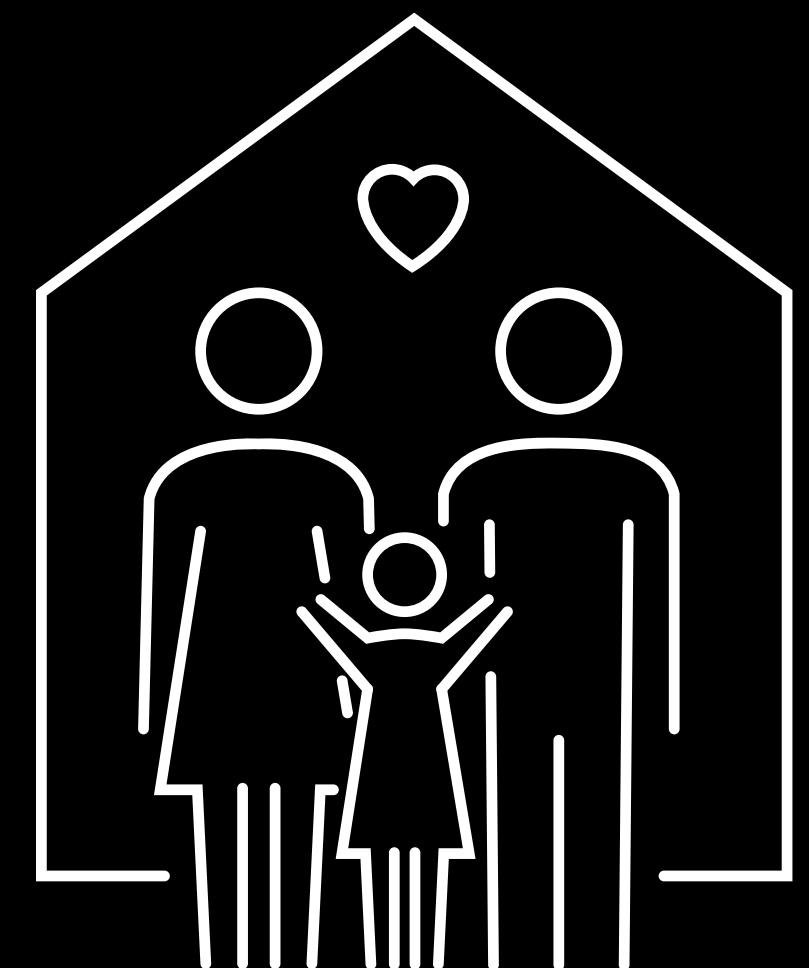
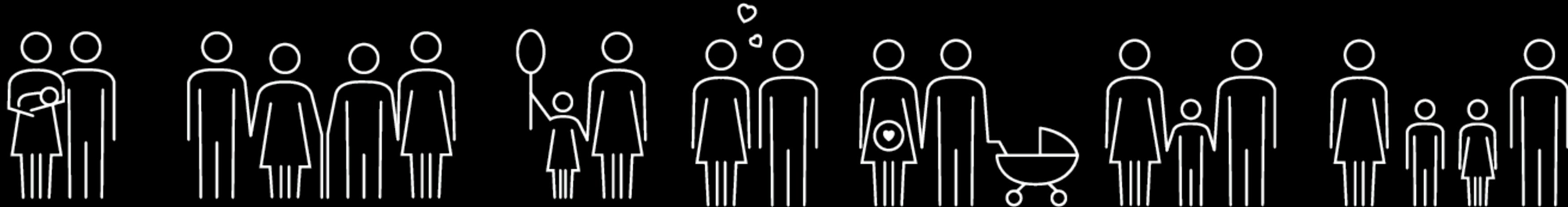


# Working with Families Part II:

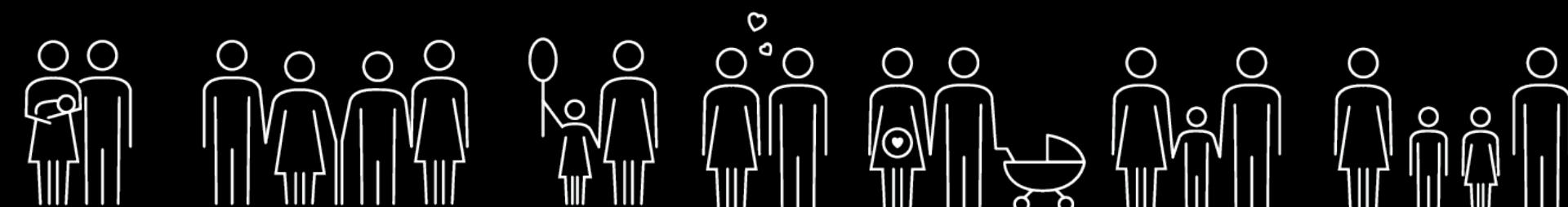
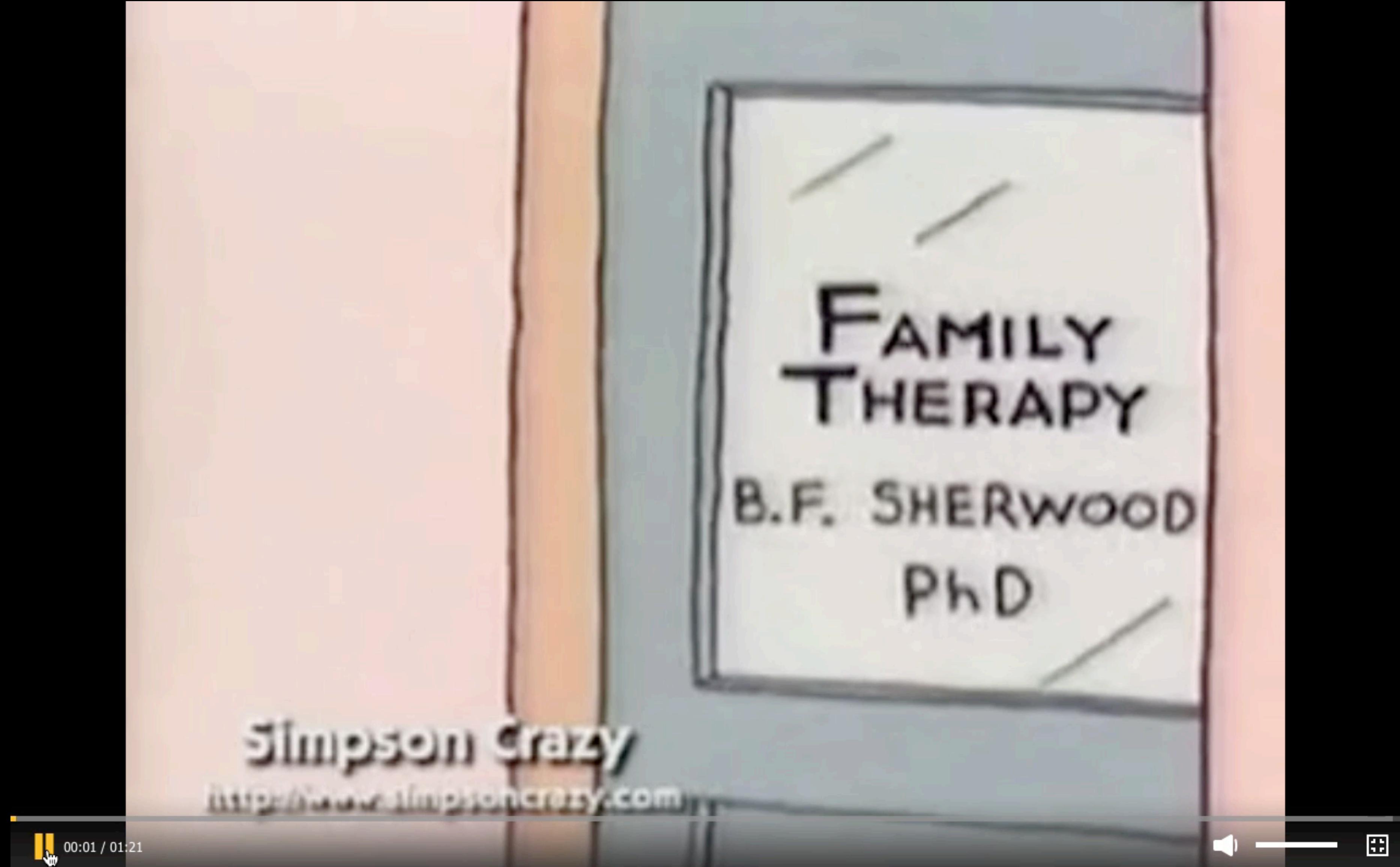
## A Set of Tools for Working with Families



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

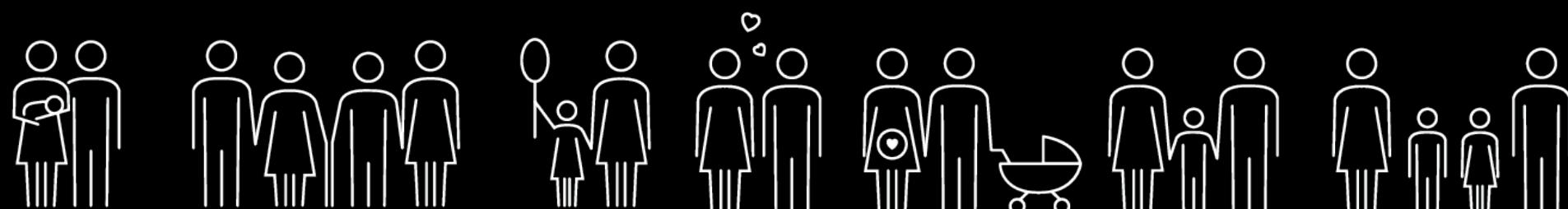
# **Family Therapy**

## **Season 3 Shorts for the Simpsons**



# Agenda

Finish reviewing dimensions of family systems framework assessment  
Specific tools for working with families  
Dysfunctional family roles

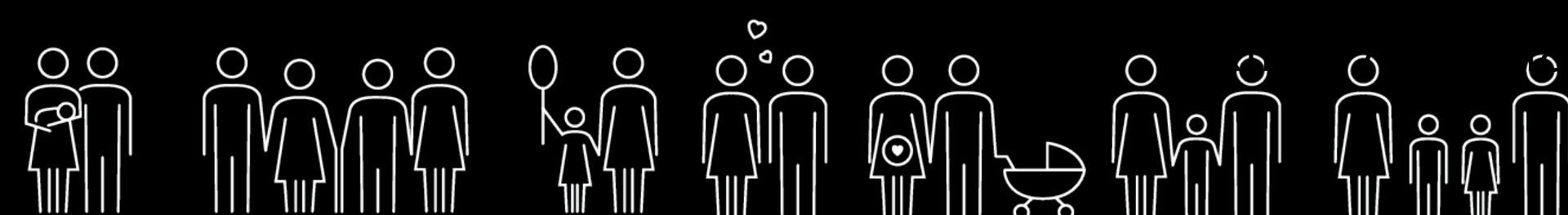


# Family Systems Framework Assessment

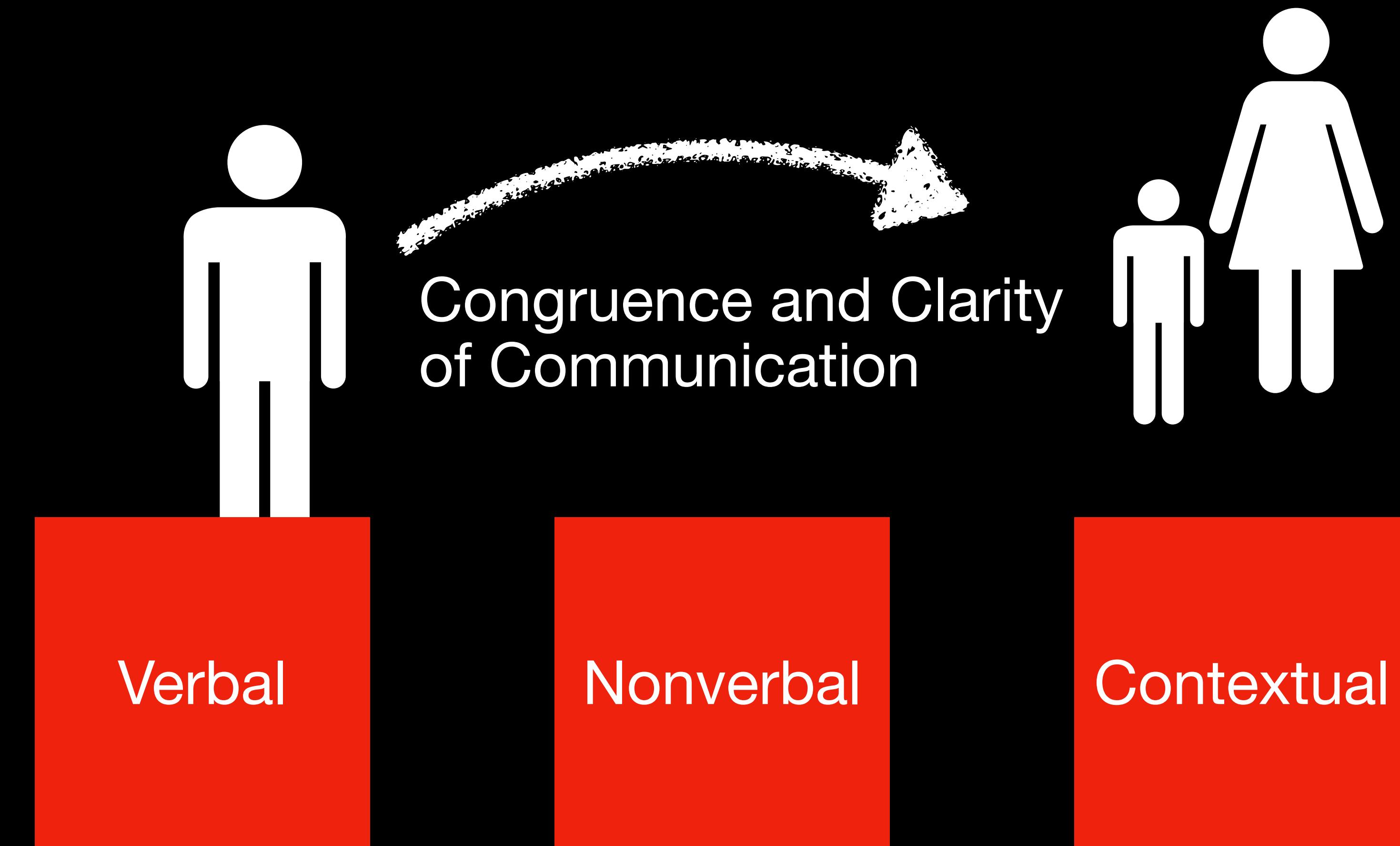
## Dimensions

- 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)

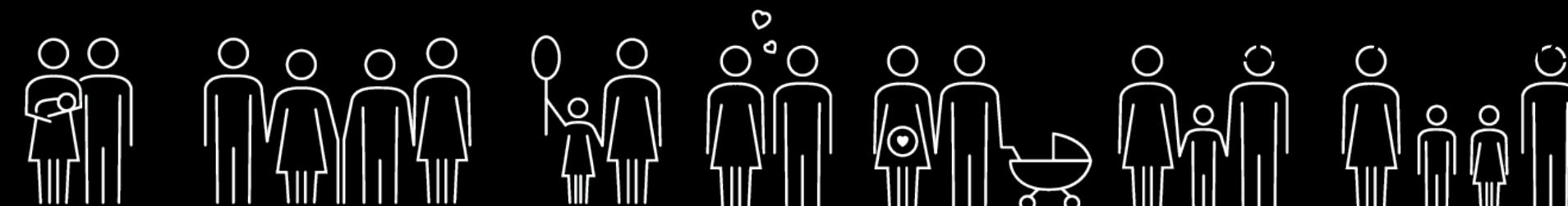
(Kirst-Ashman & Hull, 2015)



# Communication Styles of Family Members



(Kirst-Ashman & Hull, 2015)



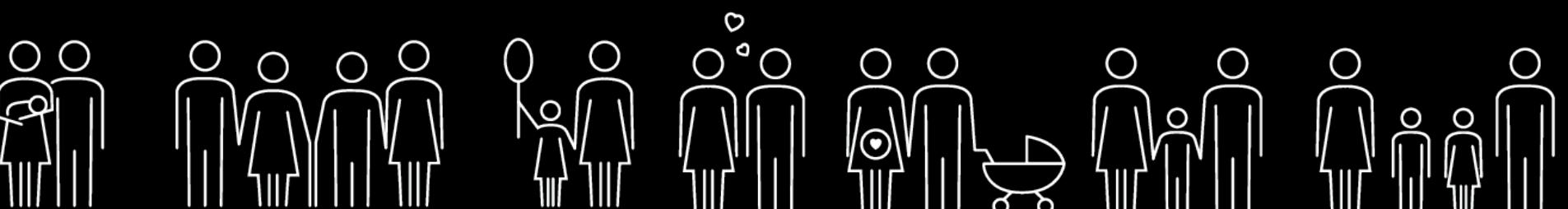
# Communication Styles of Family Members

Insoo Kim Berg  
Solution-Focused  
Family Therapy Video

(PsychotherapyNet, 2009)



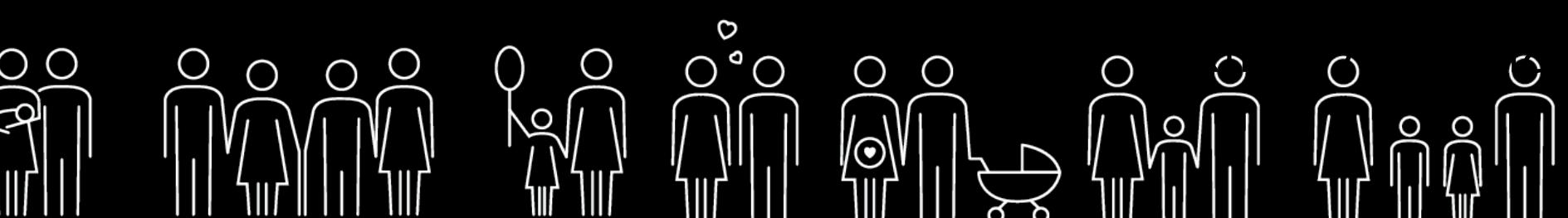
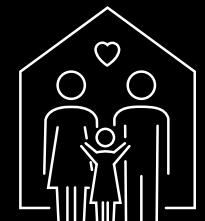
Jacob Campbell, LICSW  
Heritage University



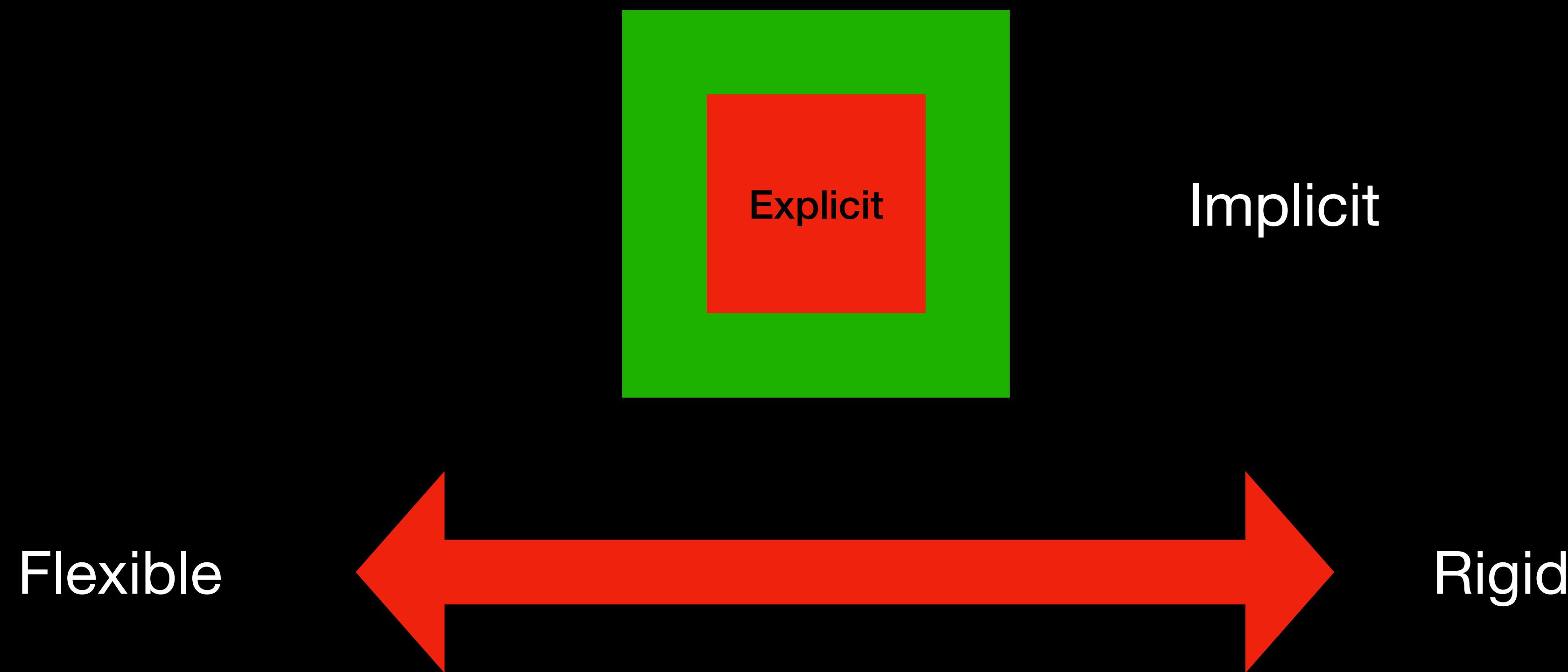
SOWK 487  
Fall 2021

# Family Life Cycle

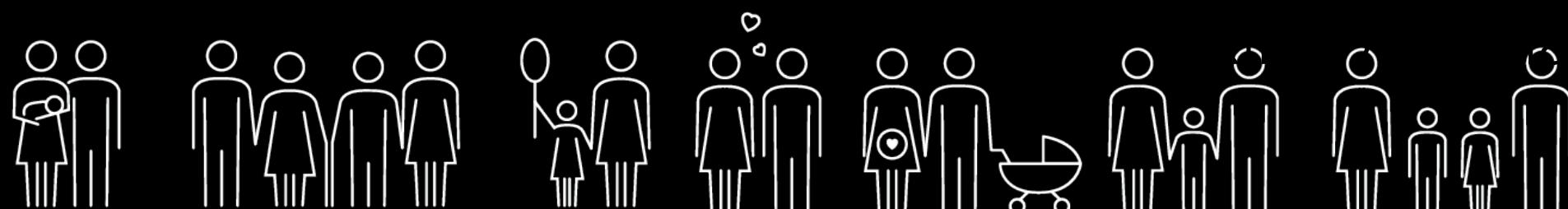
1. Unattached young adult
2. New couple
3. Family with young children
4. Family with adolescents
5. Family that is launching children
6. Family in later life



# Family Rules



(Kirst-Ashman & Hull, 2015)

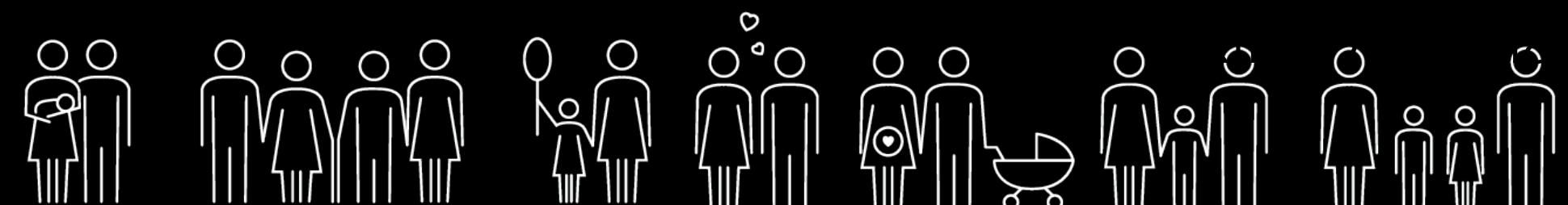




(Kirst-Ashman & Hull, 2015)

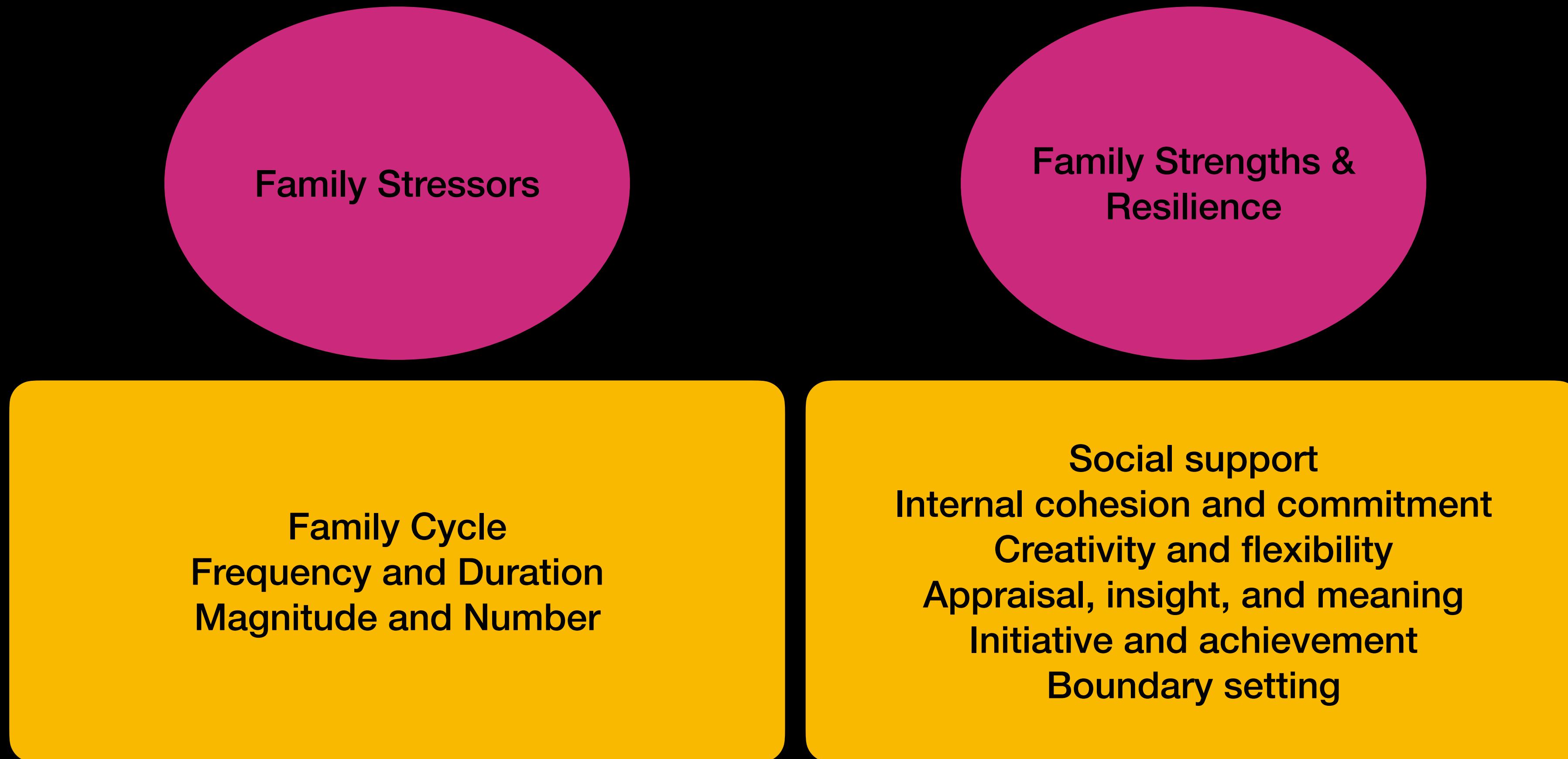


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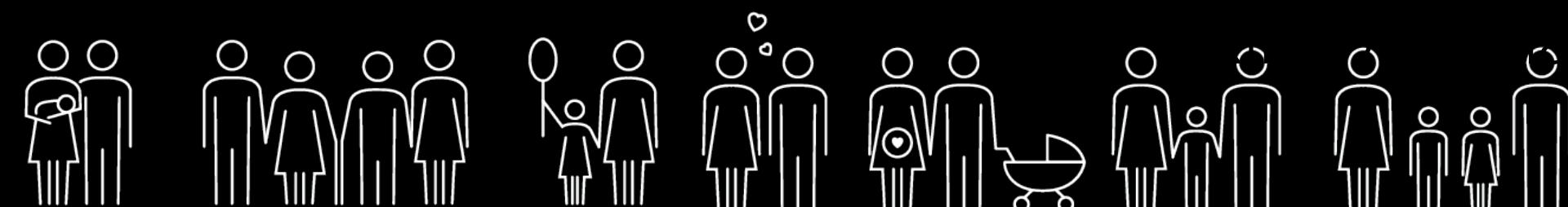
# Family Adaptive Capacity



(Kirst-Ashman & Hull, 2015)



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# Anger Control Chain

Aggression Replacement Training

Triggers (internal / external)

Cues

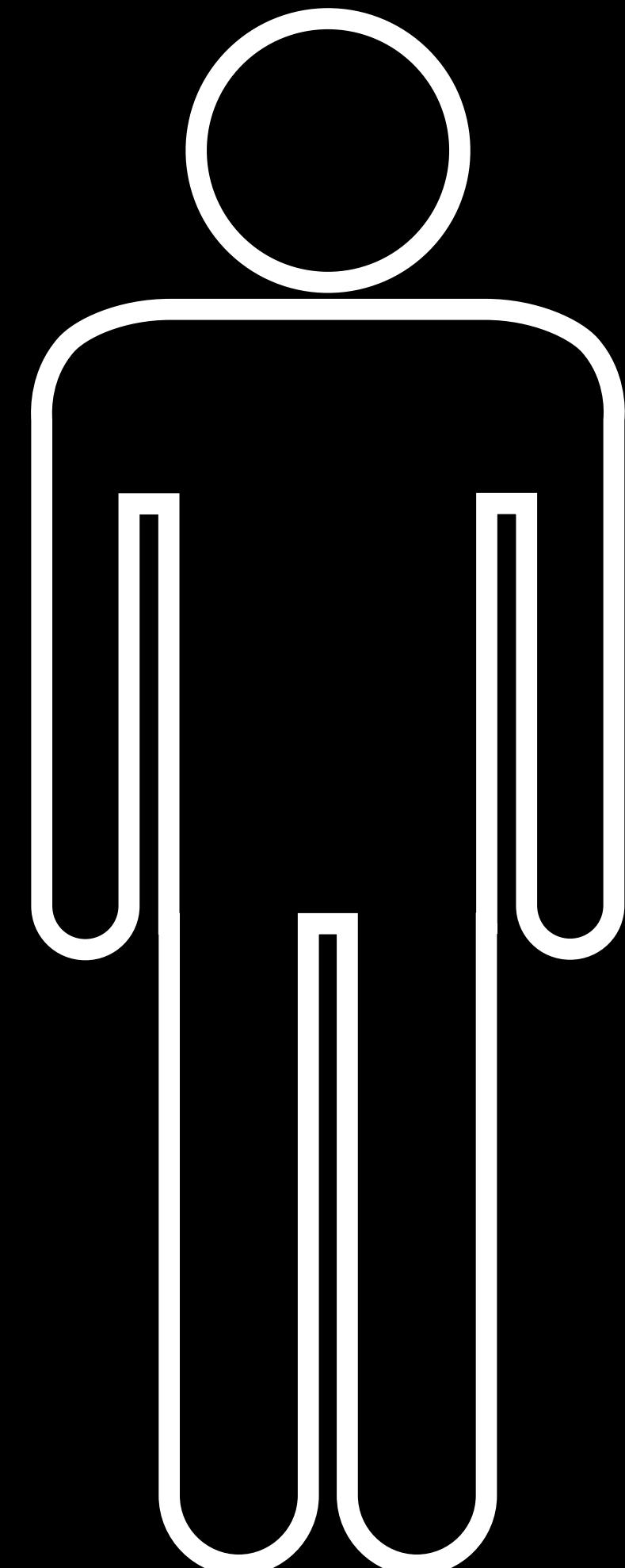
Anger reducers

Reminders

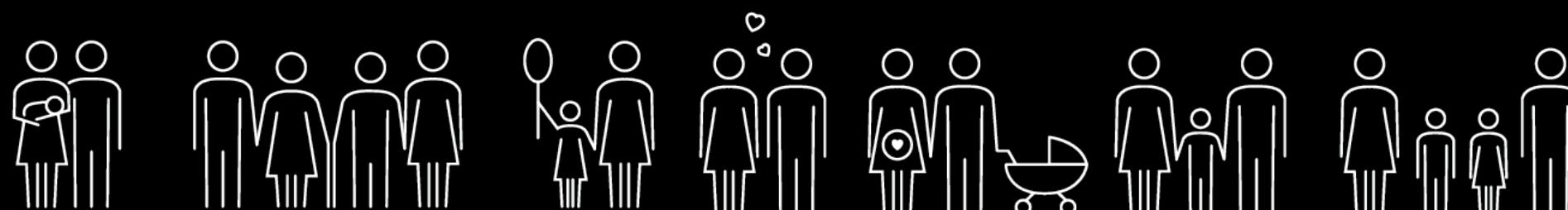
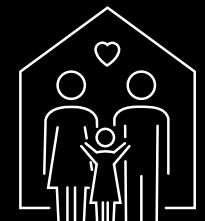
Thinking ahead (if \_\_ then \_\_ thinking)

Social skill

Self evaluation



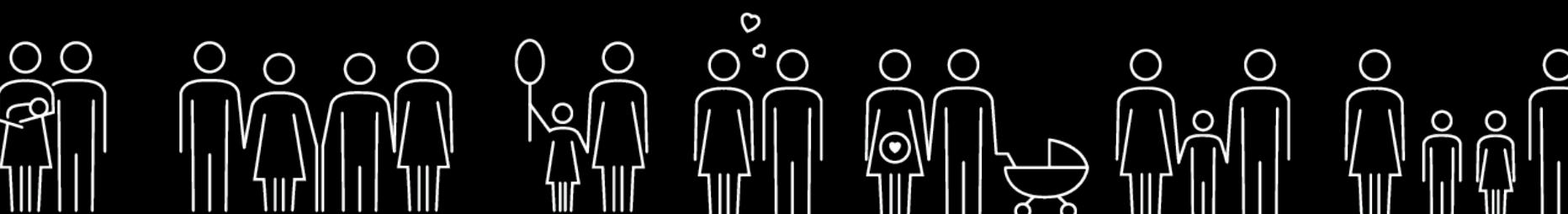
What are your CUES?



# 15 Fair Fighting Rules

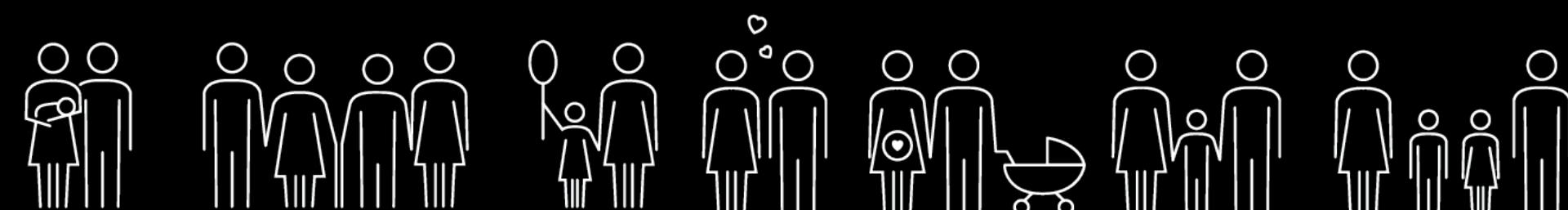


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Heritage University



# Validating vs. Invalidating

## Statements



# Dysfunctional Family Roles





**The Addict**  
**"The Victim"**



**The Lost Child**  
**"Space Cadet"**



**The Mascot**



**The Caretaker**  
**"The Enabler"**



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

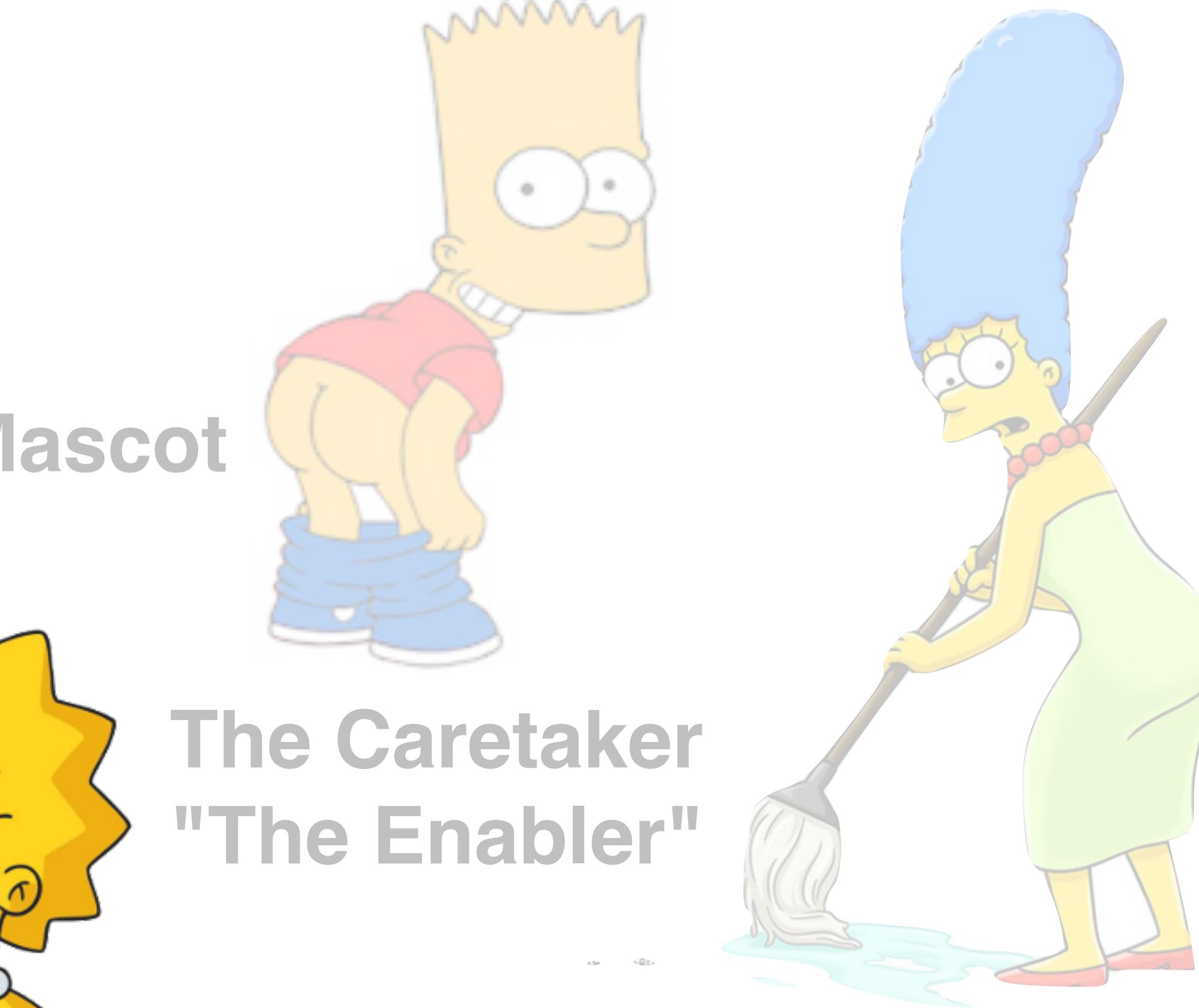
**The Hero**  
**"The Good Child"**



**The Addict**  
**"The Victim"**



**The Lost Child**  
**"Space Cadet"**



**The Mascot**  
**"The Enabler"**



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

**The Hero**  
**"The Good Child"**



**The Caretaker**  
**"The Enabler"**

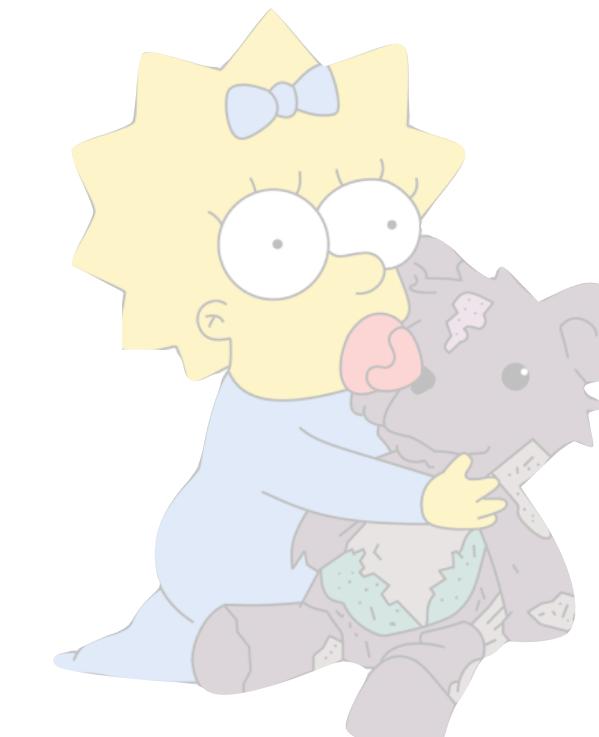




**The Addict**  
**"The Victim"**



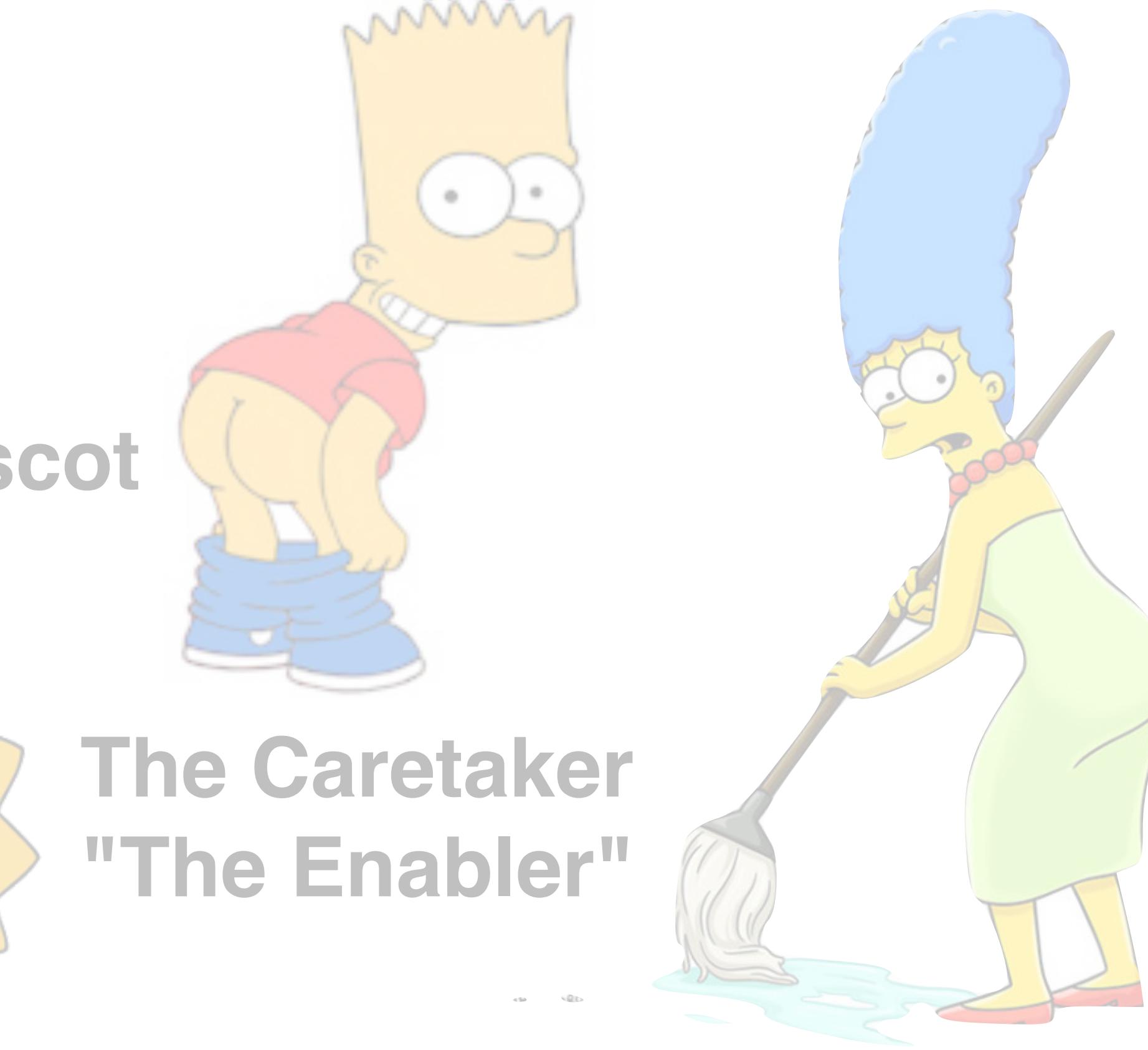
**The Lost Child**  
**"Space Cadet"**



**The Hero**  
**"The Good Child"**



**The Mascot**



**The Caretaker**  
**"The Enabler"**



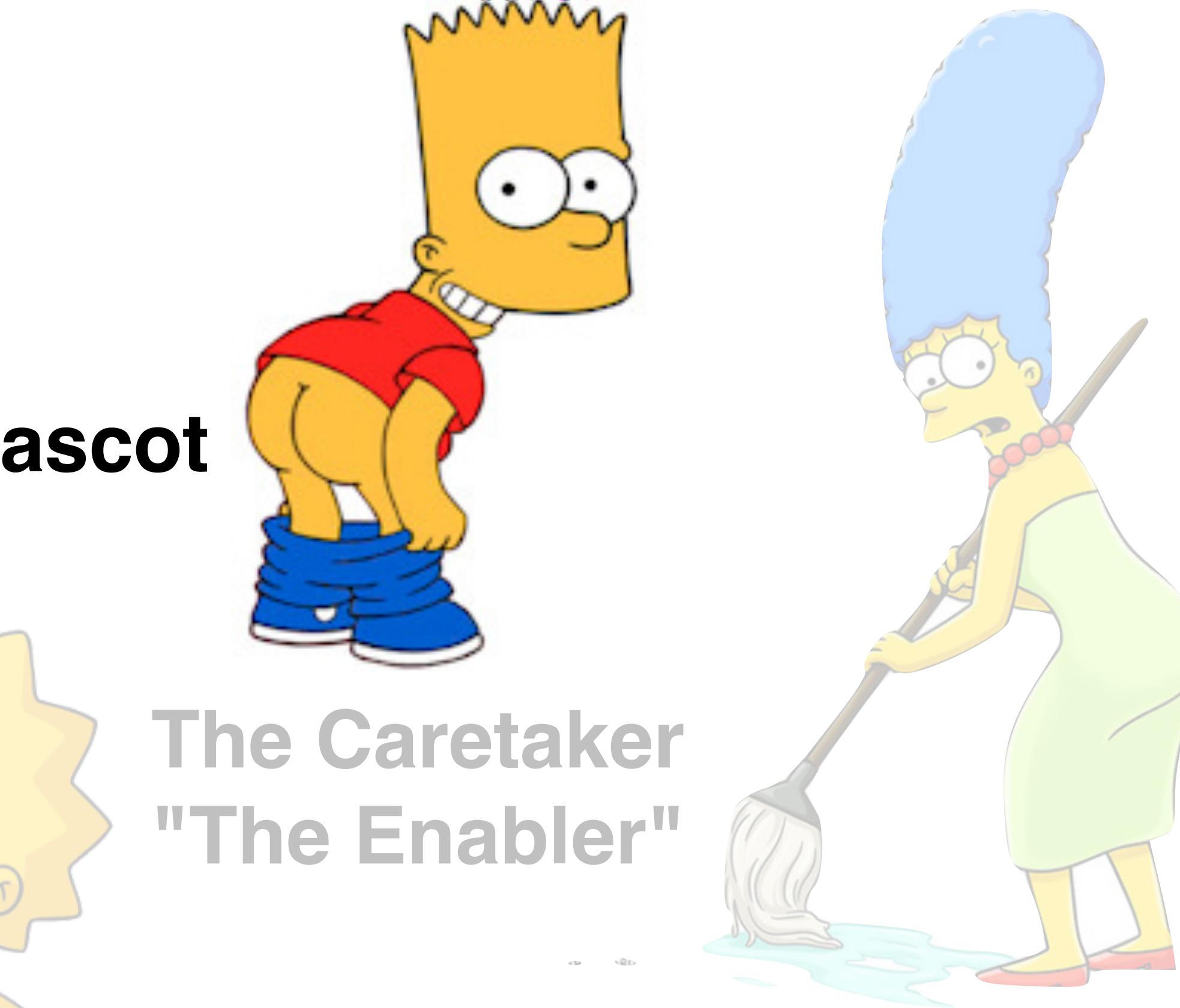
**The Scapegoat**  
**"The Screw Up"**  
**"The Problem Child"**



**The Addict**  
"The Victim"



**The Lost Child**  
"Space Cadet"



**The Caretaker**  
"The Enabler"

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

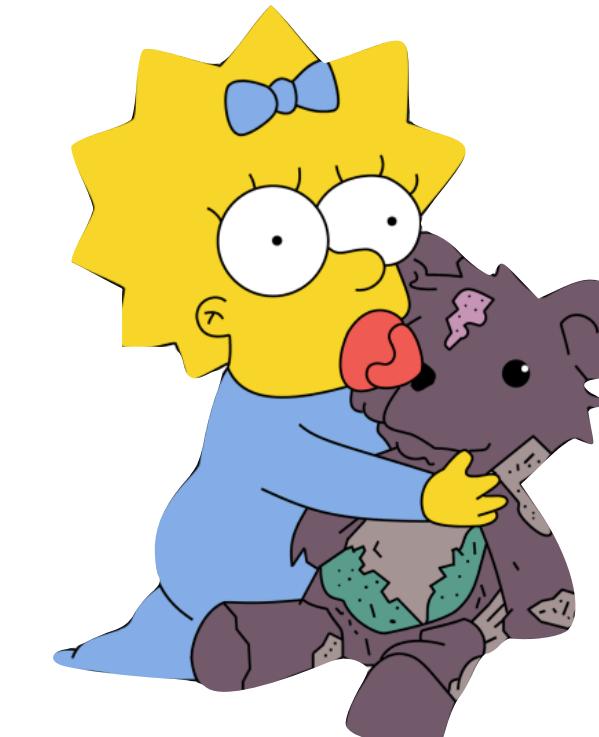


**The Hero**  
"The Good Child"



**The Addict**  
**"The Victim"**

**The Lost Child**  
**"Space Cadet"**



**The Hero**  
**"The Good Child"**



**The Mascot**



**The Caretaker**  
**"The Enabler"**



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

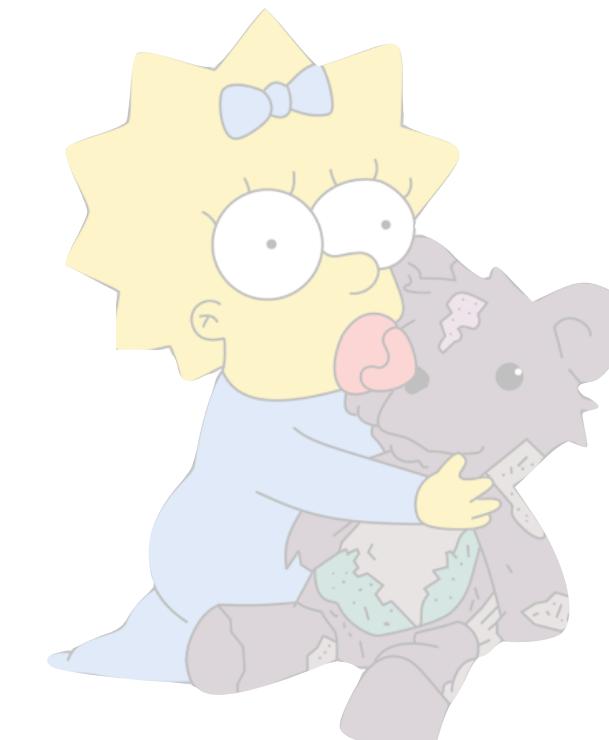




**The Addict**  
**"The Victim"**



**The Lost Child**  
**"Space Cadet"**



**The Hero**  
**"The Good Child"**



**The Mascot**

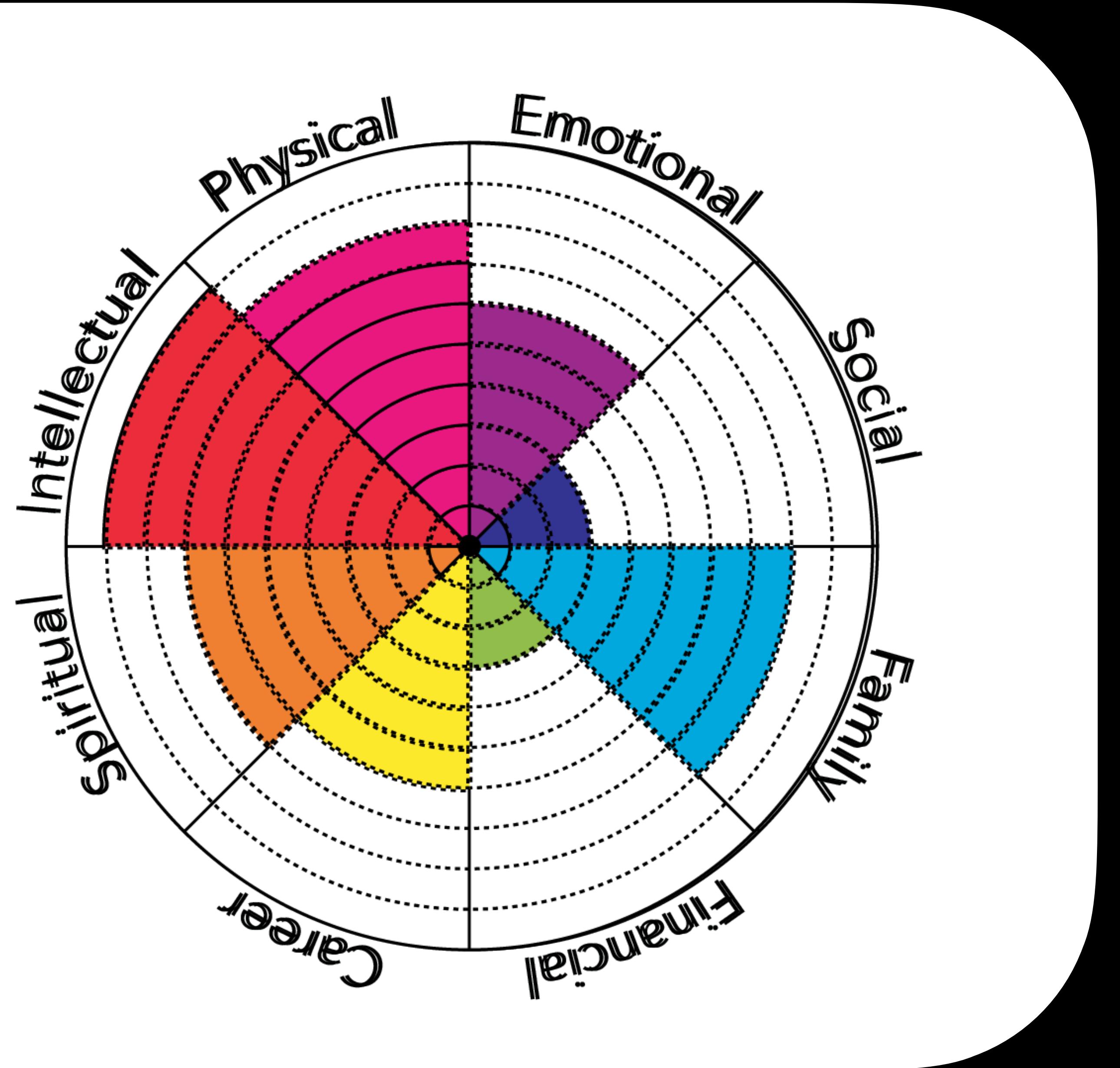


**The Caretaker**  
**"The Enabler"**

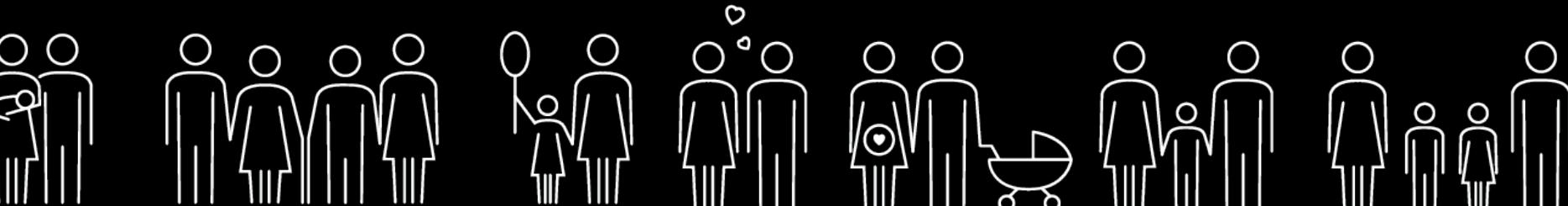


**The Scapegoat**  
**"The Screw Up"**  
**"The Problem Child"**





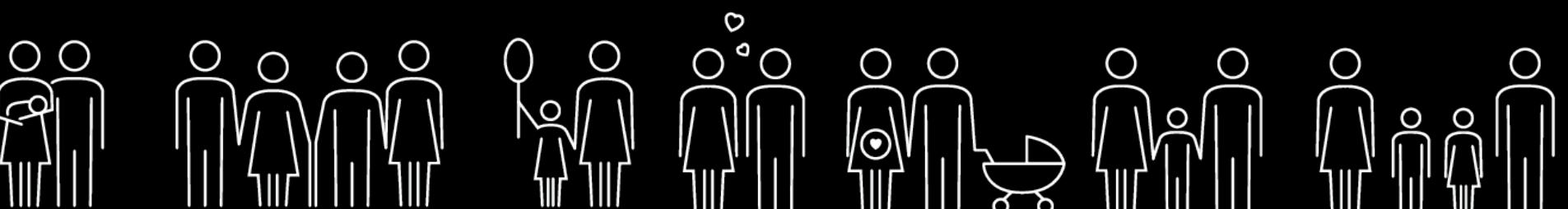
# Holistic Wellness Wheel



# Time Outs



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