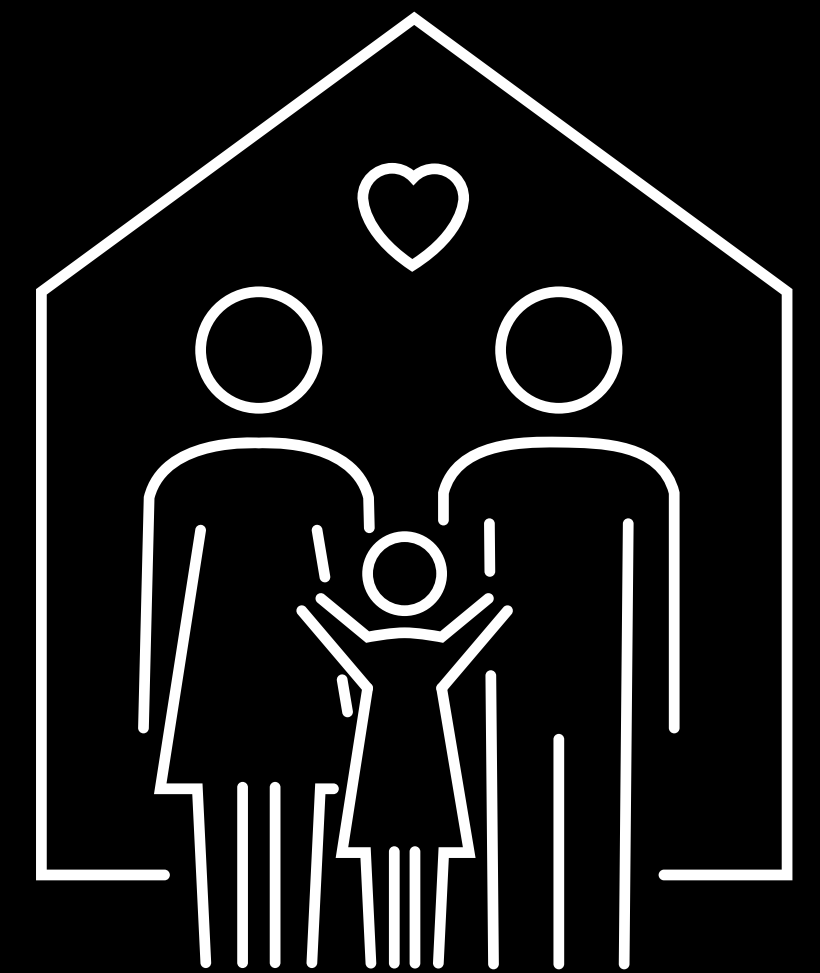
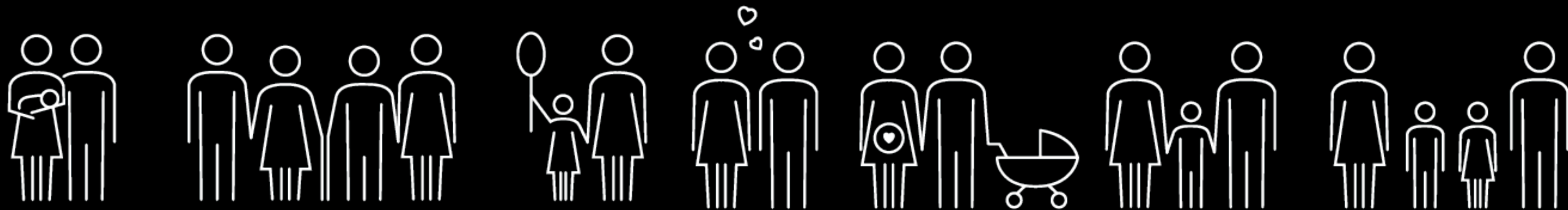


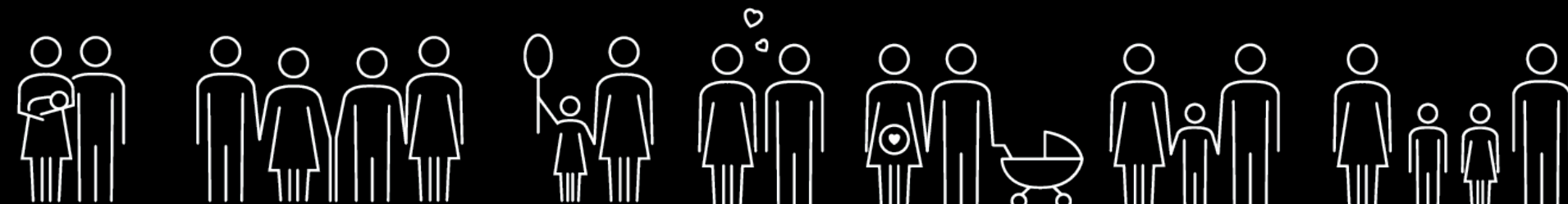
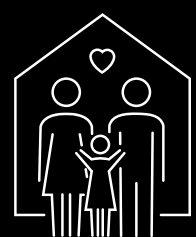
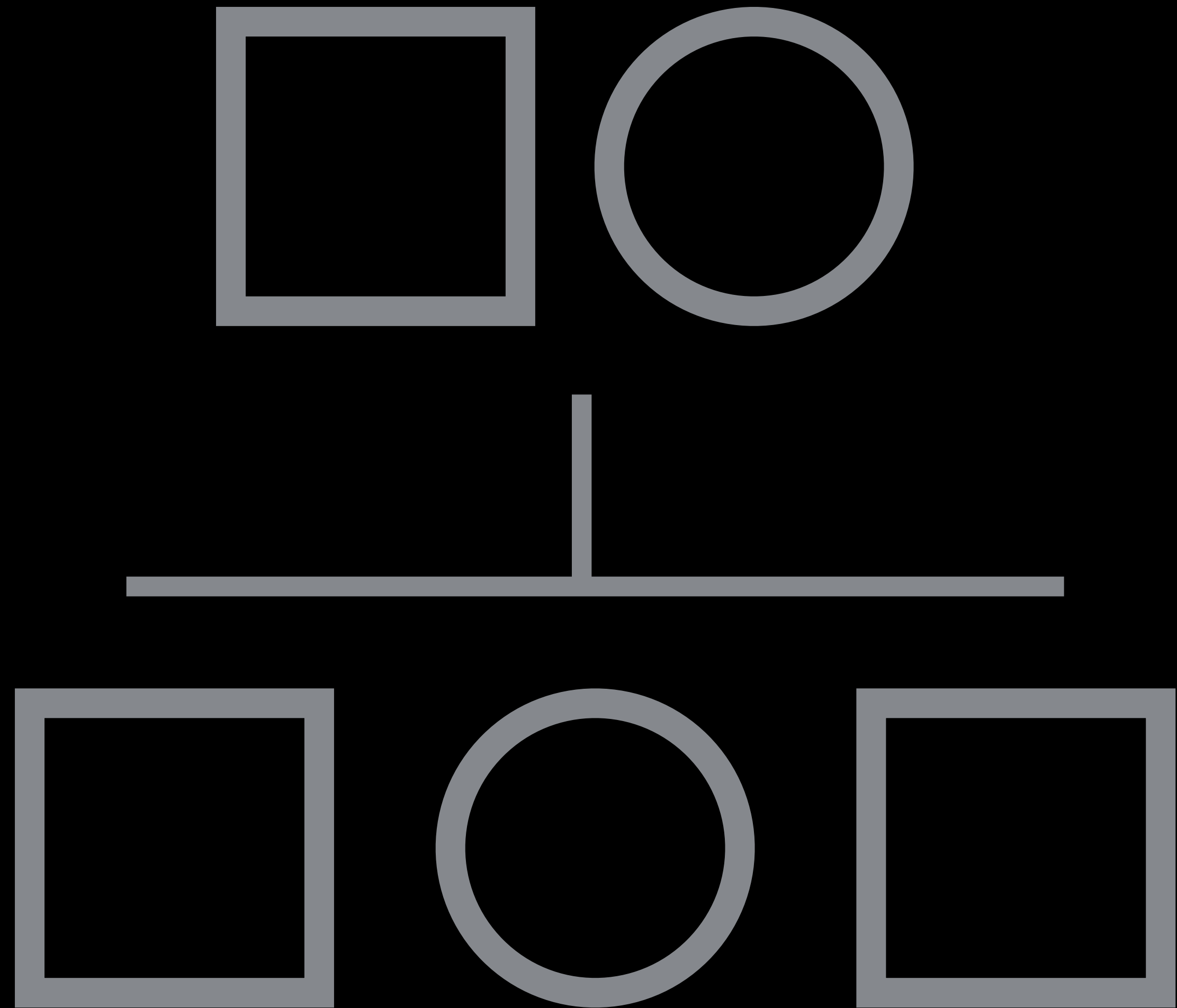
# Working with Families Part I:

## Strengths and Assessments with Families



Jacob Campbell, LICSW at Heritage University for SOWK 487 in Spring of 2022

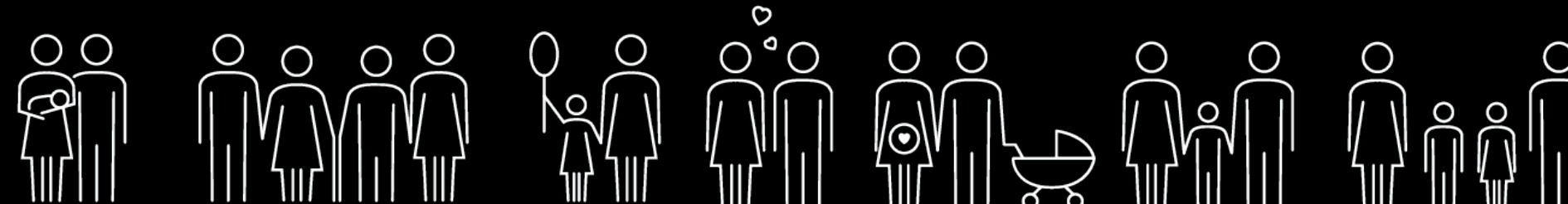
# Genogram Cutout Activity

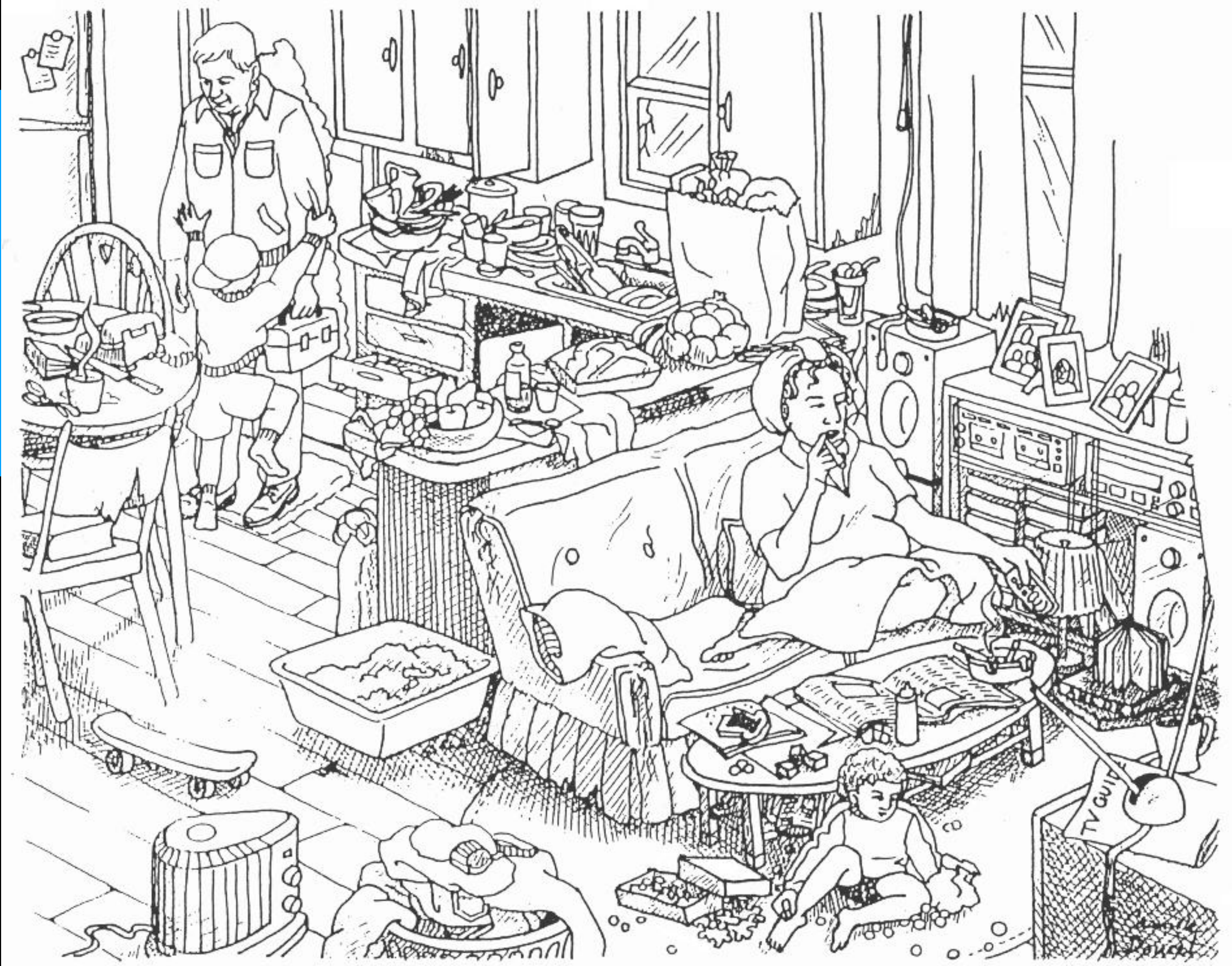


# Agenda

Strengths perspective and families

Engagement and assessment with families



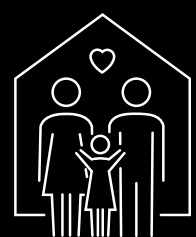


# Identifying Family Strengths

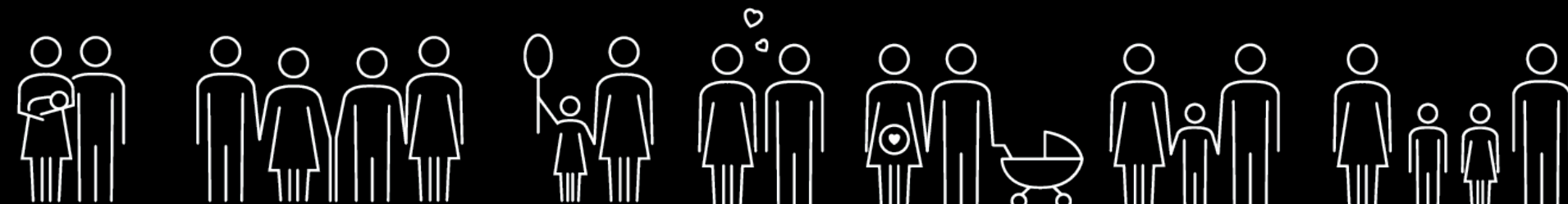
Note 12 to 15 positive aspects of the household pictured

(National Court Appointed Special Advocate Association, 2007)

# What Families Provide

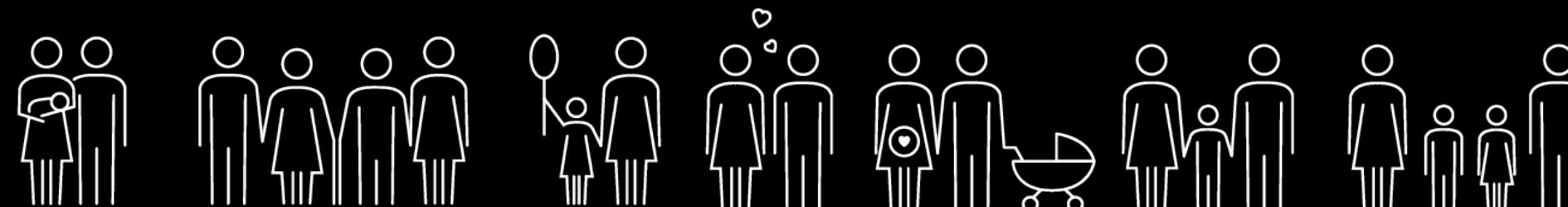
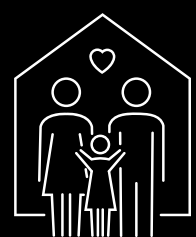


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Heritage University

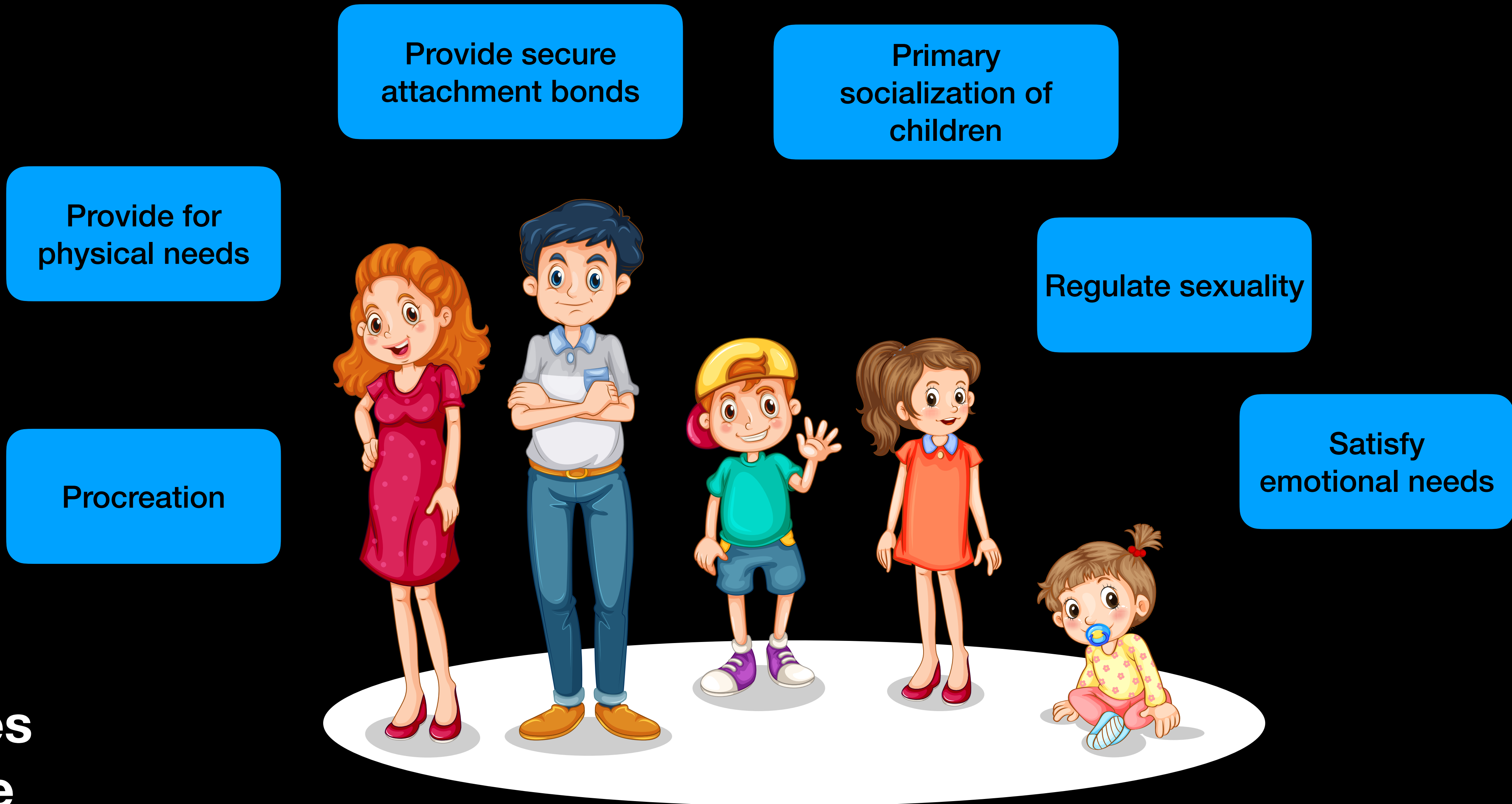


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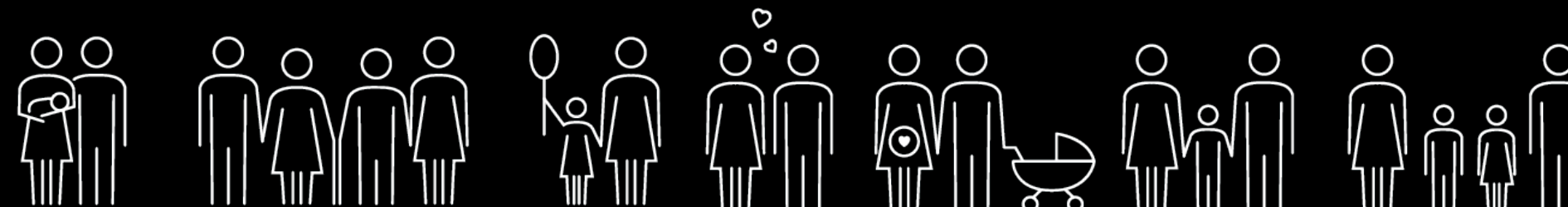
# What Families Provide



# What Families Provide



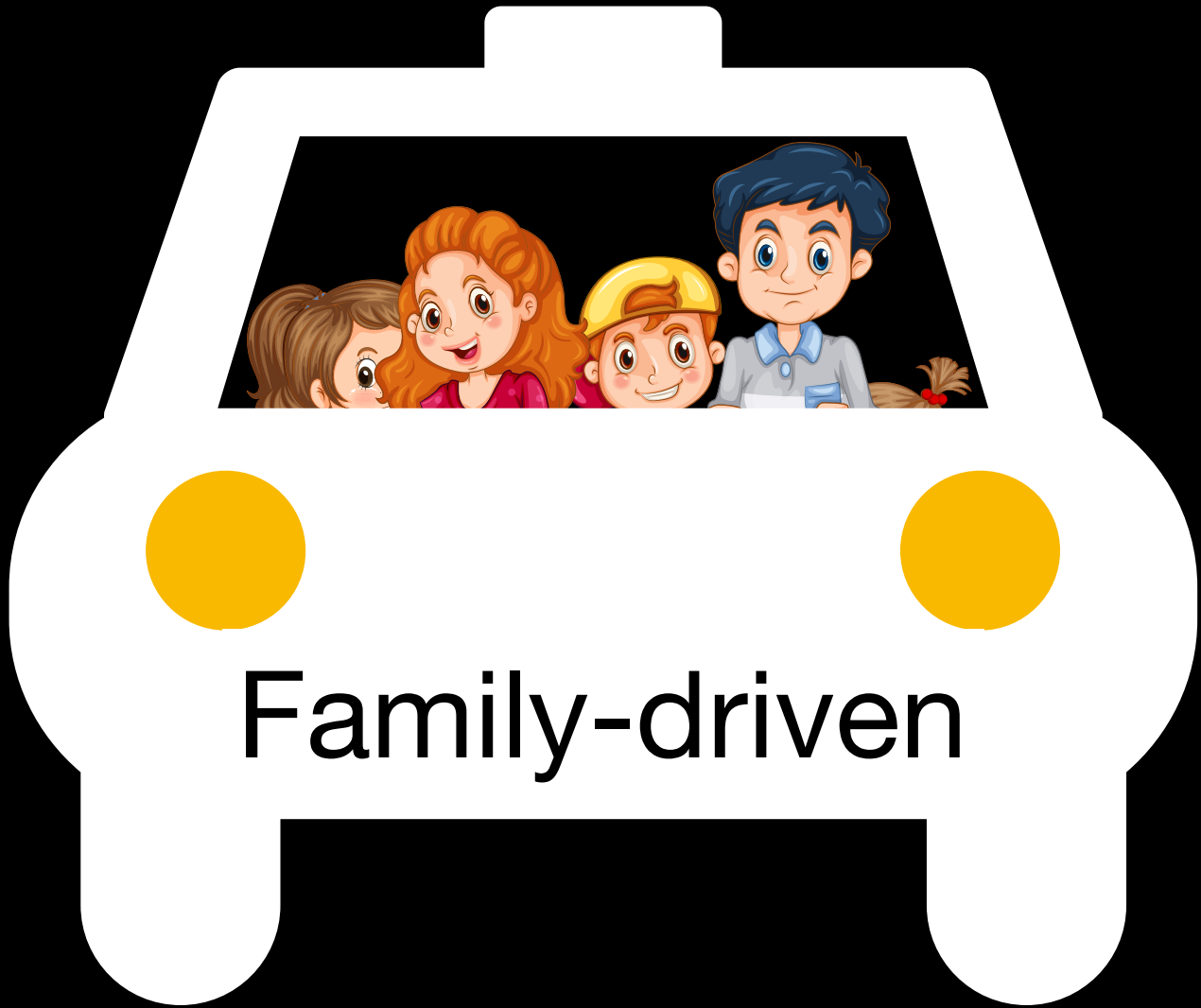
(Kirst-Ashman & Hull, 2015)



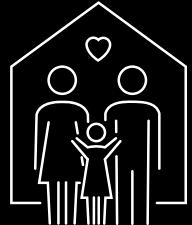
# How Engaged is the Family?



Family-centered



(Chovil, 2009)



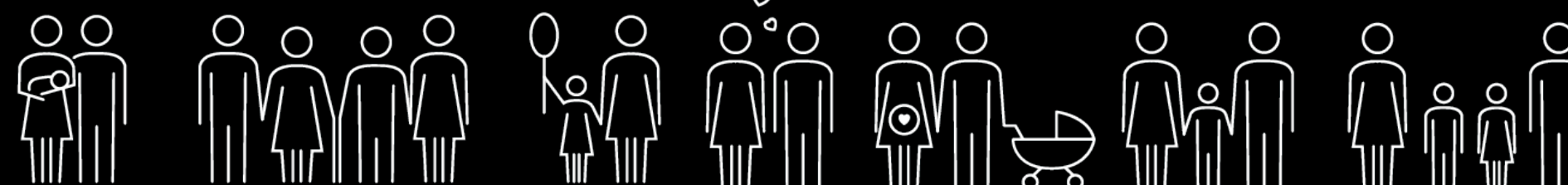
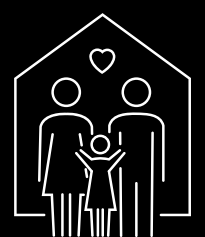
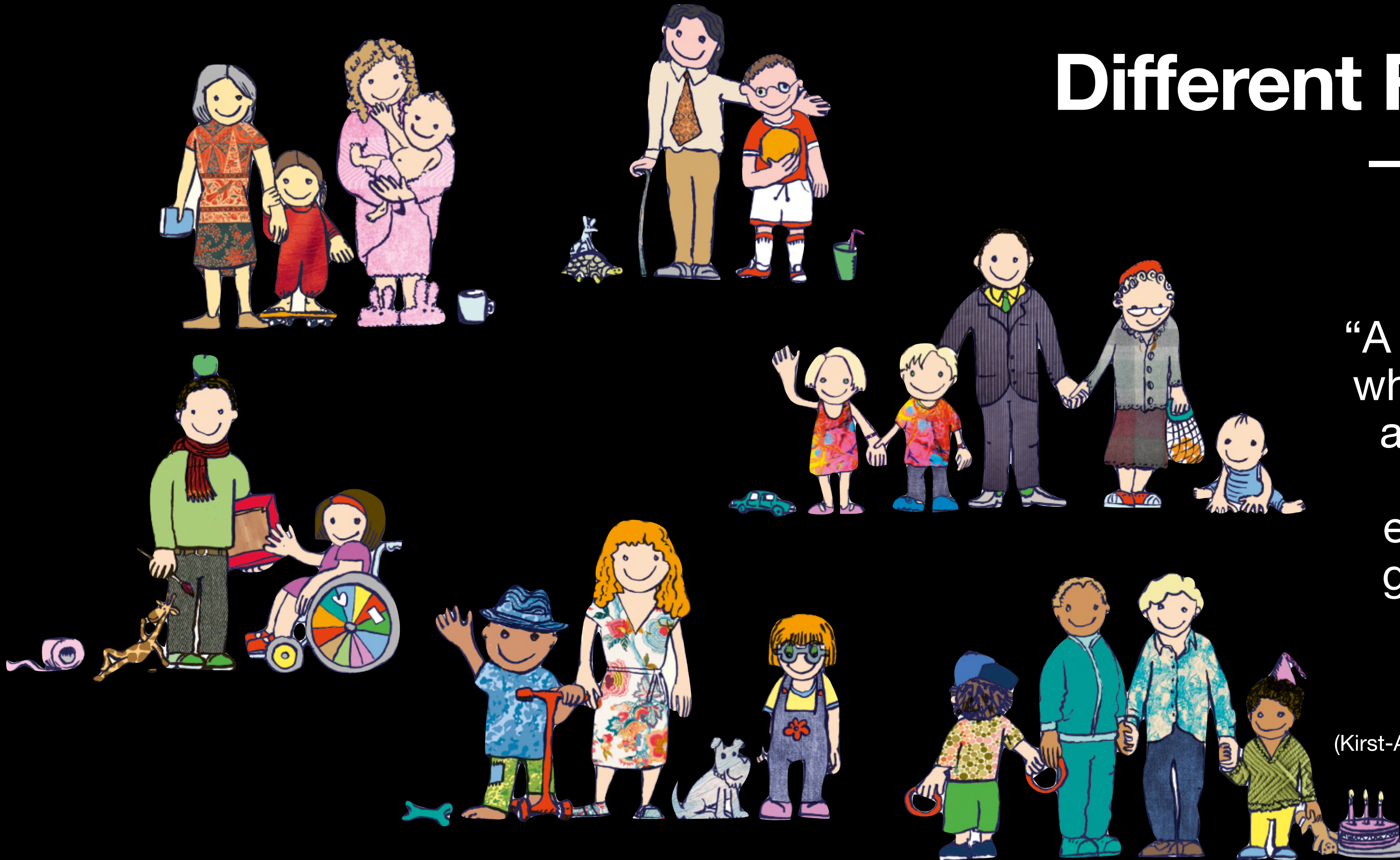


# Different Families

## —Same Love

“A primary group whose members assume certain obligations for each other and generally share common residences.”

(Kirst-Ashman & Hull, 2015, p. 331)

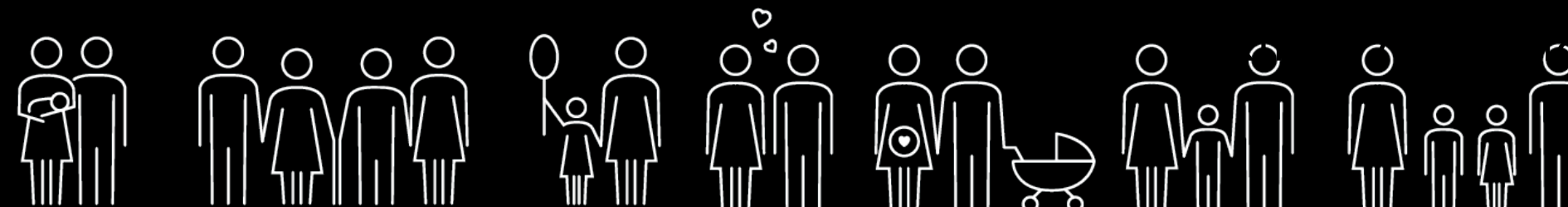


# Family Systems Framework Assessment

## 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)

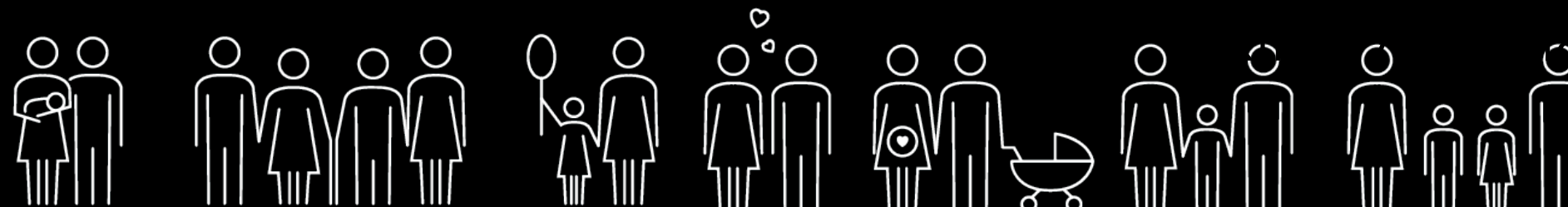
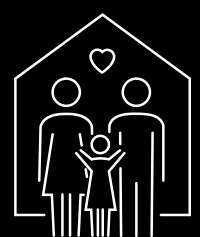
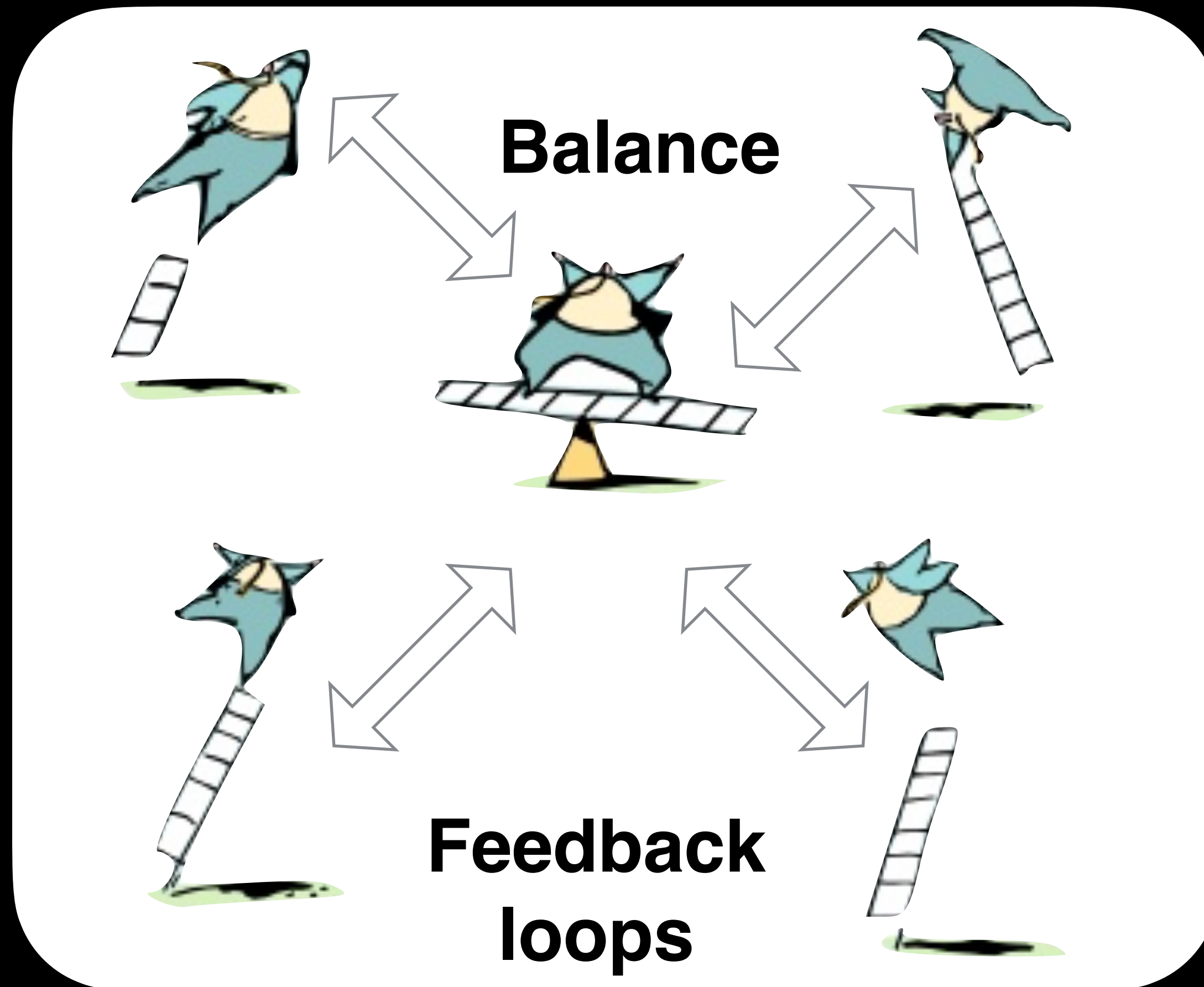
(Kirst-Ashman & Hull, 2015)



# Homeostasis

“Homeostasis is a systems concept that describes the tendency of a system to maintain or preserve equilibrium or balance. In essence, homeostasis is a conservative property of family systems that strives to maintain the status quo”

(Kirst-Ashman & Hull, 2015, p. 255)



# Boundaries & Boundary Maintenance

**Disengagement**

diffused boundaries

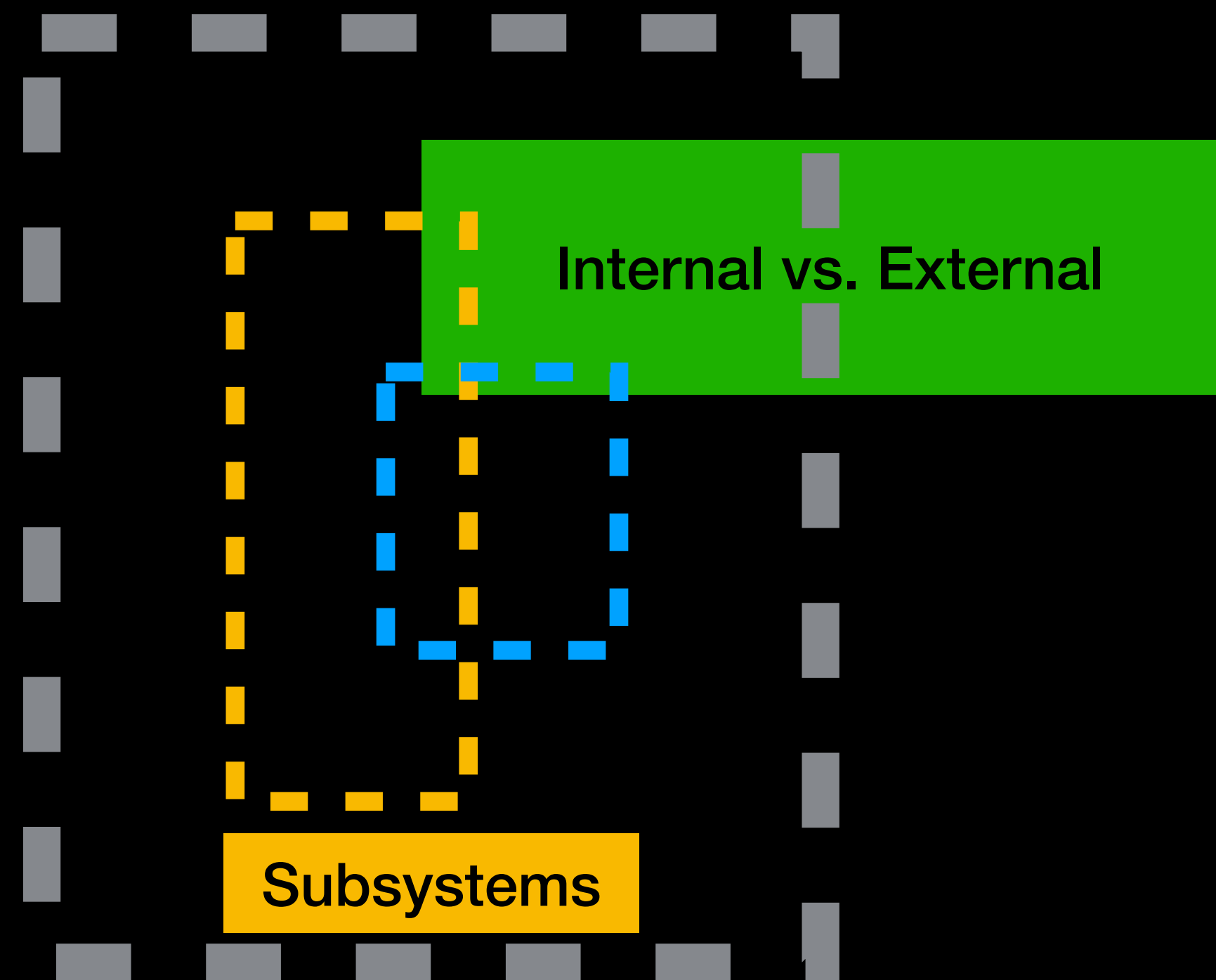


**Enmeshment**

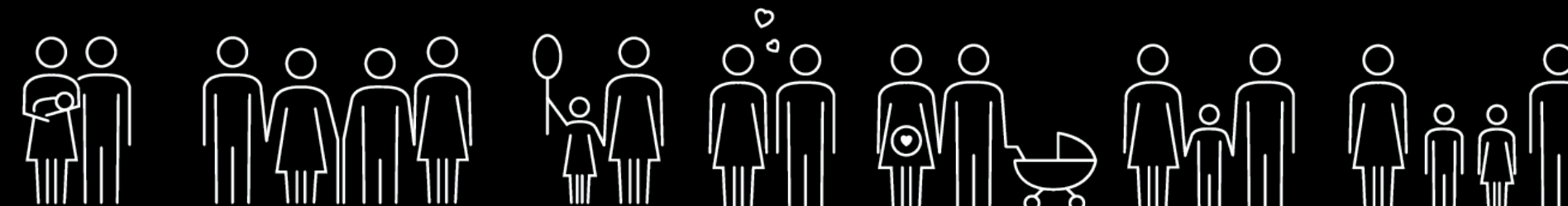
inappropriately rigid

Unique

families unique style,  
cultural preferences,  
strengths, and needs



(Kirst-Ashman & Hull, 2015)



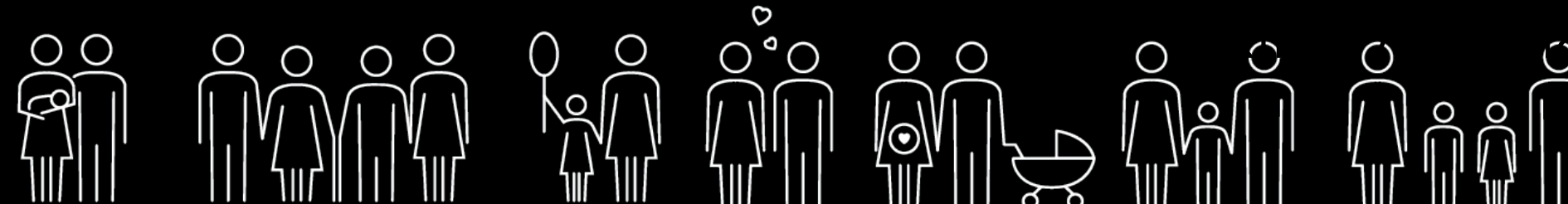
# Family Decision Making, Hierarchy, and Power

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

(Kirst-Ashman & Hull, 2015)

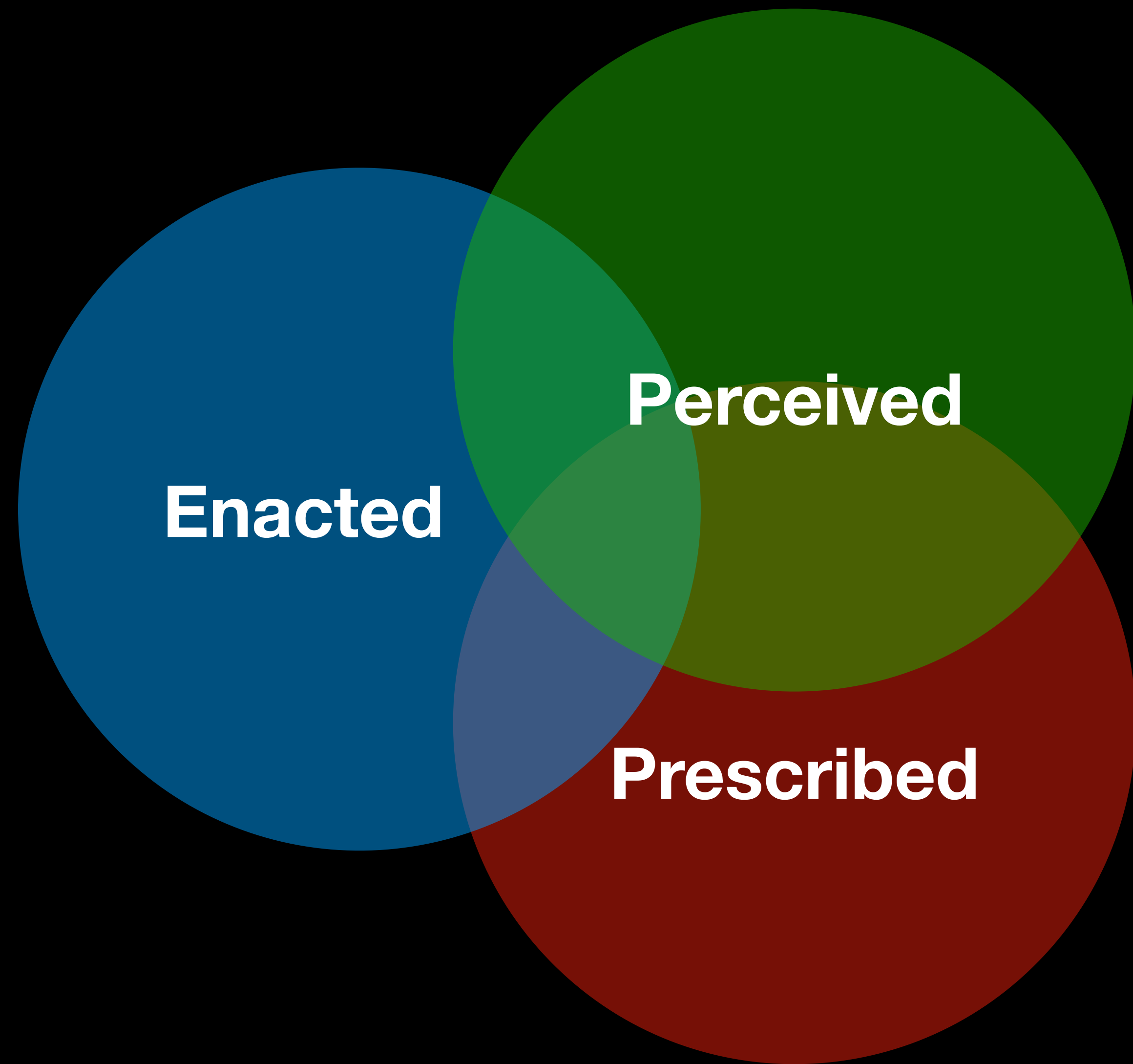


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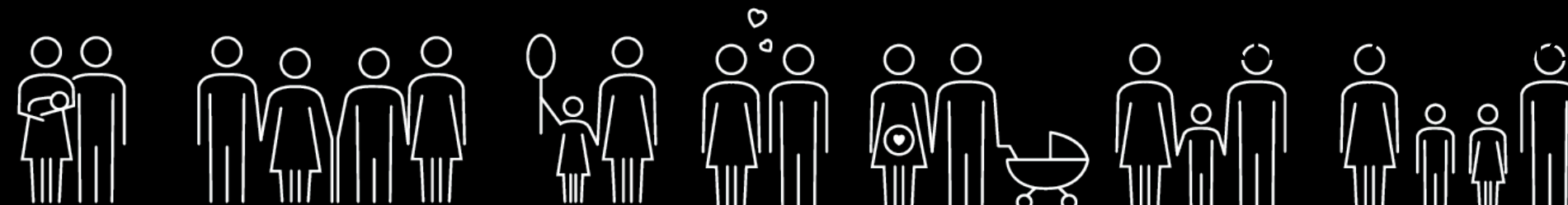
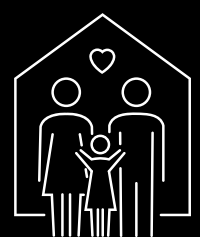


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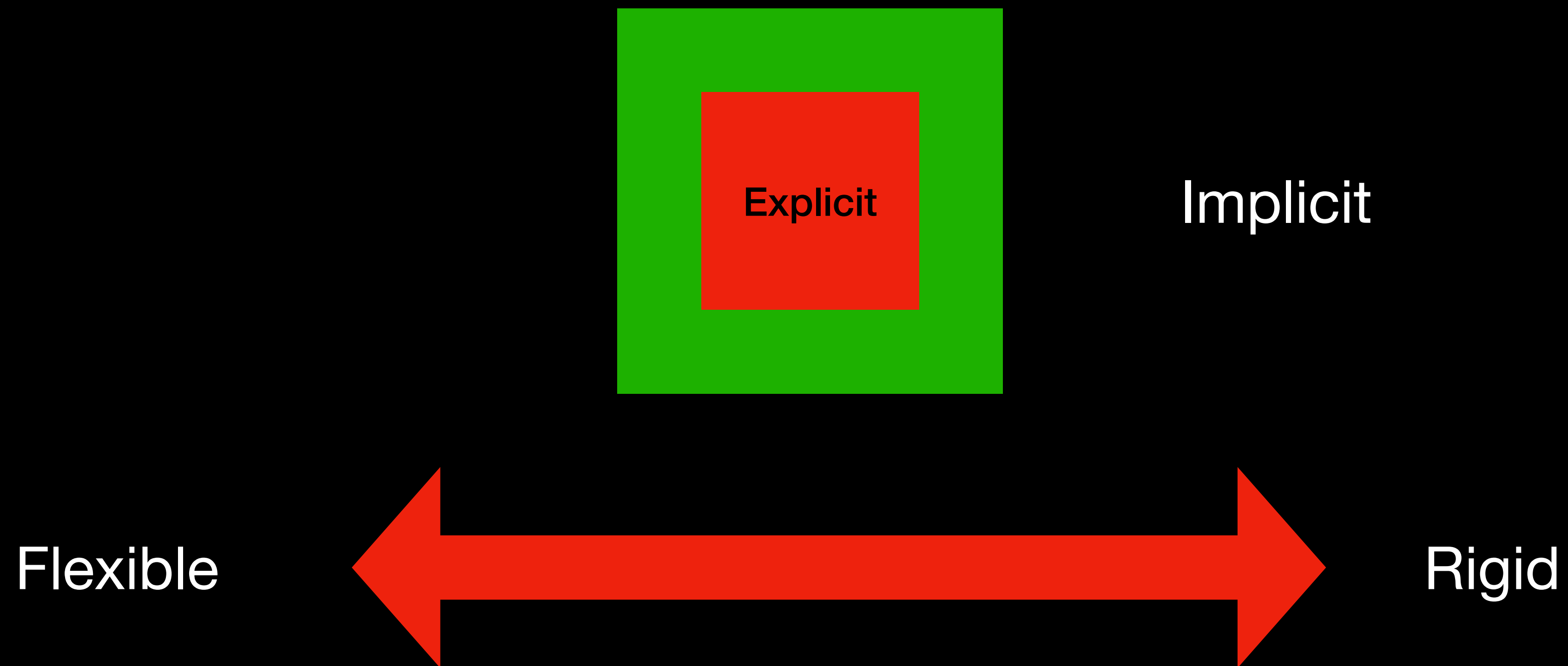
# Family Roles



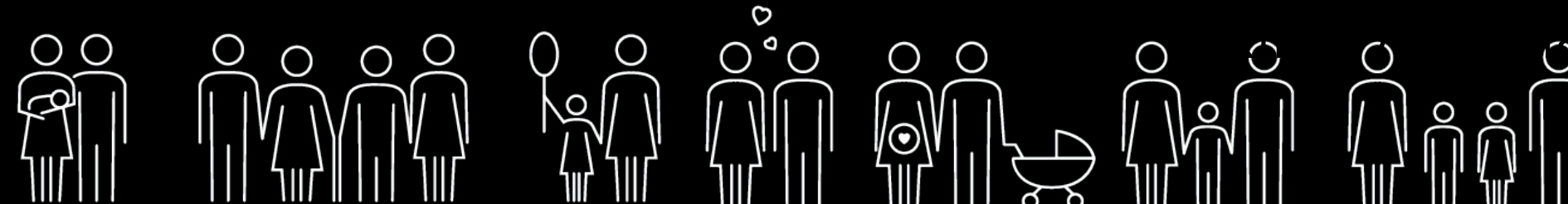
(Kirst-Ashman & Hull, 2015)



# Family Rules



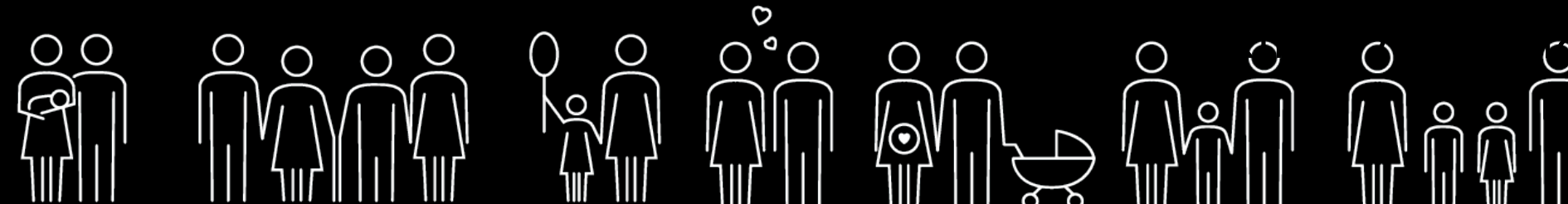
(Kirst-Ashman & Hull, 2015)



# What About Your Family?

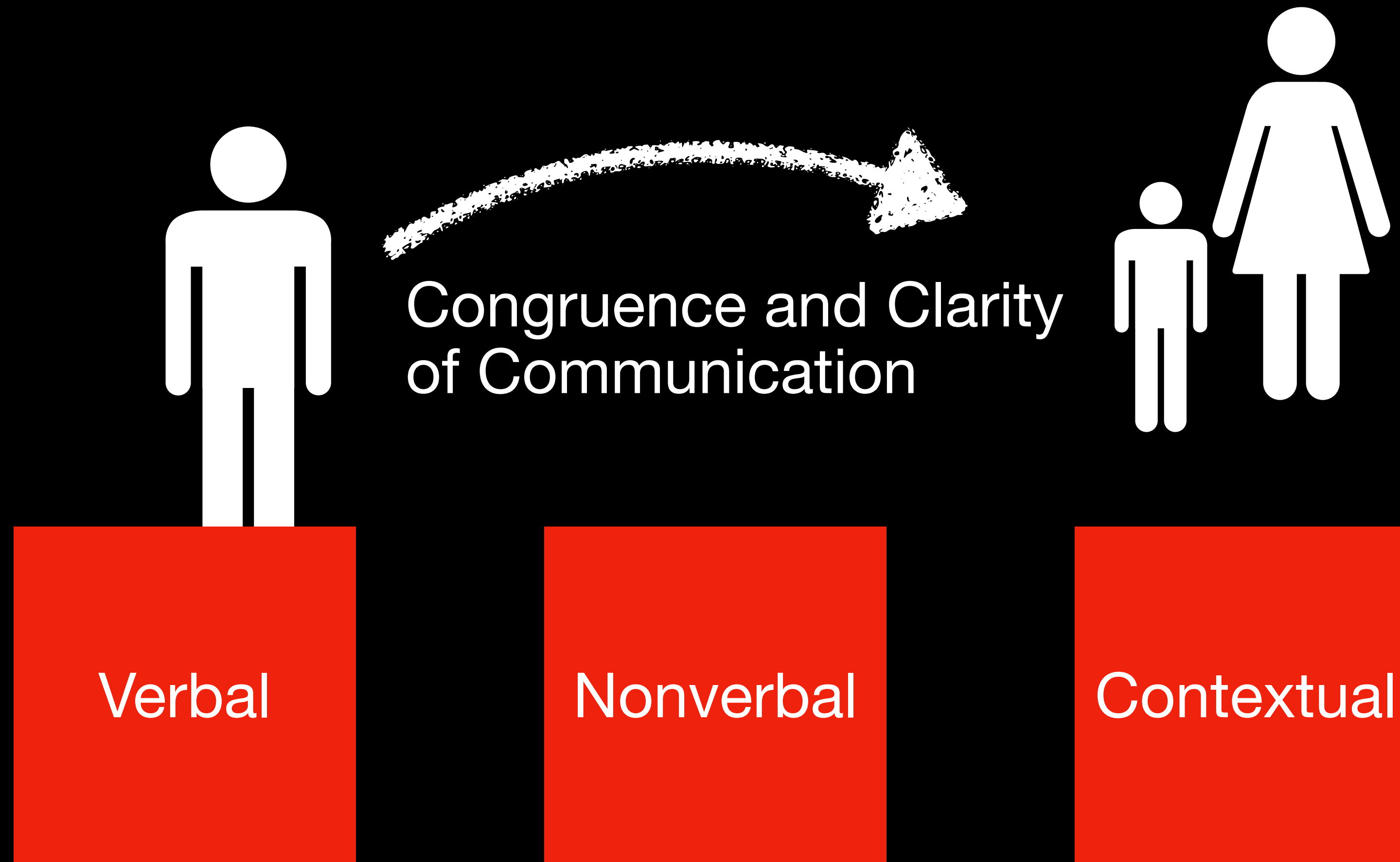
**Members**  
**Roles**  
**Norms**  
**Values**  
**Rules**

(Kirst-Ashman & Hull, 2015)

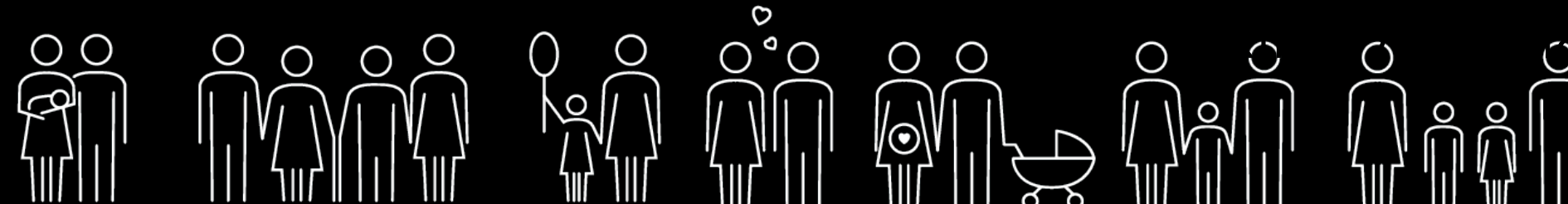




# Communication Styles of Family Members



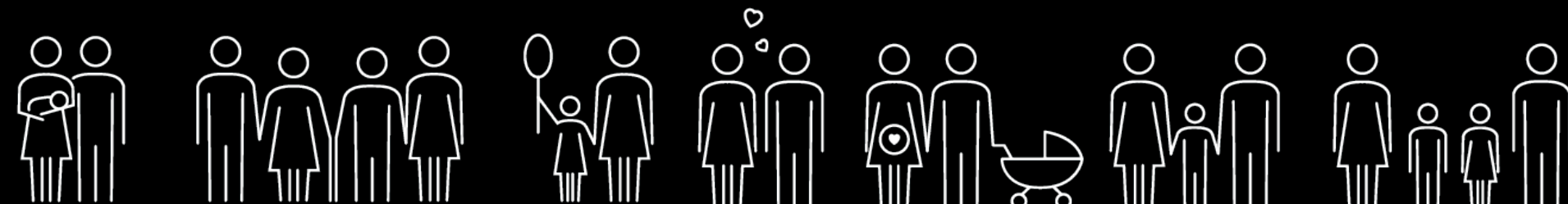
(Kirst-Ashman & Hull, 2015)



# Communication Styles of Family Members

## Insoo Kim Berg Solution-Focused Family Therapy Video

(PsychotherapyNet, 2009)



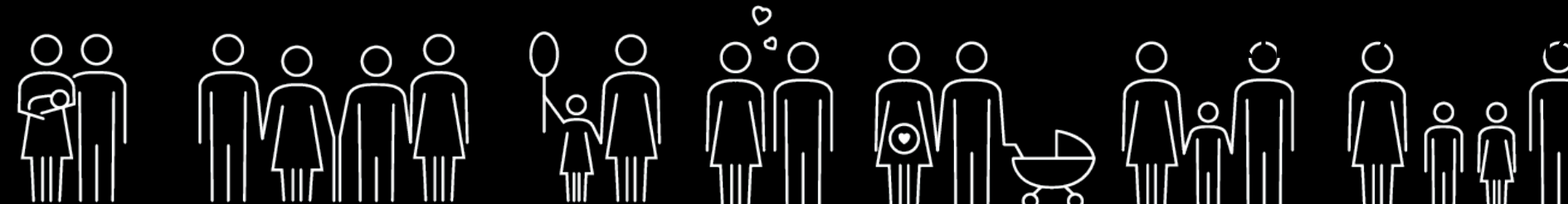
# Family Life Cycle

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)



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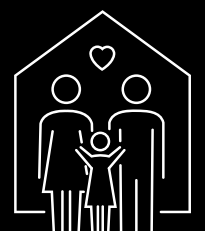


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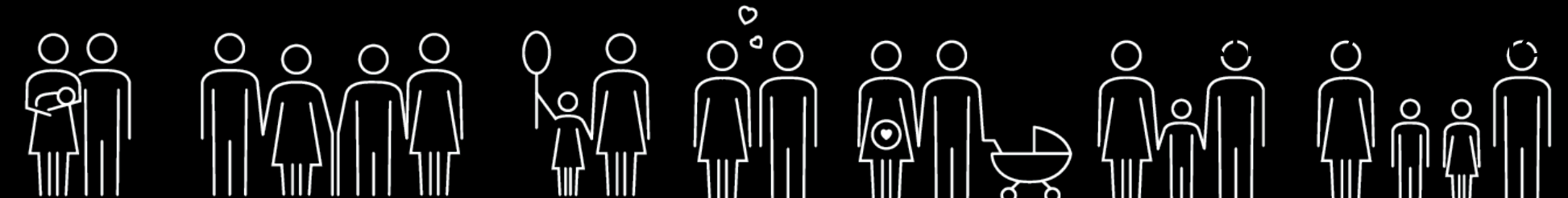


# Social Environment

(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)

