Limitations

Shadish & Baldwin (2003) undertook a meta-analysis of 20 meta-analyses of family therapy finding that the average treated family fared better after therapy and at follow-up than 71% of families in comparison groups. However, there is little evidence for differential efficacy among the various approaches within family interventions, particularly if mediating and moderating variables are controlled (Stratton, 2011), alluding to the dodo verdict wherein the act of being in therapy is the mechanism of change, rather than the modality used.

Furthermore, FST tailors therapy to the individual, fitting their needs and goals. This variation in treatment does not allow for easy manualization and research, creating a severe limitation in its ability to be recognised as an evidence-based practice. For families, this leads to unstandardized practice, meaning their experience of therapy will be highly dependent on the practitioner.

Conclusion

(Post modern) FST is an ecological approach that is based on the belief that realities are socially constructed through language with no absolute truth. The therapist’s not knowing stance coupled with the reflective team, view of problems via narratives, and externalisation of problems