Mapping of knowledge on Family constellation therapeutic approach among Mental health team members

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Abstract

Intro: This method, which is seen as an expression of expressive therapy, aims to assist the client in resolving a dispute the person participating or receiving the therapy selects other members of the group to serve as stand-ins for his or her actual family members. The surrogates hear the issue of concern to the person receiving the therapy. Then the stand-ins are asked to describe how they feel or anything they think regarding the connection between the family members they are portraying and the person getting the therapy. This process frequently leads to a greater sense of understanding and empathy.Objective : To assess knowledge on the family constellation therapy among mental health Team workers. To determine whether certain demographic factors and knowledge of the Family Constellation Therapeutic Approach are related.Methods: 40 members of the mental health team served as the study's sample size. The study employed a quantitative non-experimental descriptive research methodology.Non-Probability Convenience sampling technique was adopted.. A Self-administered structured knowledge questionnaire was used. thirty three multiple-choice items were included in a self-administered structured knowledge questionnaire. Cronbach's alpha, which was determined to determine tool dependability, was 0.82. Selected participants were given the tool after each respondent signed a permission form. Result:most respondents (75%) have low knowledge, only a small sample has intermediate knowledge (15%), and just 10% have good knowledge.Since p-values of designations of respondents is less (less than 0.05), it is evident that designations of respondents shows significant association with knowledge and none of the demographic variable was established to have significant association with knowledge of Mental Health Members Conclusion: The care takers in mental health team possessed considerable poor knowledge regarding Family constellation therapy. Despite being a relatively new treatment technique, there is a significant need for knowledge advancement.

Keywords: *Family constellation, knowledge, mental health team.*

INTRODUCTION

A brief group intervention called family/systemic constellation therapy aims to transform a client's internal perception of a conflictual system, which in turn changes how they behave toward that system.(Thege, 2021)

A form of treatment called family constellation is predicated on the notion that issues filter down through generations to generate tension in the present. We can break free from inherited patterns that lead to suffering when we evaluate our sensations and perceptions in a "field of knowledge." Finding the root of our problems and solving them is made easier for us when we go through our family constellation through family constellation exercises. Although the Lives family constellations method isn't for everyone, it can be especially beneficial for those who have recurring stress or issues in their family relationships.(Jaehnig, 2022)

Although this treatment may be used in conjunction with counselling, it is also quite beneficial when used alone. In cases where parents who separate want to make the best decisions for their children, when historical events and disasters have had an impact on a family, when someone is in a difficult relationship and wants to work at it or end it, and when someone is faced with difficulties in their workplace, Family Constellation can assist in finding solutions. In conclusion, this therapy approach may be quite helpful for anybody whowants to settle their internal or external issues..(JOSHI, 2016)

Statement of the Problem

Mapping of knowledge on Family constellation therapeutic approach among Mental health team members

Objectives

• To assess the knowledge of Mental health team members regarding Family constellation therapeutic approach

• To determine whether certain demographic factors and knowledge of the Family Constellation Therapeutic Approach are related.

Material and Method

Descriptive research methods and a quantitative, non-experimental methodology were utilised in the study. A total of 60 members of the Mental Health team took part in the investigation. A convenience sample that was not based on probability was employed for sampling. The family constellation treatment method self-administered standardised questionnaire was used by the researchers. The instrument was split in half.Section I examined the sociodemographic characteristics of the sample, whereas Section II focused on a self-administered structured knowledge assessment with 30 multiple-choice items. Every right answer was worth one point (01 point), whereas every wrong answer was worth zero points (0 marks). Tool dependability was evaluated using the cronbach's alpha approach, and the result was 0.86. Each participant gave their permission before the instrument's two halves were transmitted to the selected samples. Select samples were given access to both parts of the instrument after giving participants' assent.

Findings

I: Description of Sociodemographic variables

Table I: Majority of responders (45%) were of 21 and 30 years old

n-60

Variable	Description	Frequency/Percentage
Age (in years)	21-30years	18(45%)
	31-40 years	12 (30%)
	41 years and above	10(25%)
Gender	Male	27 (67.5%)

	Female	13(32.5%)
Designations	Nurses	09(22.5%)
	Social Worker	28(70%)
	Psychologist	03(7.5%)
Previous Training/work shop attended on Family Constellation therapy	Yes	01(2.5%)
	No	39(97.5%)

Table I: Majority of responders (45%) were of 21 and 30 years old, followed with (30%) of 31-40 years old. Male respondents made up 67.5% of all respondents, while female respondents made up 32.5% of all respondents. Majority of Mental health team members were social worker of 70% and only 2.5% of respondents have undergone training / workshop related to family constellation therapeutic approach .

II: Family constellation therapy knowledge assessment among Mental health team members

Fig 1: Knowledge evaluation of on Family constellation therapy of Mental health team.

Knowledge assessment on Family Constellation therapy

	Poor(0-11)	Average(12-22)	Good (23-33)
Series1	75%	15%	10%
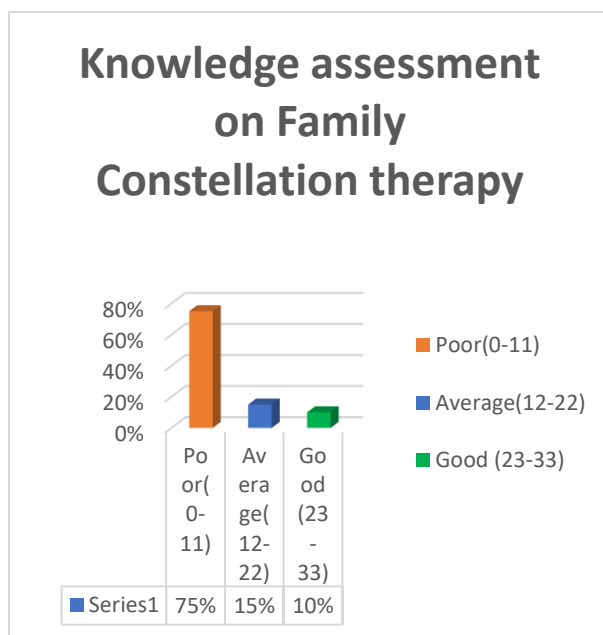
The chart shows the frequency and percentage of knowledge among mental health team members, suggesting that most respondents (75%) have low knowledge, only a small sample has intermediate knowledge (15%), and just 10% have good knowledge.

Section III

Table 2: The association between knowledge evaluation and a certain demographic factor

Variables		p value
Age in Years	21-30years	
	31-40 years	0.212
	41 years and above	
Gender	Male	
	Female	0.204
Designations	Nurses	
	Social Worker	
	Psychologist	0.038
Previous Training attended on Family Constellation therapy	Yes	
	No	
		1.077

Because the p-values for the designations is less than 0.05, it is clear that designations has a significant relationship with mental health team' knowledge on family constellation therapy. There is no other demographic factor that has been discovered to significantly influence the family constellation knowledge of mental health teams.

Discussion

The client is said to get better understanding of their behaviour as a result of the family constellation drawing their attention to patterns and dynamics they had not previously explored. Better communication and more satisfying relationships may result from this.The present study focused on the

knowledge of mental health team members who are directly involved in the care of patients. The study findings state that the majority of respondents (75%) have poor knowledge.

The review's findings offer a strong foundation for future research, point new studies in the right direction, and enhance quality improvement by better illuminating the elements affecting efficacy..(Scholtens et al., 2021)

Conclusion

Despite being a relatively new treatment technique, there is a significant need for knowledge advancement.This therapy work in the philosophy where the facilitator only observes and guides the patient to reach the desired outcome. So the Facilitator should have sound knowledge to conduct the therapy and the care takers in mental health team possessed considerable poor knowledge regarding Family constellation therapy. The therapy is effective as the constellations are not a means of going through treatment or therapy; therefore, the patient doesn't feel like a sufferer who needs help. Patient goes to the session to talk about his feelings and share his thoughts with others.

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