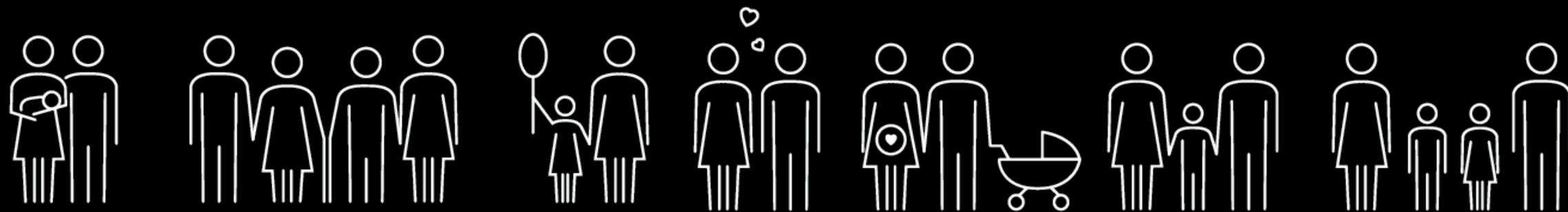
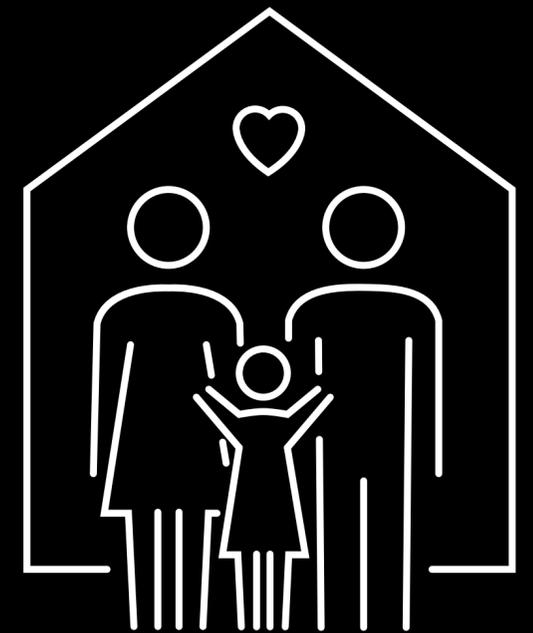


Working with Families Part II:

A Set of Tools for Working with Families

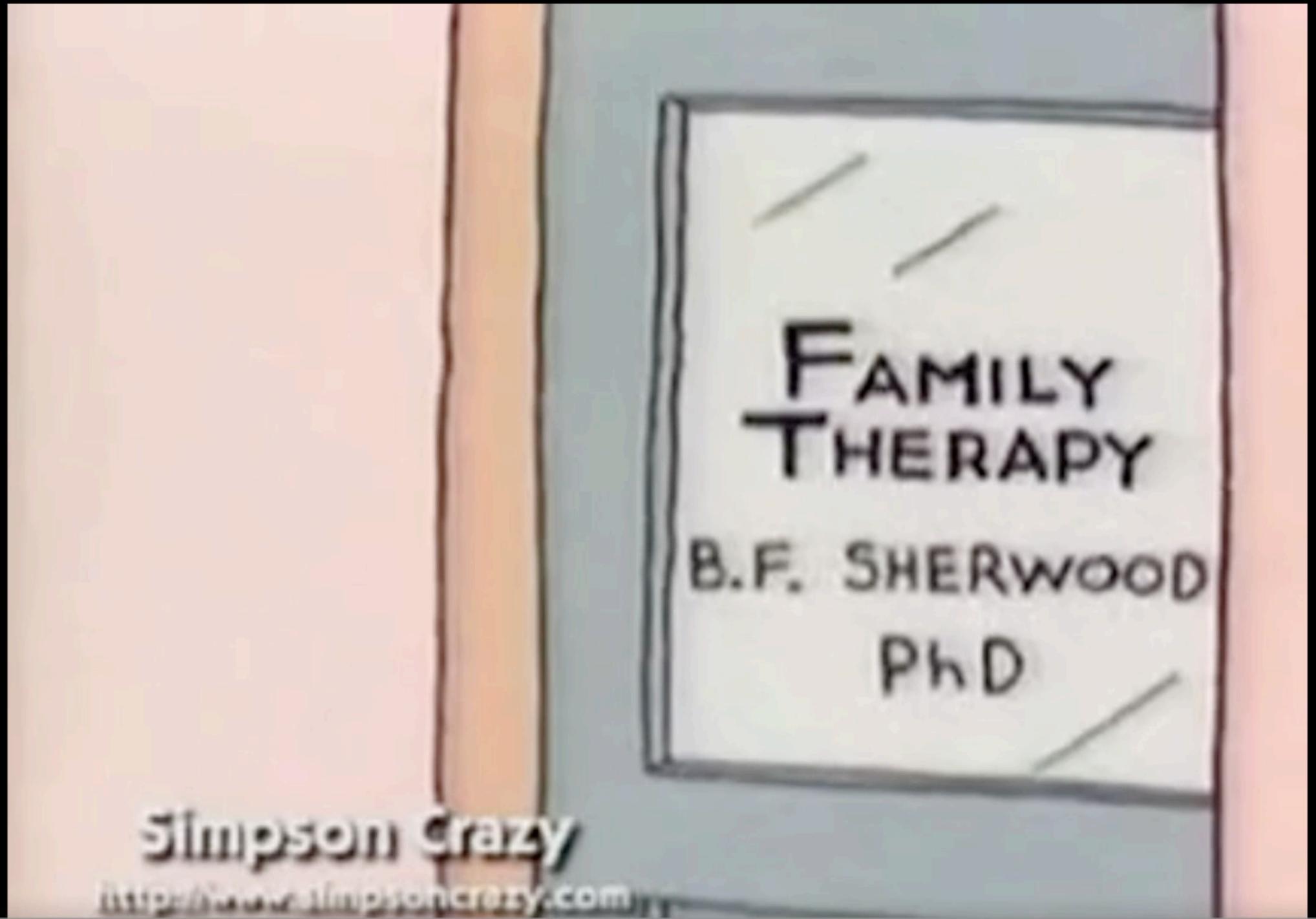


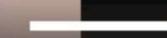
Jacob Campbell, LICSW at Heritage University for SOWK 487 in Spring of 2021

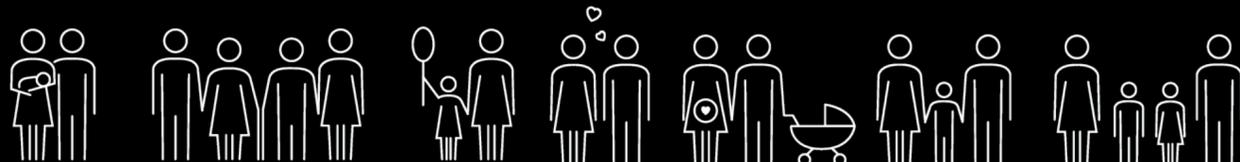


Family Therapy

Season 3
Shorts for
the Simpsons



00:01 / 01:21   

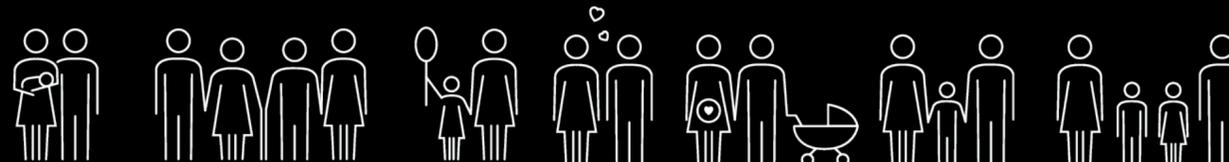


Agenda

Finish reviewing dimensions of family systems framework assessment

Specific tools for working with families

Dysfunctional family roles

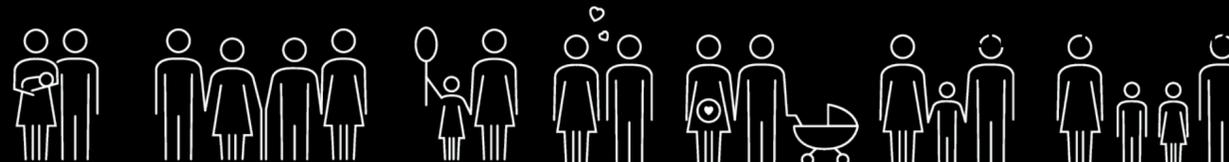


Family Systems Framework Assessment

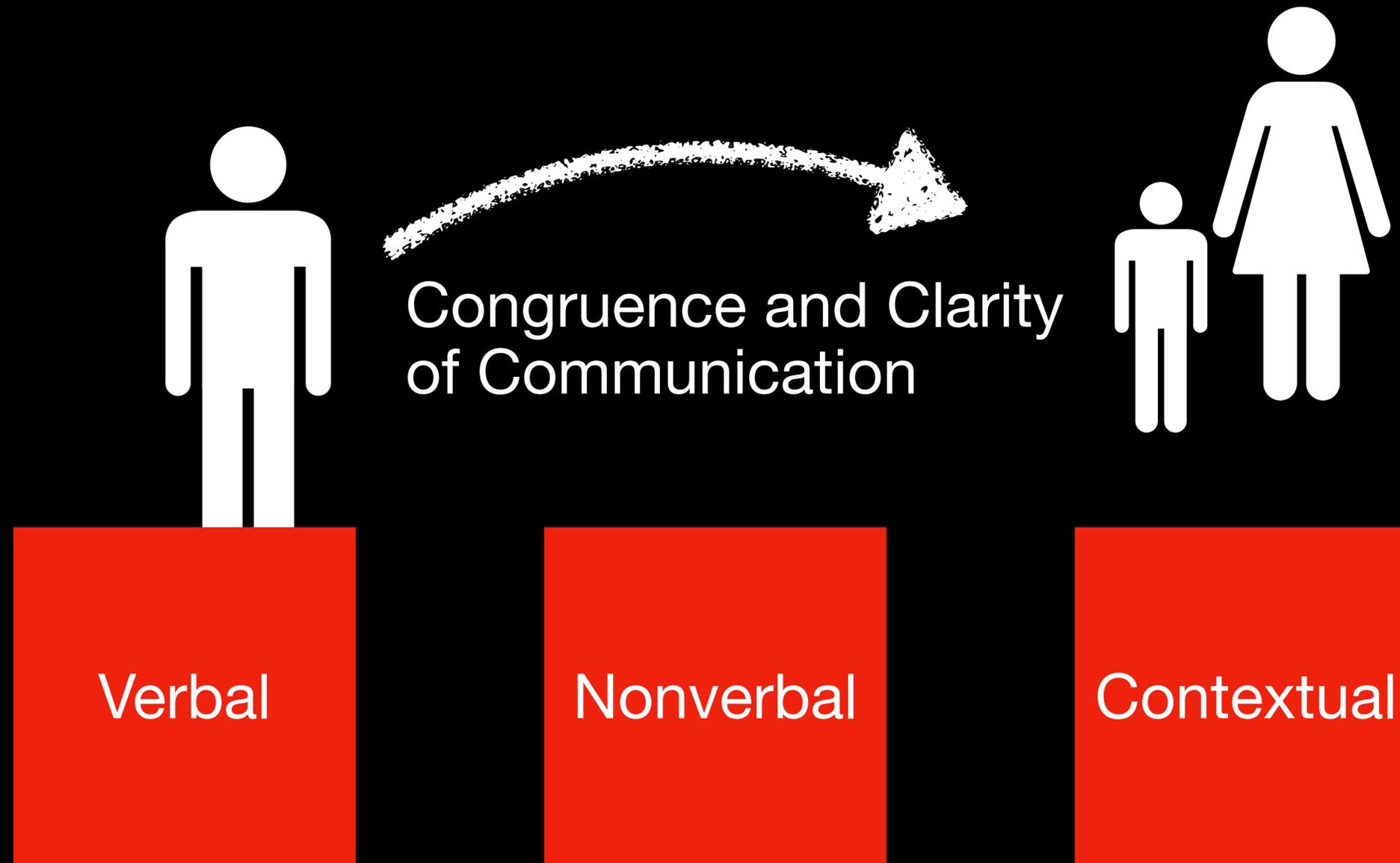
Dimensions

- 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)

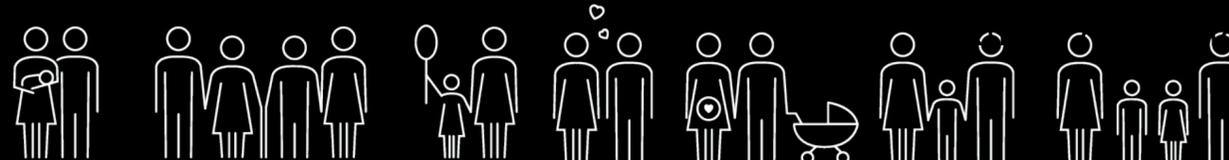
(Kirst-Ashman & Hull, 2015)



Communication Styles of Family Members



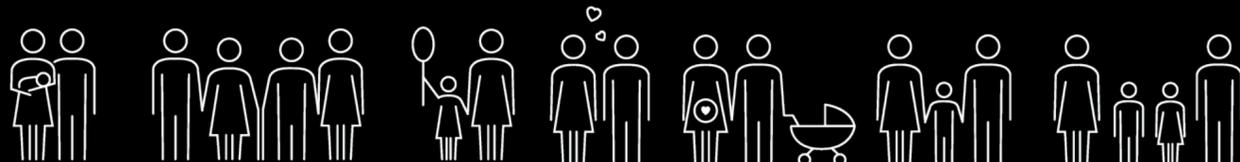
(Kirst-Ashman & Hull, 2015)



Communication Styles of Family Members

Insoo Kim Berg Solution-Focused Family Therapy Video

(PsychotherapyNet, 2009)



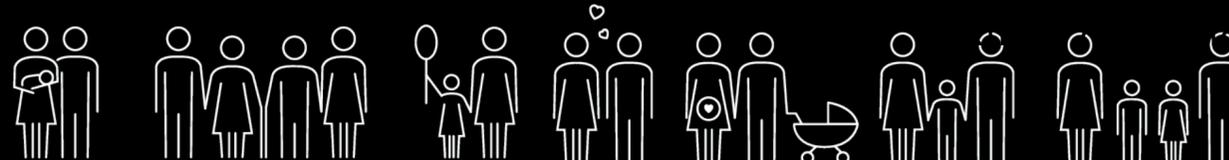
Family Life Cycle

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

(Kirst-Ashman & Hull, 2015)

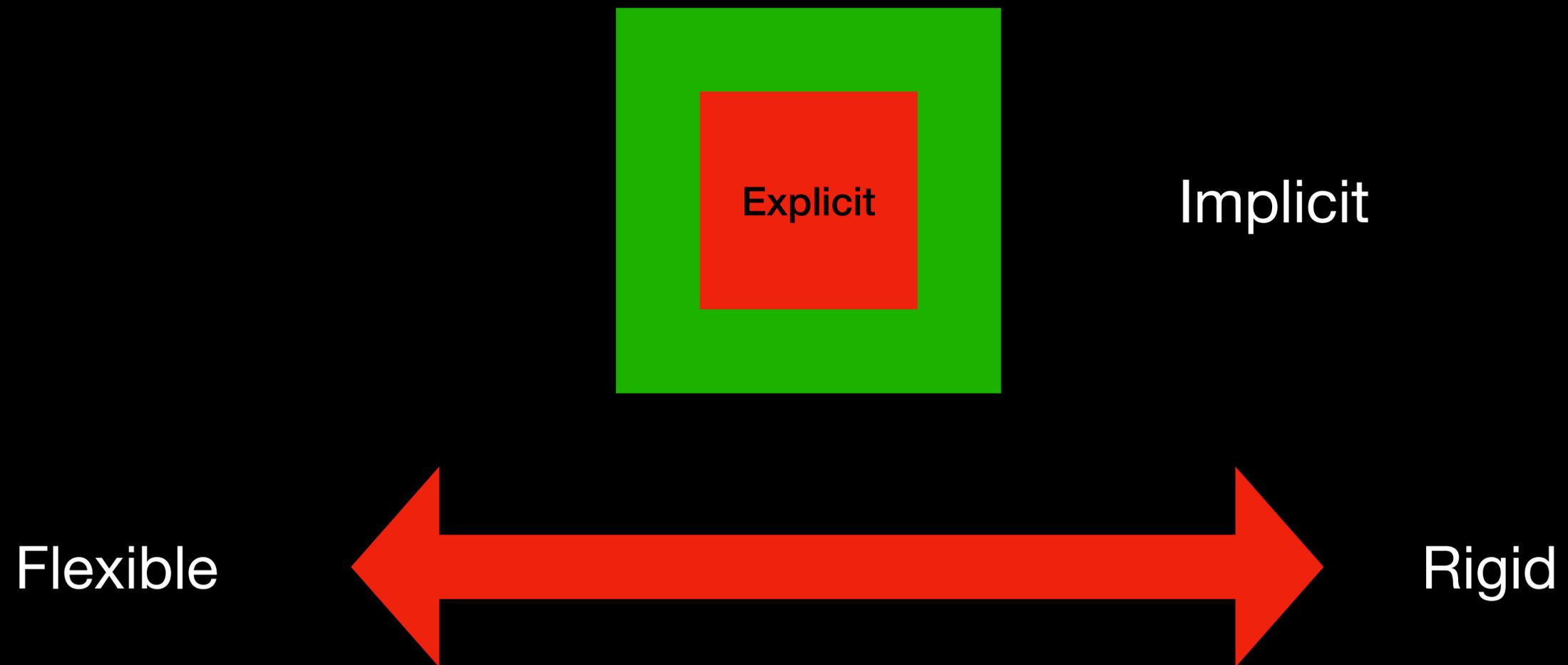


Jacob Campbell, LICSW
Heritage University

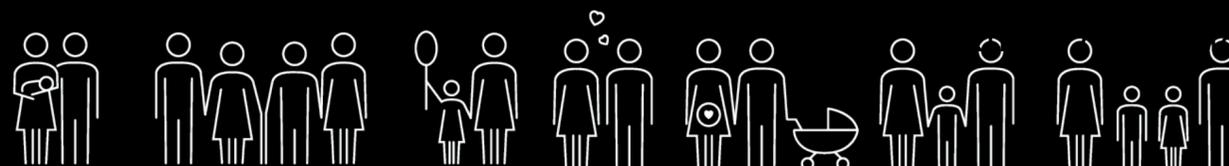


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Family Rules



(Kirst-Ashman & Hull, 2015)



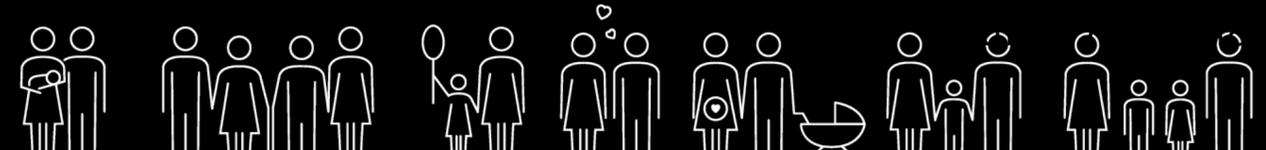


Social Environment

(Kirst-Ashman & Hull, 2015)



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Family Adaptive Capacity

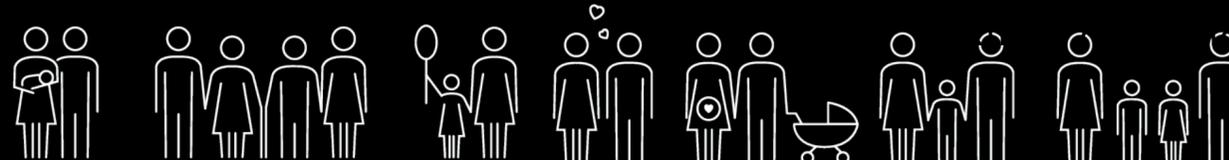
Family Stressors

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

(Kirst-Ashman & Hull, 2015)



Anger Control Chain

Aggression Replacement Training

Triggers (internal / external)

Cues

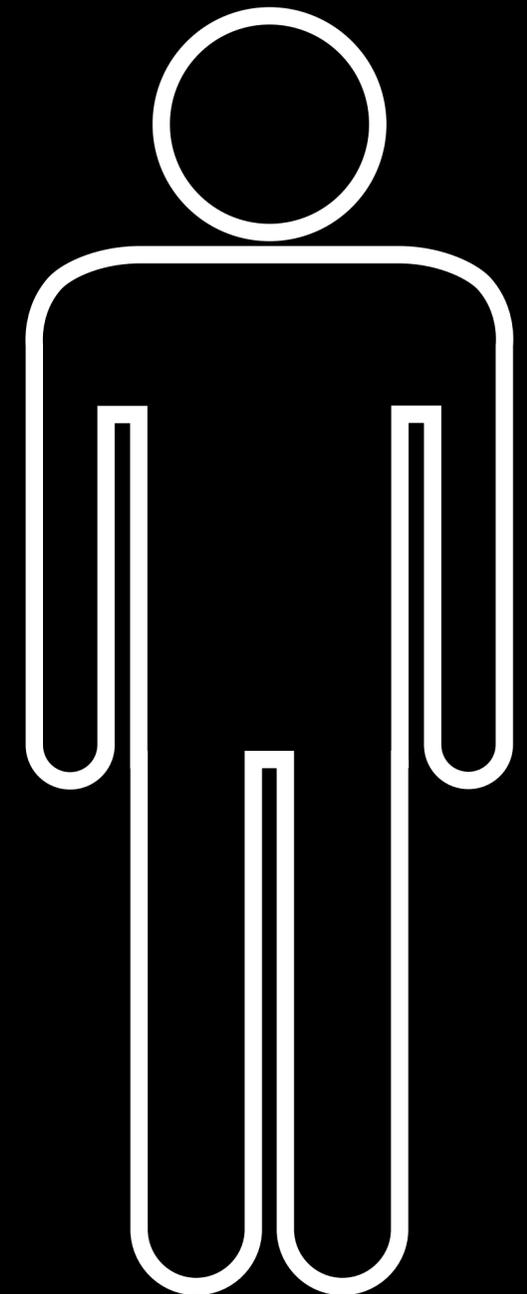
Anger reducers

Reminders

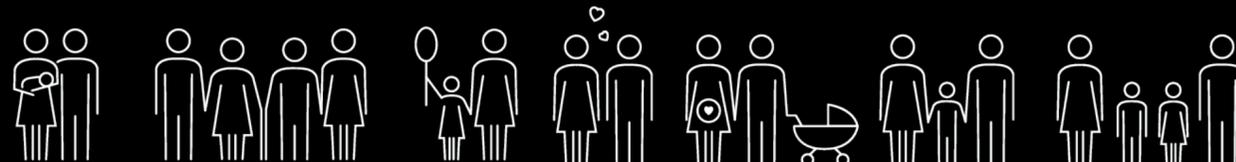
Thinking ahead (if __ then __ thinking)

Social skill

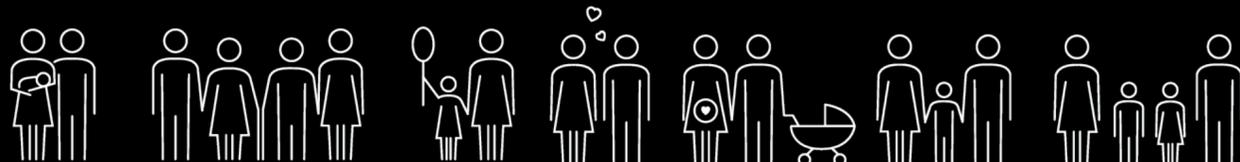
Self evaluation



What are your CUES?

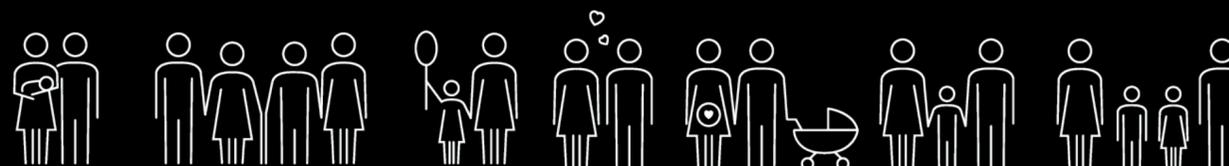


15 Fair Fighting Rules



Validating vs. Invalidating

Statements



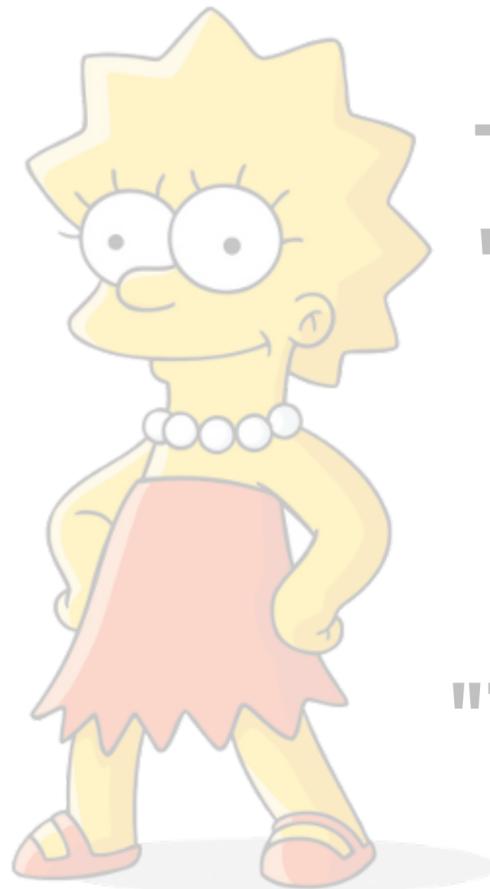
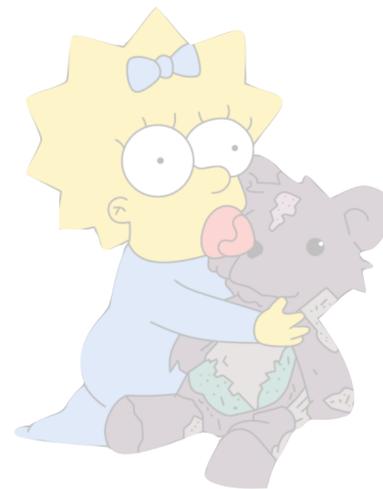
Dysfunctional Family Roles





The Addict
"The Victim"

The Lost Child
"Space Cadet"



The Hero
"The Good Child"

The Mascot



The Caretaker
"The Enabler"



The Scapegoat
"The Screw Up"
"The Problem Child"





The Addict
"The Victim"



The Mascot

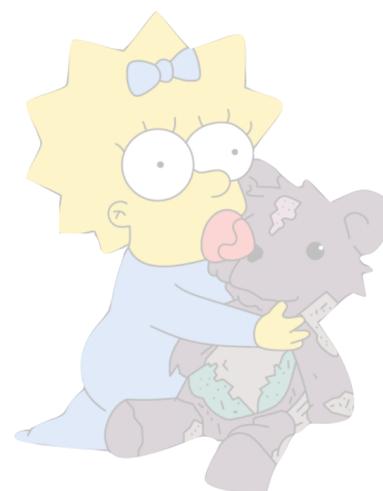


The Caretaker
"The Enabler"

The Lost Child
"Space Cadet"



The Scapegoat
"The Screw Up"
"The Problem Child"



The Hero
"The Good Child"





The Addict
"The Victim"

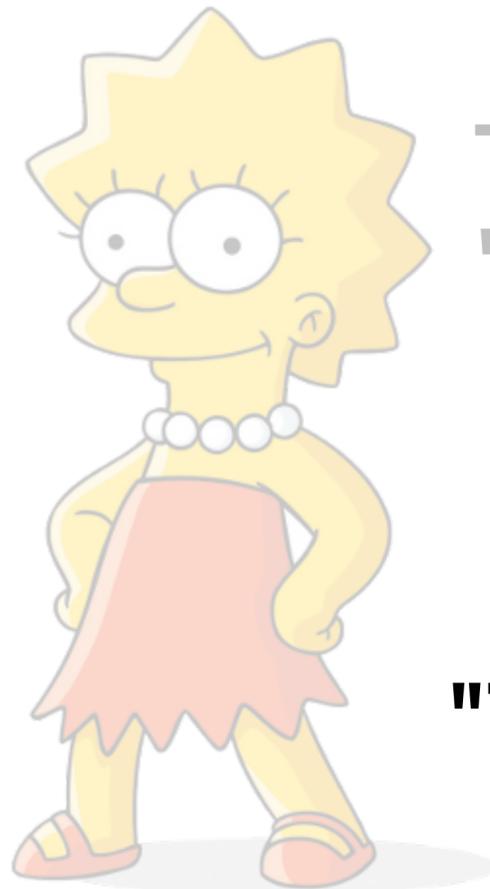
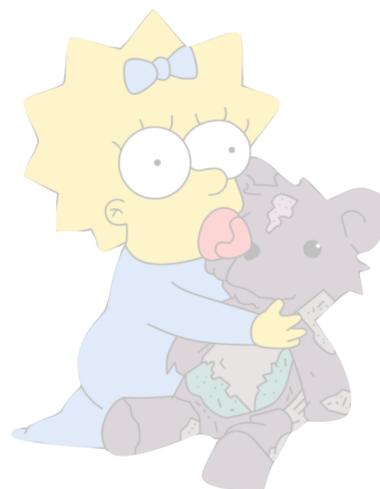


The Mascot



The Caretaker
"The Enabler"

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"Space Cadet"



The Hero
"The Good Child"

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The Mascot

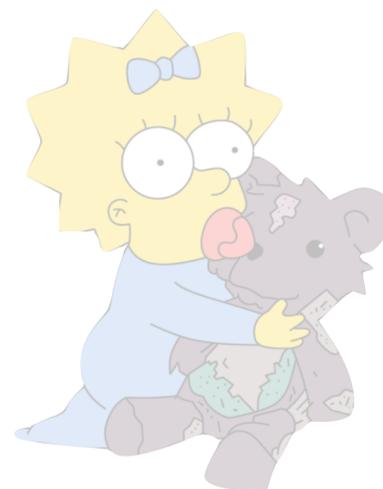


The Caretaker
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The Addict
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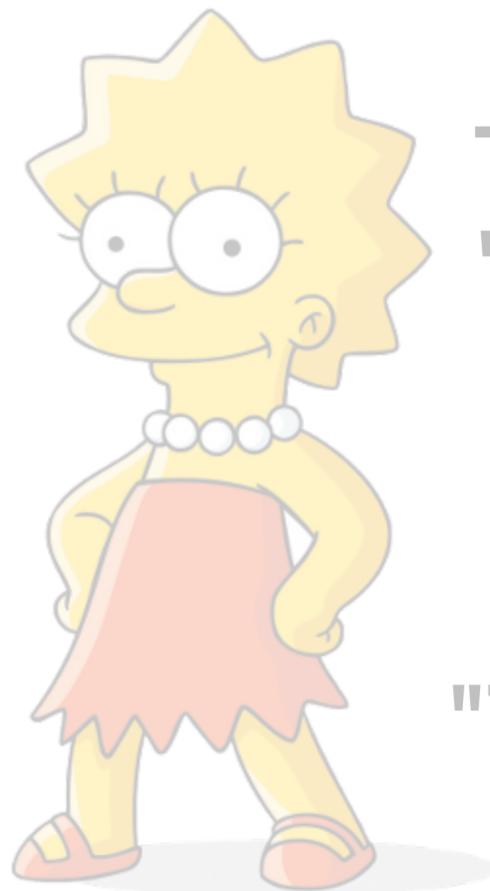


The Mascot

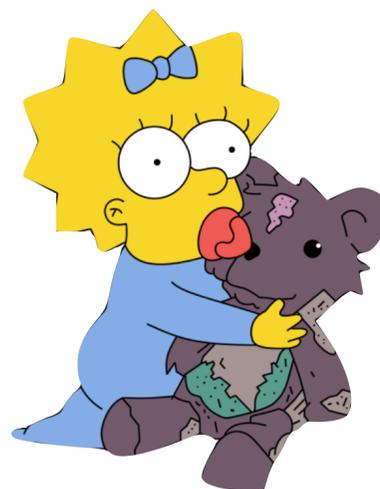


The Caretaker
"The Enabler"

The Lost Child
"Space Cadet"



The Scapegoat
"The Screw Up"
"The Problem Child"



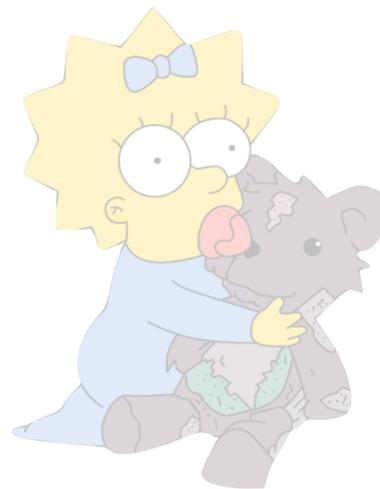
The Hero
"The Good Child"



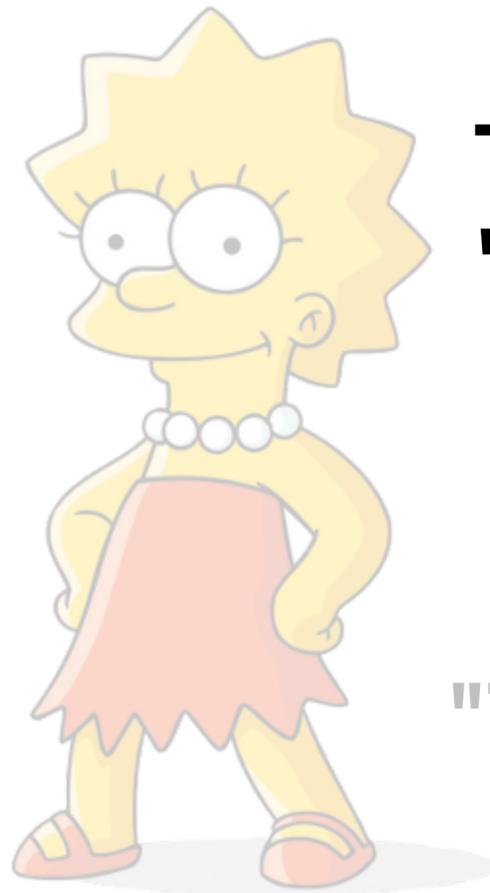


The Addict
"The Victim"

The Lost Child
"Space Cadet"



The Hero
"The Good Child"



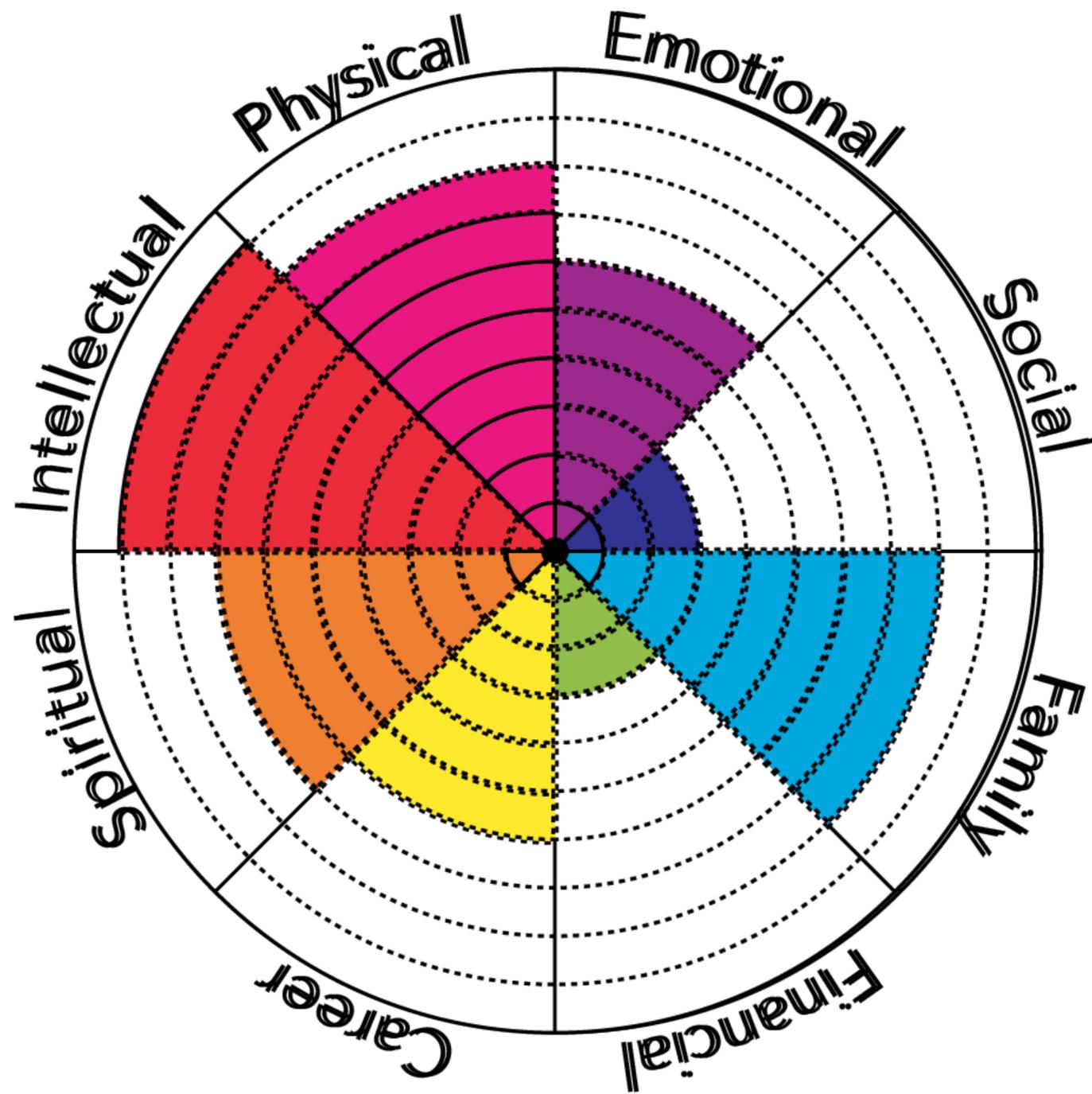
The Mascot



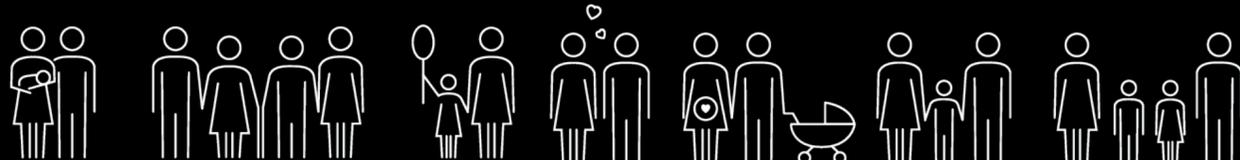
The Caretaker
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Holistic Wellness Wheel



Time Outs



Jacob Campbell, LICSW
Heritage University



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