



# Working with Families

**Working with Families**  
**Heritage University**  
**SOWK 487: Spring 2020**  
**Jacob Campbell, LICSW**

**HEY...**

**HOW YOU DOIN'?**

# Genogram Cutout Activity



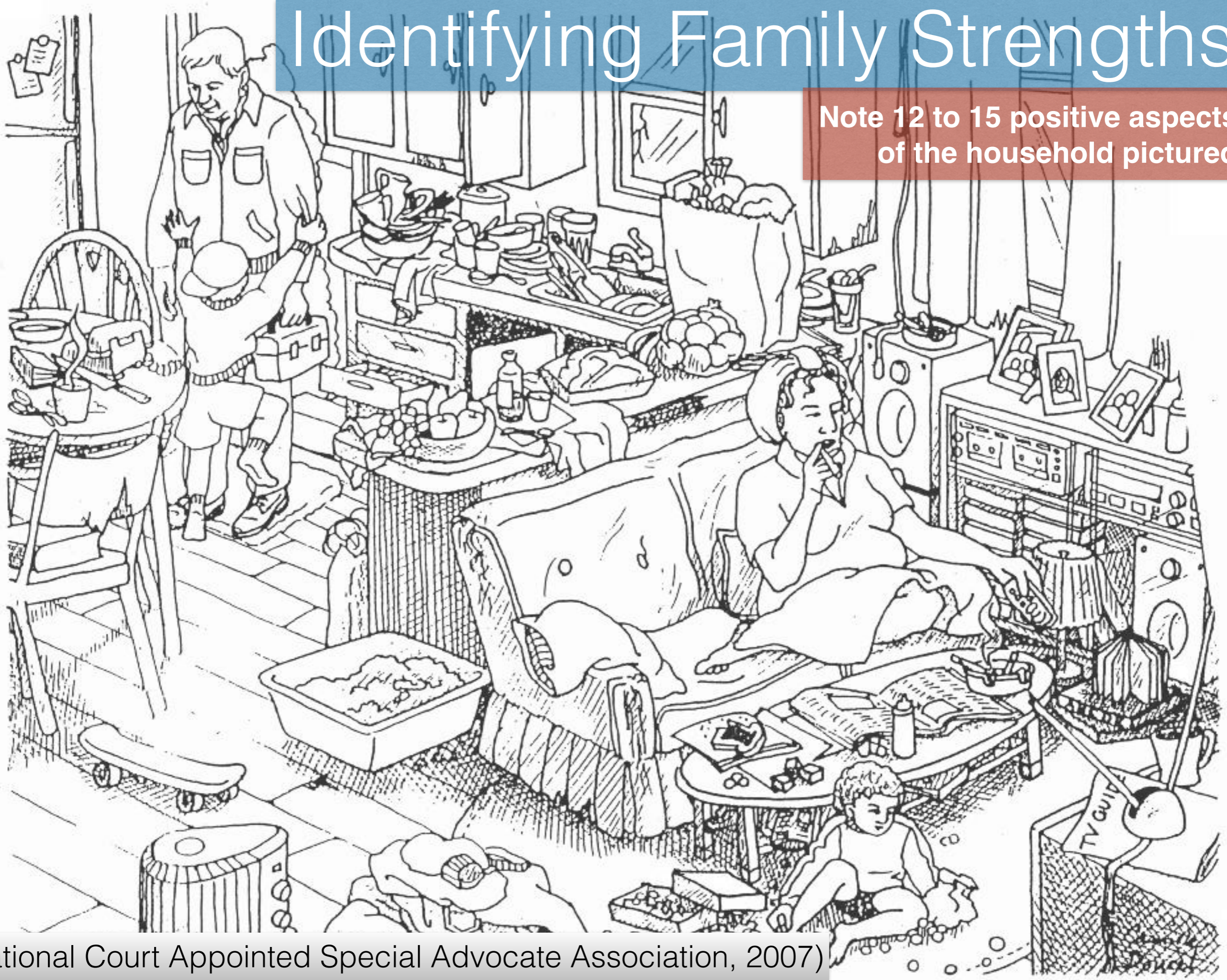
# Agenda

- Strengths perspective and families
- Engagement and assessment with families

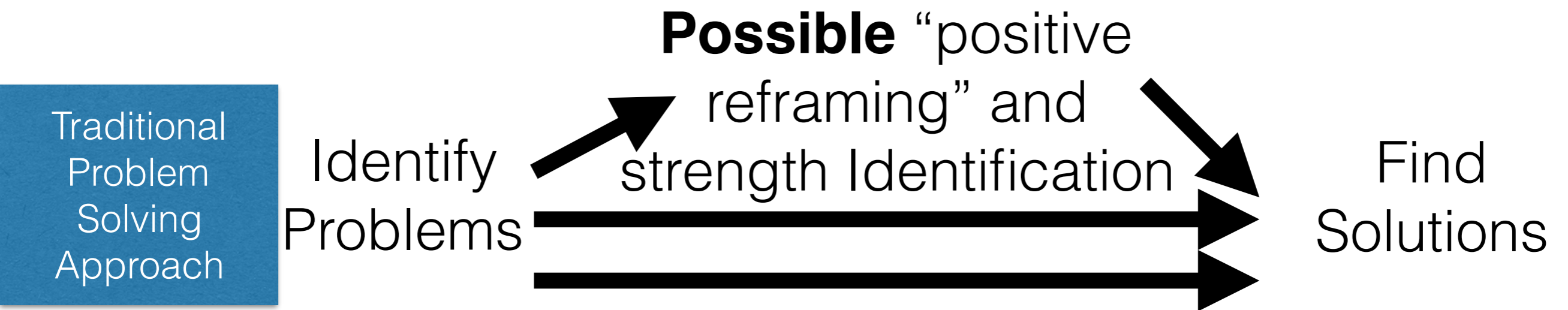


# Identifying Family Strengths

Note 12 to 15 positive aspects of the household pictured

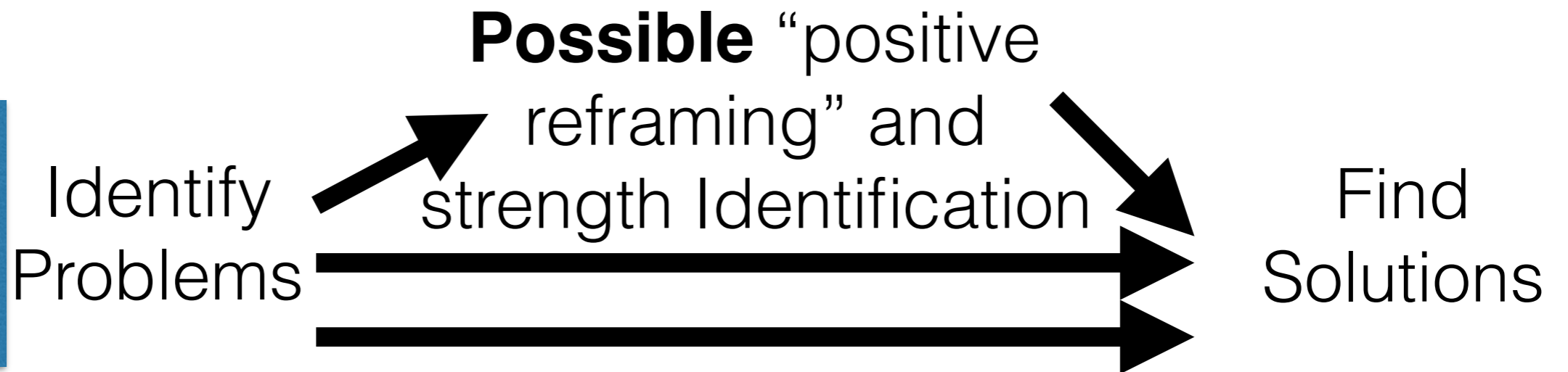


# Families and Strengths Perspective



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Traditional Problem Solving Approach



Strengths-based Approach



# Families and Strengths Perspective

Strengths-based Approach



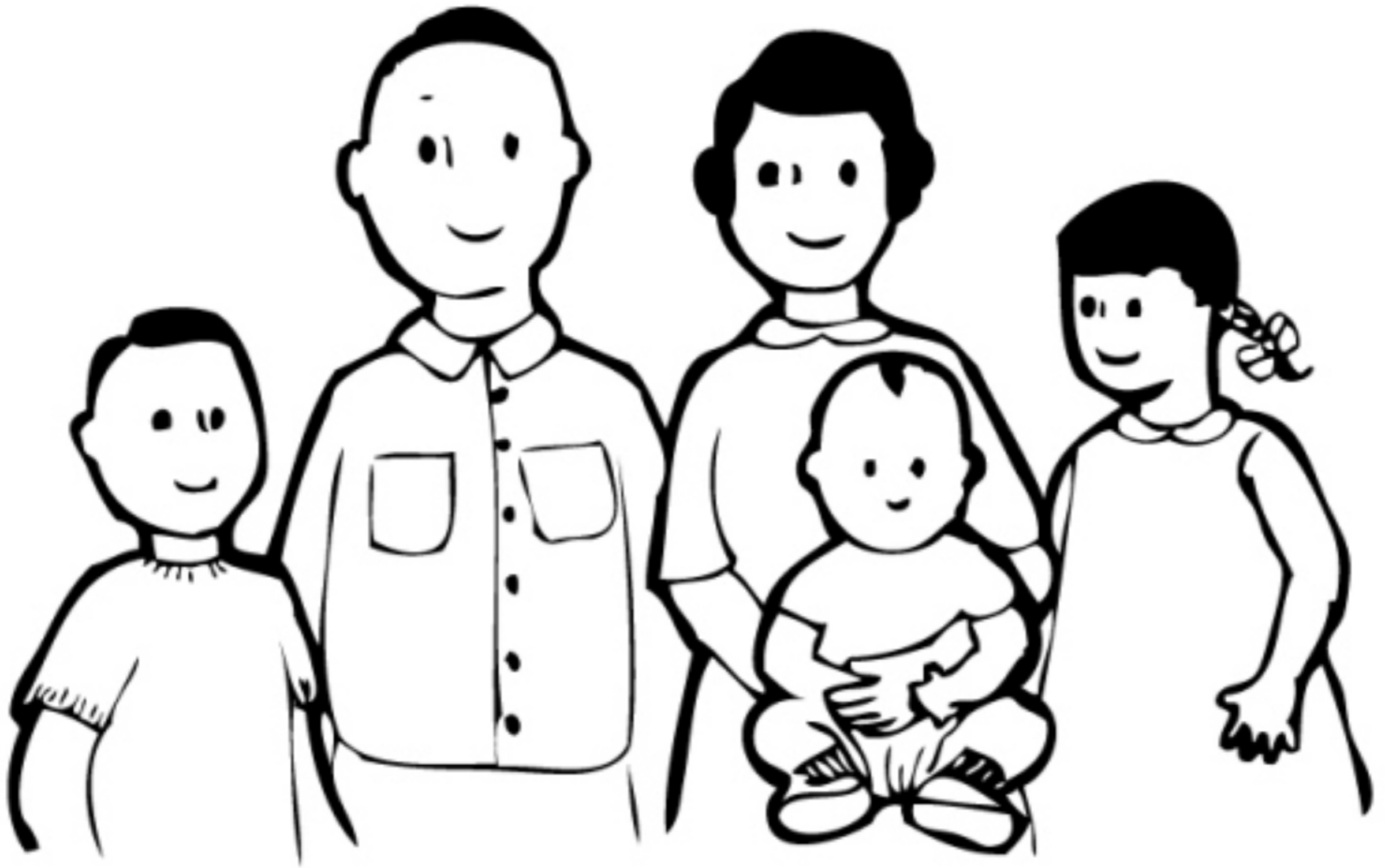
- Build on families strengths
- Work collaboratively
- Help family formulate vision
- Boost participation and involvement
- Utilize environmental modification
- Model high expectations





# What Families Provide





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Provide secure attachment bonds

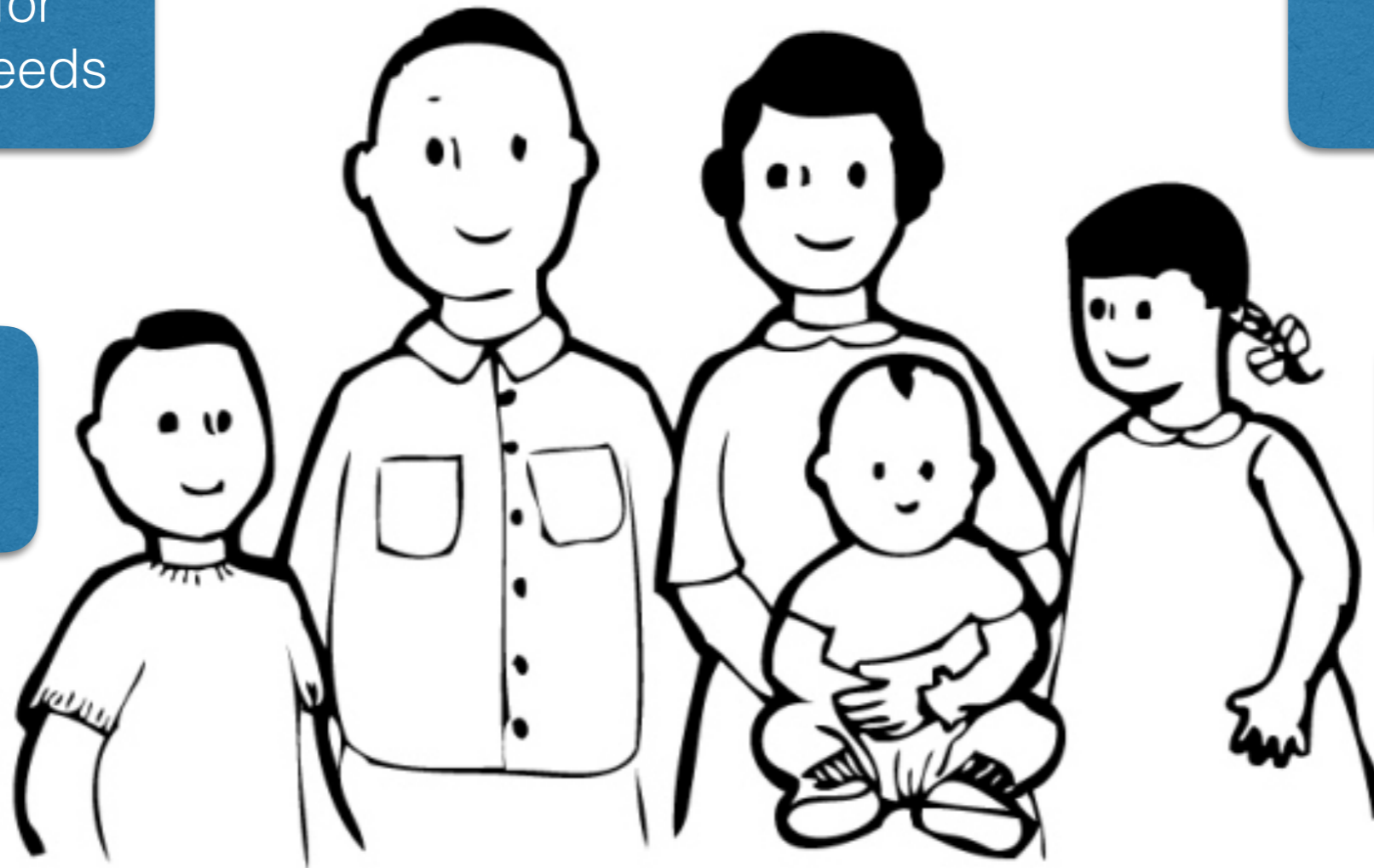
Primary socialization of children

Provide for physical needs

Regulate sexuality

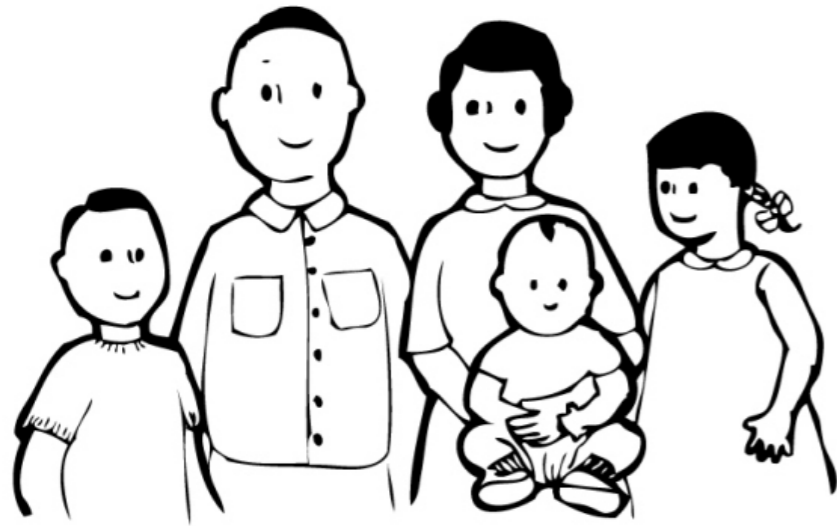
Procreation

Satisfy emotional needs



# What Families Provide

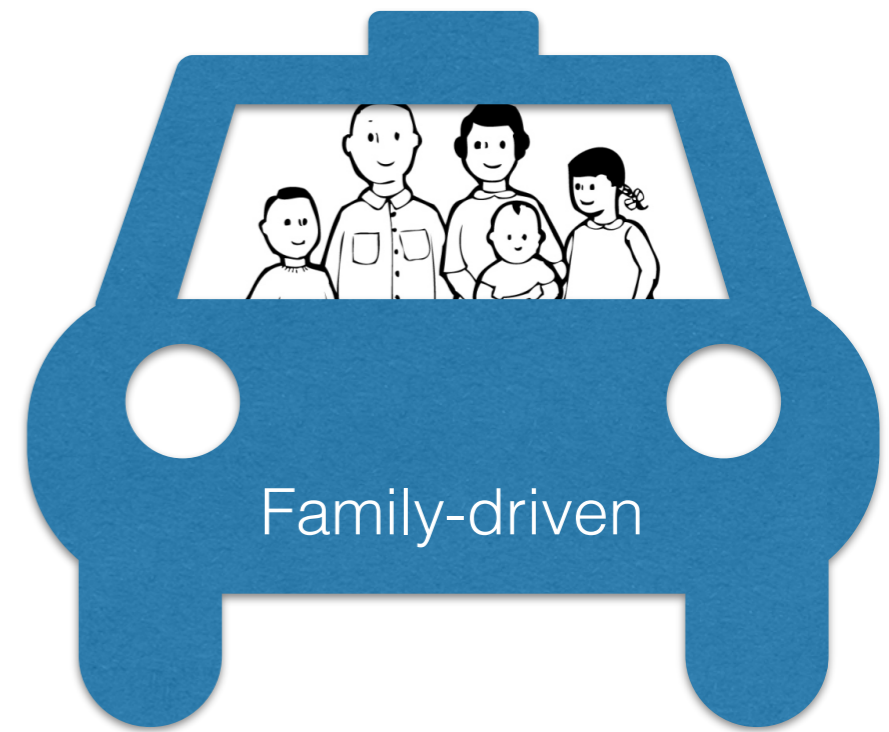




# How Engaged is the Family?



Family-centered



# Barriers to Engagement

- Distance from service providers
- Caregiver's work schedule
- Cost of transportation
- Lack of access to transportation
- Child care arrangements
- Cost of child care
- Lack of communication between staff from different programs or agencies
- Lack of open communication
- Lack of opportunity or encouragement to participate in the child's treatment
- Inflexible visiting and meeting schedules
- Lack of clarity about whom to contact with questions and concerns
- Negative staff attitudes about the family
- Restrictive policies
- Lack of consideration for cultural values

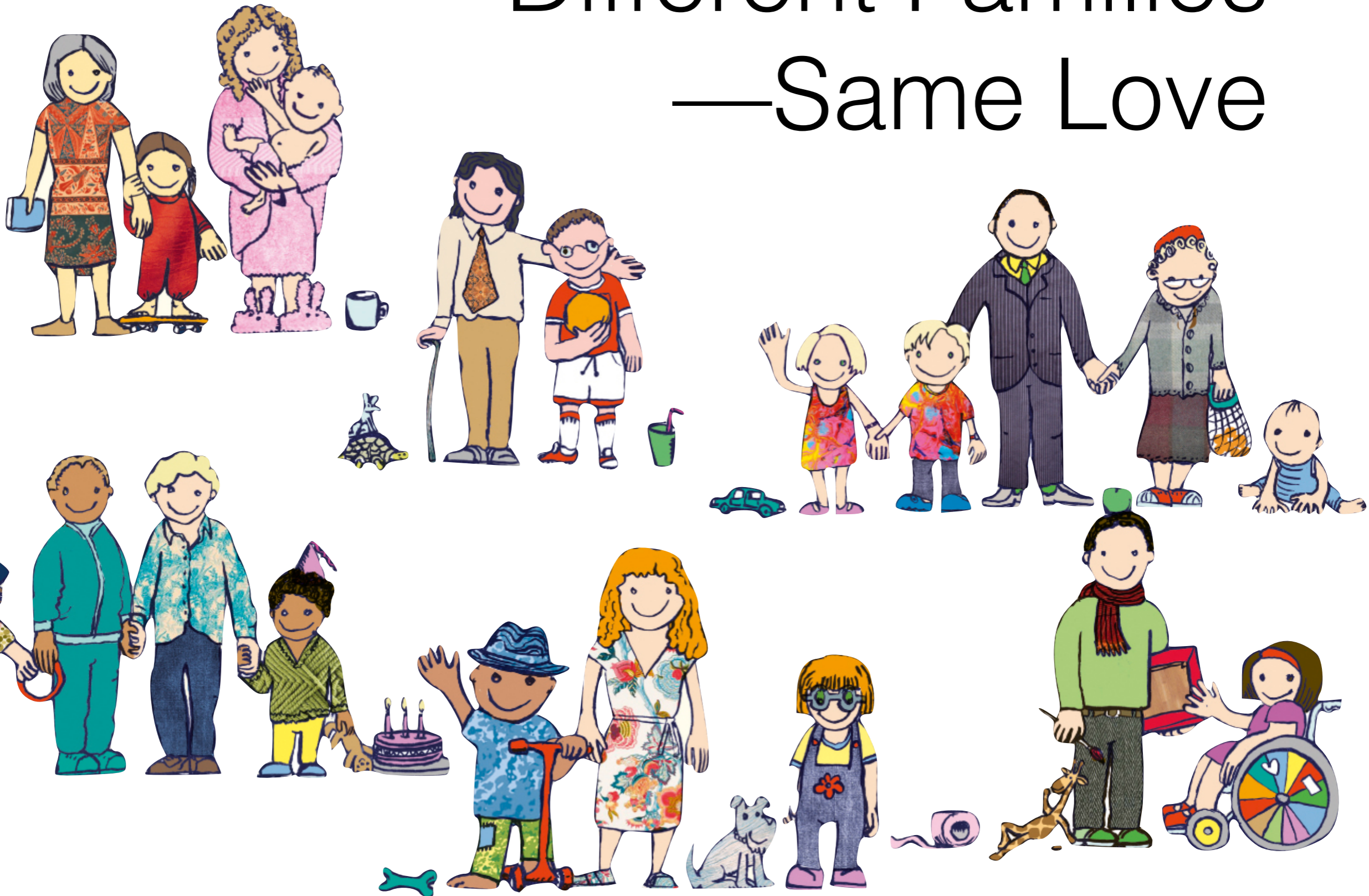


# Supports to Engagement

- Provision of a contact person
- Notification of caregiver when something was wrong or if there were health or other concerns about the child
- Flexible scheduling of meetings
- Information about rights and grievance procedures
- Comfortable and private space for meetings
- Prompt return of phone calls
- Inclusion of caregiver's comments in the child's records
- Support for transitions into or out of services or programs
- Communication with all relevant family members
- Help with transportation costs
- Help with telephone costs
- Assistance with child care costs
- Caregiver treated with dignity and respect
- Caregiver made to feel that his or her participation was important
- Caregiver made to feel welcome
- All family members encouraged to participate
- Responsiveness to the family's cultural values



# Different Families —Same Love



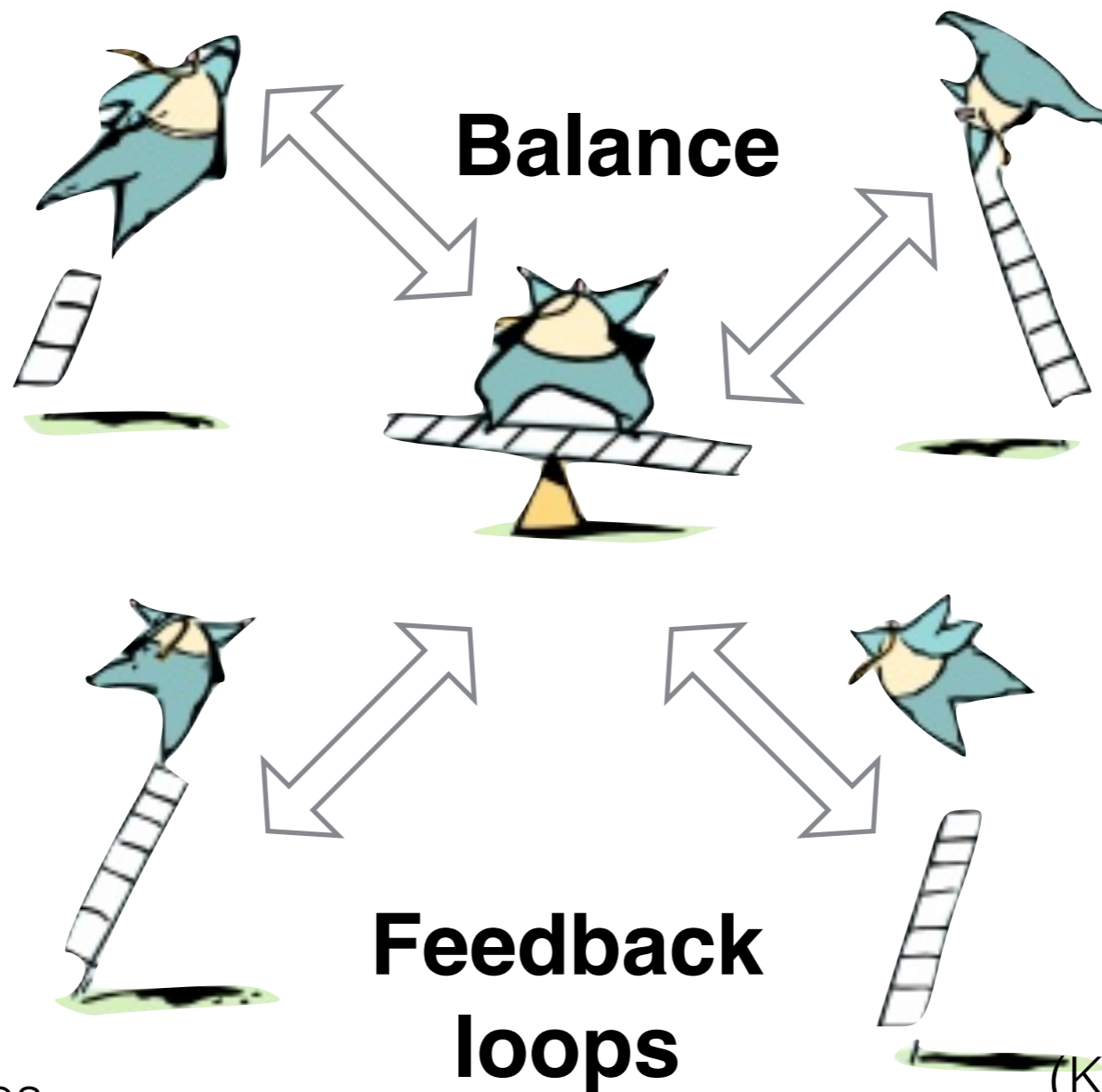
# Dimensions of a Family Systems Framework Assessment

- Homeostasis
- Boundaries and Boundary Maintenance
- Family Decision Making, Hierarchy, and Power
- Family Roles
- Communication Styles of Family Members
- Family Life Cycle
- Family Rules
- Social Environment
- Family Adaptive Capacity (Stressors and Strengths)





# Homeostasis



(Kirst-Ashman & Hull, 2015)



# Boundaries & Boundary Maintenance



Internal vs.  
External

Unique

Subsystems

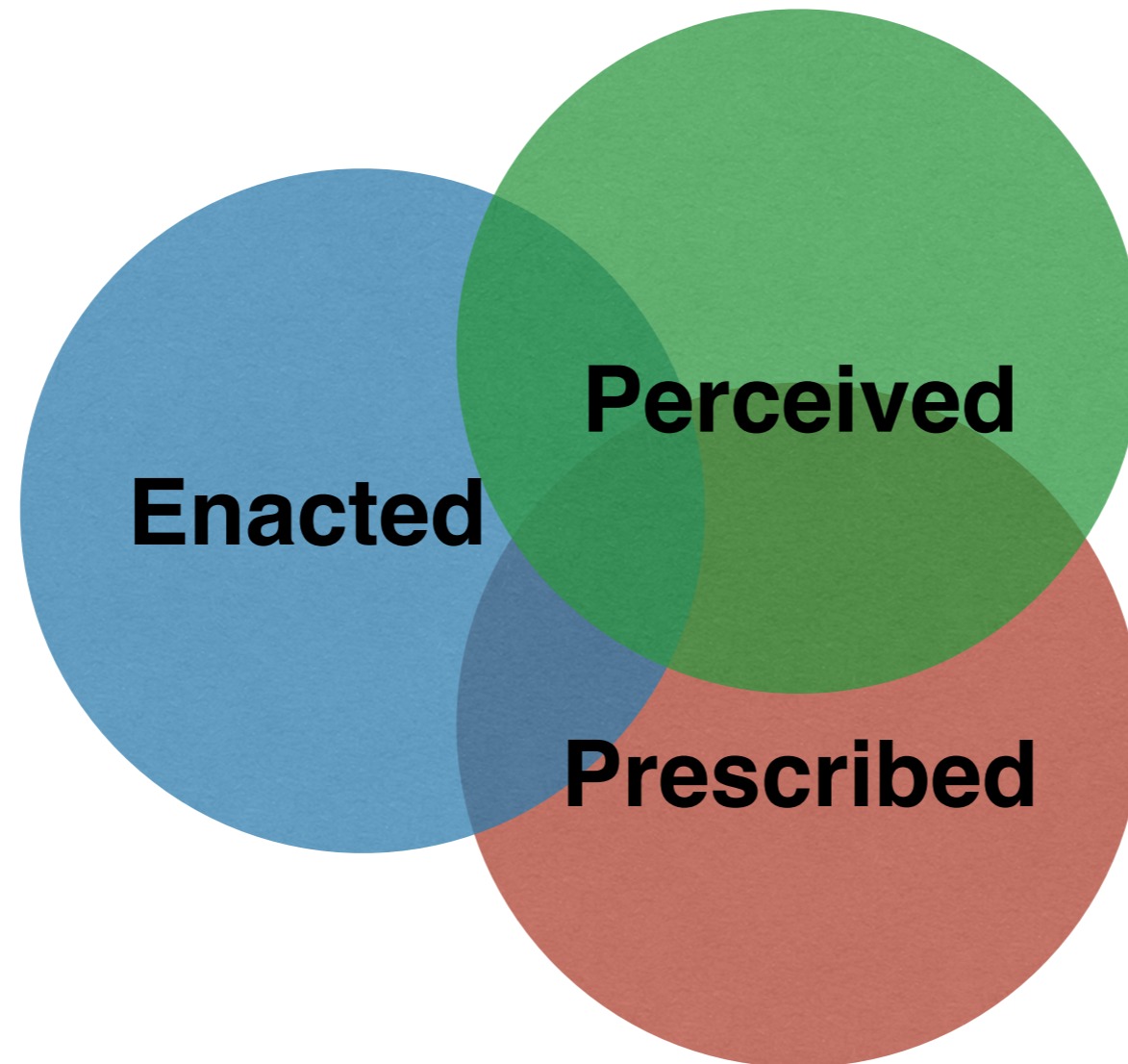


# Family Decision Making, Hierarchy, and Power

- Historic / Context
- Reason for distribution
- Covert power
- Power flexibility
- Family perspective



# Family Roles

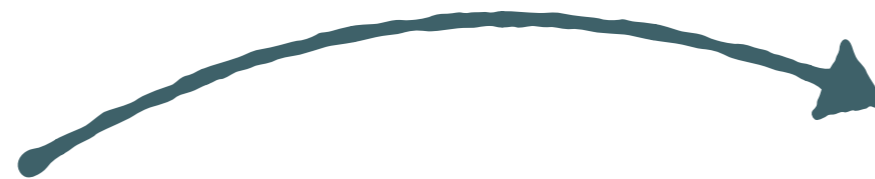


# What About Your Family?

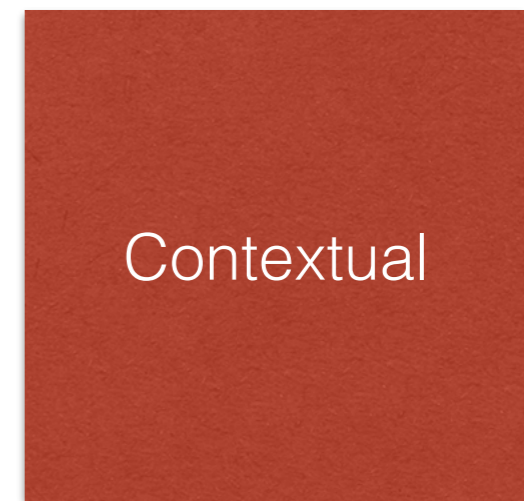
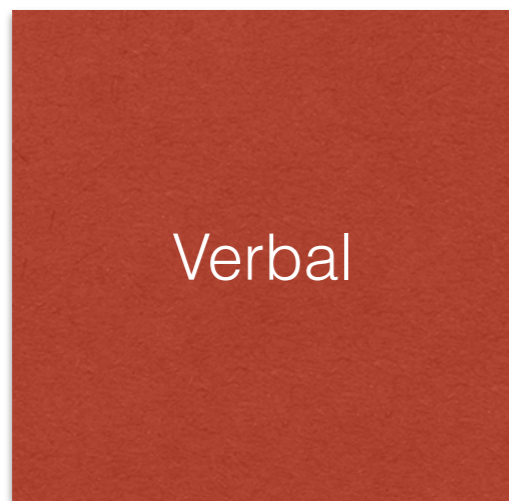
Members  
Roles  
Norms  
Values  
Rules



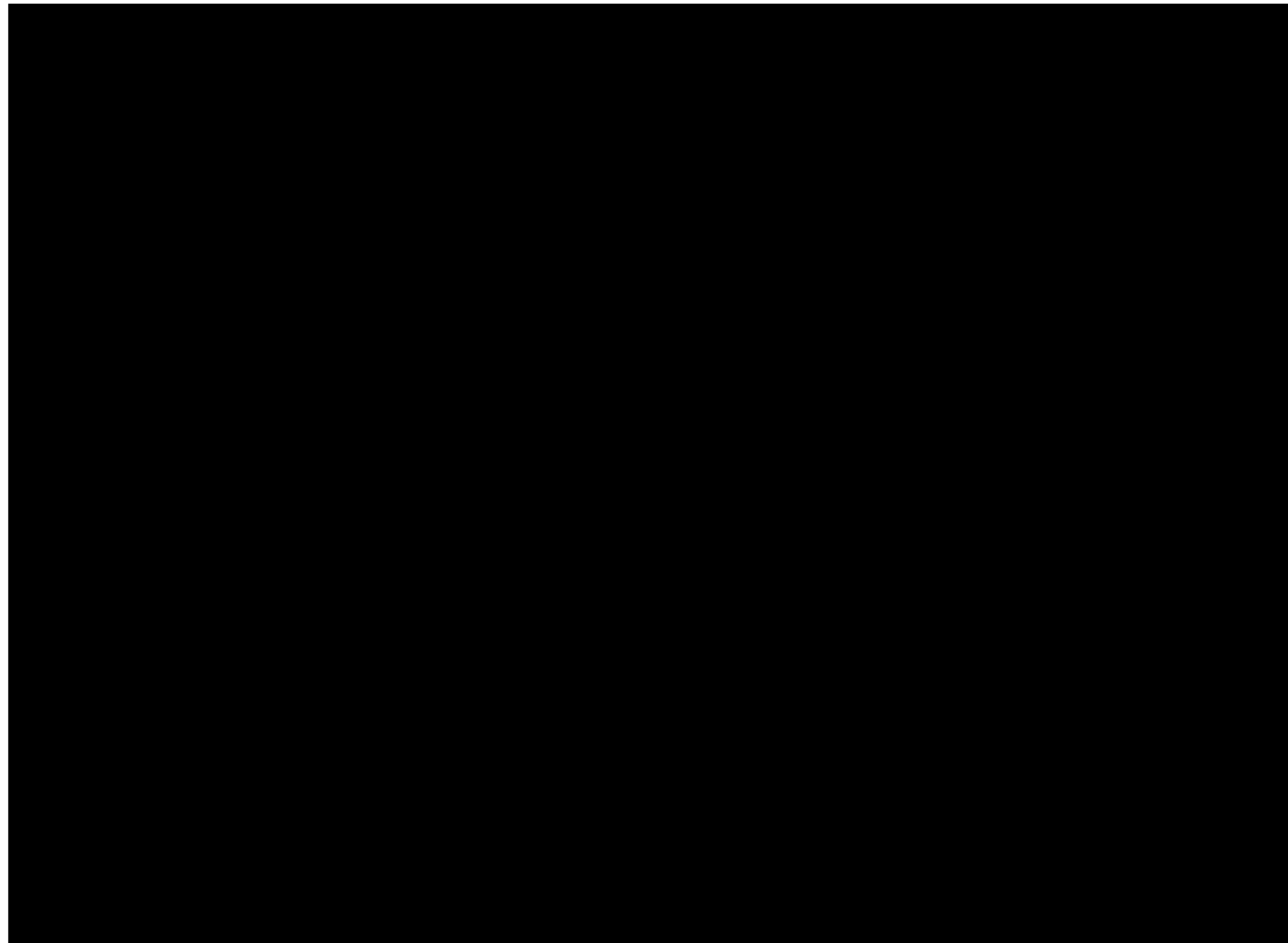
# Communication Styles of Family Members



Congruence and Clarity  
of Communication



# Communication Styles of Family Members



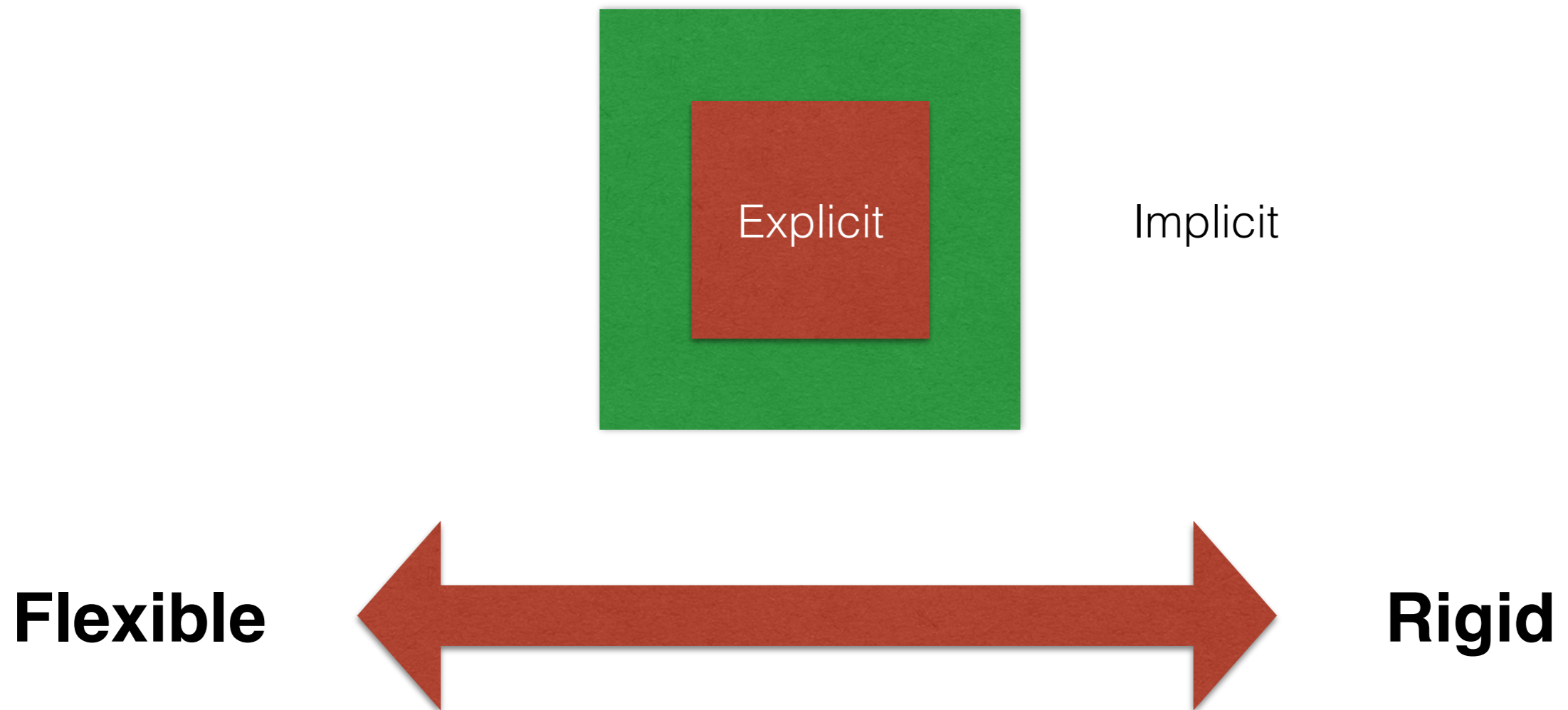
# Family Life Cycle

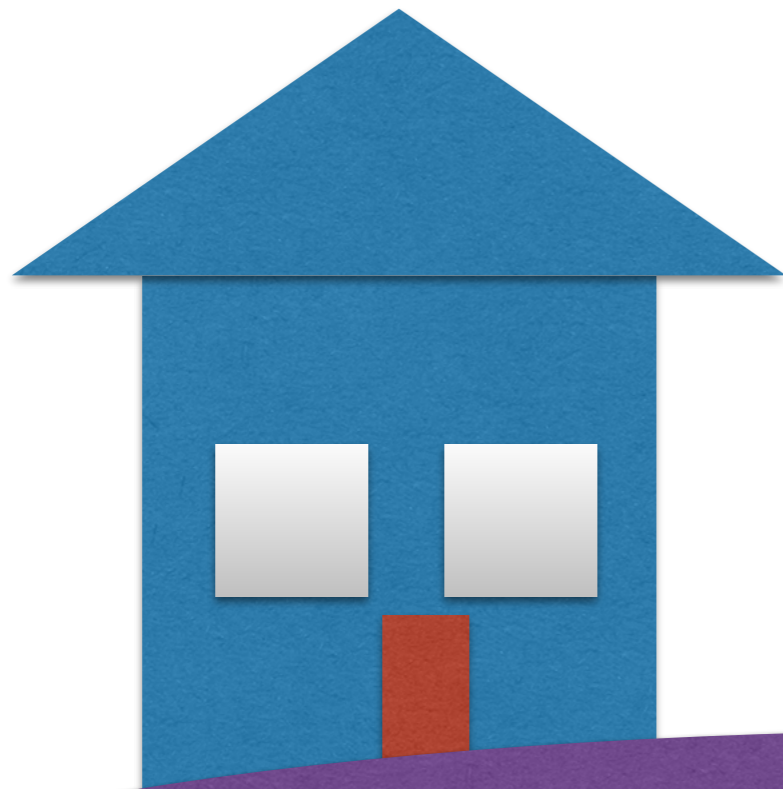
1. Unattached young adult
2. New couple
3. Family with young children
4. Family with adolescents
5. Family that is launching children
6. Family in later life





# Family Rules





# Social Environment



# Family Adaptive Capacity

Family Stressors

Family Strengths &  
Resilience

Family Cycle  
Frequency and Duration  
Magnitude and Number

Social support  
Internal cohesion and commitment  
Creativity and flexibility  
Appraisal, insight, and meaning  
Initiative and achievement  
Boundary setting

