

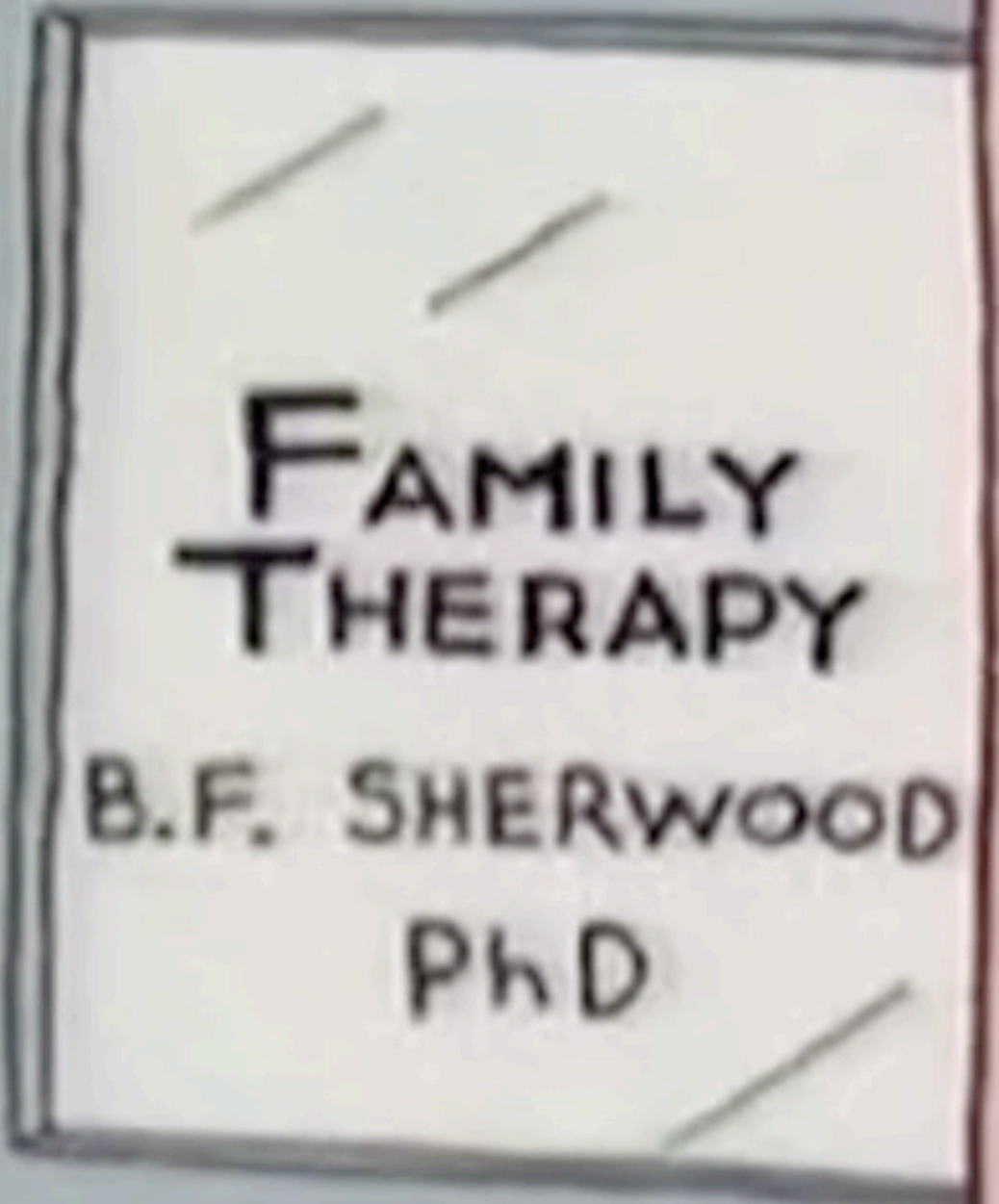


Working with Families

Lab Day

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

Family Therapy

A cartoon illustration of a sign on a door. The sign is rectangular with a white background and a black border. It features the text 'FAMILY THERAPY' in large, bold, black capital letters. Below this, in smaller black capital letters, is 'B.F. SHERWOOD' and 'PHD'. There are three diagonal lines drawn on the sign: one in the top left, one in the top right, and one in the bottom right. The sign is mounted on a light blue door, which is set against a light pink wall. The overall style is simple and humorous.

FAMILY
THERAPY
B.F. SHERWOOD
PHD

Simpson Crazy

<http://www.simpsoncrazy.com>

Agenda

- Specific tools for working with families
- Dysfunctional family roles
- Implementation of family intervention



What are your CUES?

Triggers

(internal / external)

Cues

Anger reducers

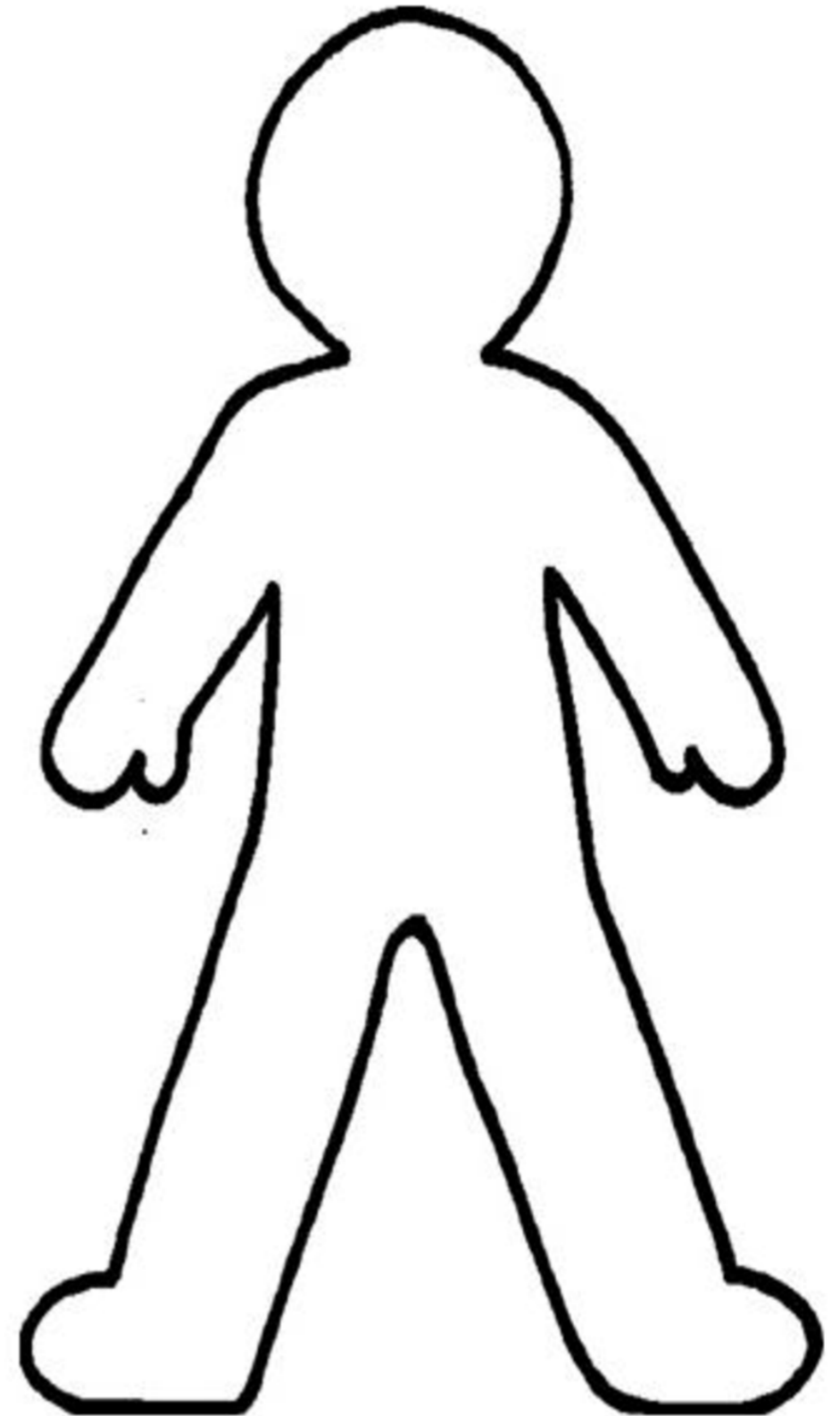
Reminders

Thinking ahead

(if ___ then ___ thinking)

Social skill

Self evaluation



15 Fair Fighting Rules



Validating

vs.

Invalidating

Statements





Time

Outs



Dysfunctional Family Roles



**The Addict
"The Victim"**



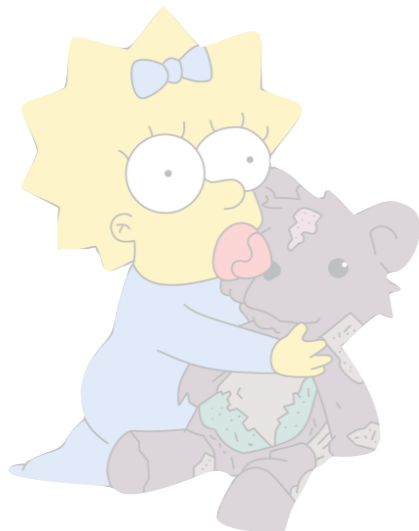
The Mascot



**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"



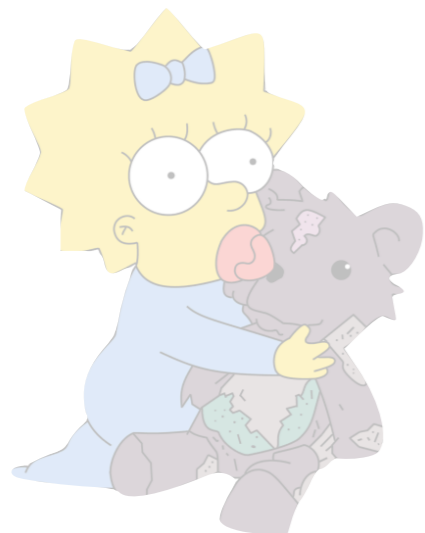
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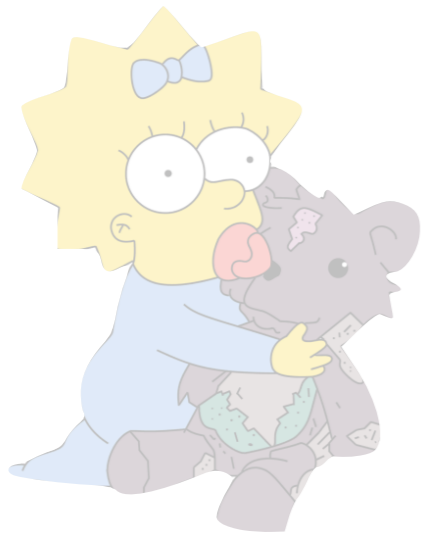
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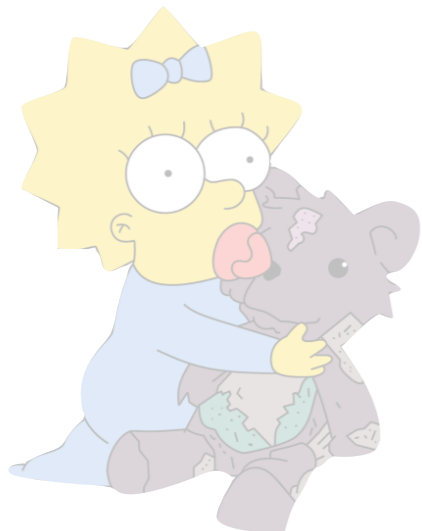
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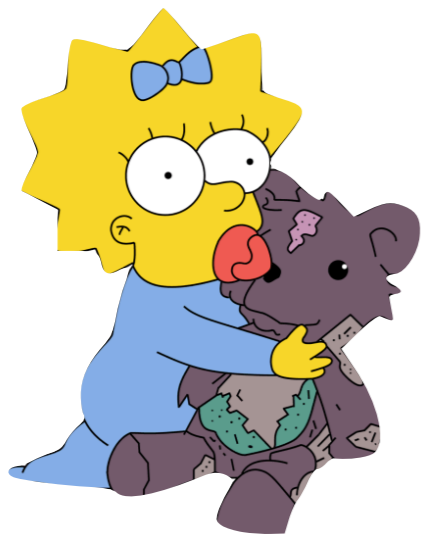
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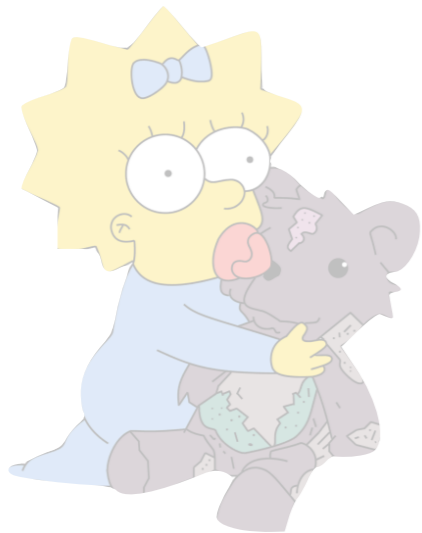
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Implementation of Family Intervention



Implementation of Family Intervention

EMPOWERMENT

- Emphasizing Positive Communication
- Explore Exceptions
- Strengths & Competency
- Positive Activities
- Examine Problem Solving



Implementation of Family Intervention

REFRAMING



Implementation of Family Intervention

TECHNIQUES



Implementation of Family Intervention

CHILD MANAGEMENT

- +/- Reinforcement
- +/- Punishment
- Modeling



Implementation of Family Intervention

SUPPORT



Implementation of Family Intervention

ROLE PLAYING



Implementation of Family Intervention

RECORDING



Implementation of Family Intervention

HOMEWORK



Implementation of Family Intervention

