

# **ENHANCING RELATIONSHIPS & WORKING WITH FAMILIES**

**SPRING 2023 SOWK 487W WEEK 03**

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# WEEK 03 AGENDA

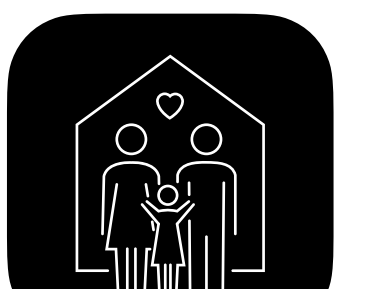
PLAN FOR CLASS

Review family system framework

Discuss family engagement

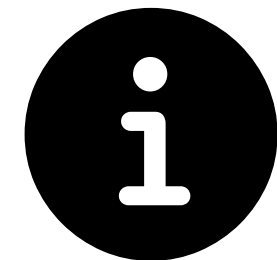
Practice with starting services

Implementing first/second order strategies



# FAMILY SYSTEMS FRAMEWORK

## ASSESSMENT DIMENSIONS CASE SITUATIONS



Each group has two situations.  
Don't jump ahead. Start with  
just the first situation

- **First Situation:** Talk with your group about what type of information you would want to request or what questions you would ask
- **Second Situation:** Choose group members to act out the different family roles

**Homeostasis**  
**Boundaries and Boundary Maintenance**  
**Family Decision Making, Hierarchy, and Power**  
**Family Roles**  
**Communication Patterns in Families**  
**Family Life Cycle**  
**Family Rules**  
**Social Environment**  
**Family Adaptive Capacity (Stressors and Strengths)**

# **FAMILY ENGAGEMENT**

**CONSIDERATIONS WE NEED TO MAKE AS WE ENGAGE WITH FAMILIES**

**Joining**

**Cultural perspectives on engagement**

**Differences in communication styles**

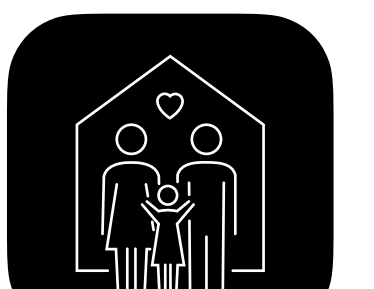
**Hierarchical considerations in communication**

**Authority of the social worker**

**Preventing alliances**

**Dynamics of minority status and culture in experience**

(Hepworth et al., 2022)



# THE INITIAL SESSION

As a group, first talk through a couple of examples of what kinds of questions you might ask or what that might look like, then role play a couple of the scenarios.

## PROCESS OF ENGAGEMENT

- Establish a personal relationship with individual and group
- Clarify expectations and explore reservations about session
- Clarify roles and the nature of the helping process
- Clarify choices about participation in the helping process
- Elicit family's perceptions of the problem
- Identify wants and needs of family members
- Define the problem as a family problem
- Emphasize individual and family strengths
- Establish individual and family goals

(Hepworth et al., 2022)

### What Would You Do

- In a client's home
- In an emergency room in a hospital
- Parent-child situation in which the child is the identified client
- With a minority family where extended kin are present
- LGBTQ+ family
- Elderly minority grandmother caring for her grandchildren
- Parent-child conflict with teenage children
- Immigrant family with school-aged children, where the parents speak their native language
- A child or children have been placed outside of the home

Something new

**SECOND**  
**ORDER**  
**STRATEGIES**

**attempt to foster  
changes to family  
structure itself**

Expanding on what is already there

**FIRST ORDER STRATEGIES**

**attempt to solve problems  
within the current family  
structure**

(Hepworth et al., 2022)

# PROBLEM SOLVING APPROACHES

## CONSIDERATIONS FOR ADAPTING TO FAMILIES

1

Engage  
simultaneous with  
both family  
members

2

Recognize that  
sometimes the  
focus will move to a  
second order  
strategy

3

Take time to  
understand power  
and hierarchy

4

Understand the  
social relationships  
in the process

(Hepworth et al., 2022)



**Problem Solving**  
**With an Adolescent Mother and her Foster Parent**

[ Silence ]



# 15 FAIR FIGHTING RULES



# Validating vs. Invalidating

## Statements





# TIME OUTS



# SECOND-ORDER STRATEGIES

## STRATEGIES FOR CHANGING FAMILY SYSTEMS

**Modifying misconceptions and cognitive distortions**

**Modifying communication patterns**

**Giving and receiving feedback**

**Assessing positive and negative feedback**

**Teaching positive feedback**

**Modifying family rules**

**Modifying family alignments and hierarchy**

**Structural mapping**

**Family sculpting**

**Joined families**

**One-the-spot interventions**

**Focus on the process rather than the content**

**Give Feedback That Is Descriptive and Neutral Rather Than General or Evaluative**

**Balance interventions to divide responsibility**

**Redirect hostile, blaming messages**

**Assisting families to disengage from conflict**

(Hepworth et al., 2022)

