorders in children and adolescents [4-6]. However, because these treatment methods are mainly formulated for individuals, when children and adolescents return to the real life and have normal interaction with people, they will experience maladjustment and even relapse of obstacles [4-7]. By analyzing the basic attributes of behavioral disorders in children and adolescents, it finds that the participation of family is crucial to the treatment of behavioral disorders in children and adolescents. The family is the main living place in the growth process of children and adolescents. Family therapy enable the specific treatment plan for behavioral disorders of children and adolescents to be extended to daily life, so that family members can participate, thus make the treated children and adolescents more adapt to the real life environment, thereby improving the treatment effect of children and adolescents with behavioral disorders. However, how to conduct family therapy and weaken the adverse effects of bad family relationships on children and adolescents with behavioral disorders have also become the concerns of various treatment participants [6-10].

## 2. Behavioral Disorders in Children and Adolescents

### 2.1 The main causes of behavioral disorders in children and adolescents

Recent researches on behavioral disorders of children and adolescents argues that from the perspective of psychology, the occurrence of behavioral disorders of children and adolescents is mainly determined by some of their growth experiences in early childhood. These experiences have laid the foundation for the formation of the character of children and adolescents, and because people cannot determine the direction of their own character development in early childhood, they develop into behavioral obstacles in adolescence. In addition, behavioral disorders of children and adolescents are inseparable from the family environment. The relationship between family members and the family atmosphere will affect the psychological status of children and adolescents. For example, when

children and adolescents grow up, many emotions are suppressed by the teaching of parents and teachers, and they may be manifested through different degrees of behavioral obstacles. These suppressed emotions are often unaware of children and adolescents. In the process of psychotherapy, professional skills can be used to release emotions. In the process of understanding the patient's situation, the counselor will also conduct a comprehensive analysis of the early experiences of children and adolescents and the status quo of behavioral disorders [1-8].

### ***2.2 The main goals and methods of current treatment for behavioral disorders in children and adolescents***

In the current study of behavioral disorders in children and adolescents, the main goal of psychotherapy is to make reasonable corrections to their behavioral disorders. Reduce the excessive reaction of children and adolescents under external stimuli, and alleviate the discomfort of children and adolescents during their growth caused by behavioral disorders. In the process of treatment, we analyze the main manifestations of behavioral disorders in children and adolescents, and use this as a basis to change the abnormal communication phenomena and behavioral responses of children and adolescents. The main treatment method is to treat children and adolescents with behavioral disorders as independent individuals under the combined effects of psychotherapy and drug therapy to help children and adolescents recall their early experiences. By analyzing these experiences, we can find out the real reasons for the behavioral disorders of children and adolescents, and adopt different treatment methods to release the suppressed emotions of children and adolescents according to the different reasons. And to correct children and adolescents' cognition of the outside world and their own behavior, so that the psychological activities of children and adolescents can adapt to the external environment and meet the normal interpersonal communication needs of children and adolescents [2-9].

## **3. Basic Principles of Family Therapy for Children and Adolescents with Behavioral Disorders**

In the past, psychotherapy only focused on individual visitors, and focused on changing the children and adolescents with behavioral disorders themselves. While, through family therapy for children and adolescents' behavioral disorders, it is possible to conduct in-depth analysis of their behavioral disorders from the main growth environment of children and adolescents, their interaction with their families, and the main structural components of the family. As a result, a more comprehensive analysis of behavioral disorders in children and adolescents can be made, and a more complete treatment plan can be formulated [3-5].

### ***3.1 Guide children and adolescents to learn self-treatment***

In the growth stage of children and adolescents, the family is involved as the main growth environment. Some family conflicts can cause behavioral obstacles in children and adolescents. On the contrary, a good family situation can also improve such obstacles. In the process of family therapy, family members should not regard children and adolescents with behavioral disorders as heterogeneous, but cultivate children and adolescents to become individuals who can help themselves to solve their own problems. In addition to helping children and adolescents to solve their own psychological problems, this kind of self-treatment also helps them solve problems that they cannot integrate themselves with their surroundings. Family therapy helps children and adolescents and their family members to correctly view the problem of behavioral disorders, and takes the family as the main body of the treatment process to guide children and adolescents to develop self-treatment capabilities, so as to ensure that children and adolescents eliminate the problems caused by behavioral disorders [1-4].

### ***3.2 Resolve conflicts between children and adolescents and the outside world***

The appearance of behavioral disorders often reflects the contradictions between children and adolescents and the outside world. The family plays an important role in the growth of children and adolescents, and the contradiction between children and adolescents cannot be ignored. The main reasons for this contradiction include the unharmonious relationship between children and adolescents and family members and imperfect family structure. Conflicts with the family have caused children and adolescents to have adverse reactions in the process of interacting with others, which has also led to the inability to conduct reasonable negotiations with the external environment. Under family education, children and adolescents have initially formed their cognition of society, individuals, and things, and

have unique response capabilities. If this kind of response to the external environment is formed in a contradictory relationship, it will cause discomfort in children and adolescents, and cause behavioral disorders. Family therapy is completed based on the main growth environment of children and adolescents, which means that children and adolescents are provided with a harmonious growth environment in family therapy. It can eliminate their psychological problems and solve the contradictions between children and adolescents and the outside world caused by behavioral obstacles [5-8].

### ***3.3 The importance of the relationship between children and adolescents and family members***

The focus of family therapy is not on the problem of behavioral disorder itself, but on the relationship between children and adolescents with behavioral disorders and family members, whether it provides children and adolescents with a growth environment to solve the behavioral disorders. Family therapy and traditional psychotherapy play a role of mutual improvement and complementation, and a more in-depth analysis of the root causes of behavioral disorders in children and adolescents. Family therapy of behavioral disorders in children and adolescents is mainly to treat individuals from the children and adolescents with behavioral disorders to the internal relationship between family members. By guiding each family member to form a harmonious communication mode, in order to improve the relationship between children and adolescents and the entire external environment, to achieve the effect of treating children and adolescents' behavioral disorders [3-8].

## **4. Main Methods of Family Therapy for Children and Adolescents with Behavioral Disorders**

### ***4.1 Analysis of behavioral disorders in children and adolescents from the perspective of family therapy***

The emergence of behavioral disorders in children and adolescents will have a serious impact on the physical, mental, and family of children and adolescents. Children and adolescents with behavioral disorders cannot contact and communicate with the outside world normally, which is not conducive to the healthy growth of children and adolescents. Through the study of behavioral disorders in children and adolescents, it is found that most families and members of society often adopt a negative treatment attitude when facing children and adolescents with behavioral disorders. With the continuous development of treatment methods for behavioral disorders in children and adolescents, family therapy can improve family members' enthusiasm for the treatment of behavioral disorders in children and adolescents. Analyze the main causes of behavioral disorders from the perspective of family environment, and improve the effectiveness of the treatment of behavioral disorders in children and adolescents by improving the relationship between family members, communication methods, and family atmosphere [7-10].

### ***4.2 Mutual reinforcement between individual psychotherapy and family therapy***

Family therapy and individual psychotherapy are complementary and mutually reinforcing. During the process of psychotherapy for children and adolescents by counselors, family therapy needs to meet the needs of individual treatment. Reappearance of the relationship and the way of getting along with the families of children and adolescents with behavioral disorders, in order to propose programs to improve the family treatment environment for children and adolescents. First of all, it is necessary to reproduce the way family members get along in daily life in order to understand the daily relationship between family members. Next, the doctor conducts a comprehensive analysis of family members' relationship patterns and relationships, and guides family members to conduct behavioral disorders treatment for children and adolescents under the communication pattern suggested by the counselor. Finally, if necessary, it is recommended that family members adopt a new mode of communication to get along with each other to provide a good treatment environment for children and adolescents [8-10].

### ***4.3 Setting the boundaries of families***

In the process of family treatment of behavioral disorders in children and adolescents, it is mainly to control the relationship and the mode of getting along between family members. Maintaining proper boundaries between family members can effectively help treat children and adolescents with behavioral disorders. Some children and adolescents with behavioral disorders hope to get affirmation and

attention from their families. Therefore, in the process of family treatment of behavioral disorders of such children and adolescents, family members need to have closer relationships between family members. There are also some behavioral disorders that occur because parents pay too much attention to children and adolescents, so family members need to maintain a certain relationship distance between them, to give children and adolescents appropriate growth space, in order to achieve the effect of treating behavioral disorders [6-10].

## 5. Conclusion

As the psychological pressure of children and adolescents continues to increase, the occurrence of behavioral disorders in children and adolescents attract more attentions. This article analyzes the main causes of behavioral disorders in children and adolescents, and puts forward the principles of family therapy for behavioral disorders in children and adolescents. From the perspective of family therapy, it proposes treatment methods for behavioral disorders in children and adolescents, aiming to create a good family therapy environment for children and adolescents. By changing the relationship between family members, giving children and adolescents a good growth space, so that family members and children and adolescents can actively face the emergence of behavioral obstacles. Effectively improve the treatment effect of behavioral disorders in children and adolescents, and promote the healthy development of children and adolescents in the process of growing up.

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