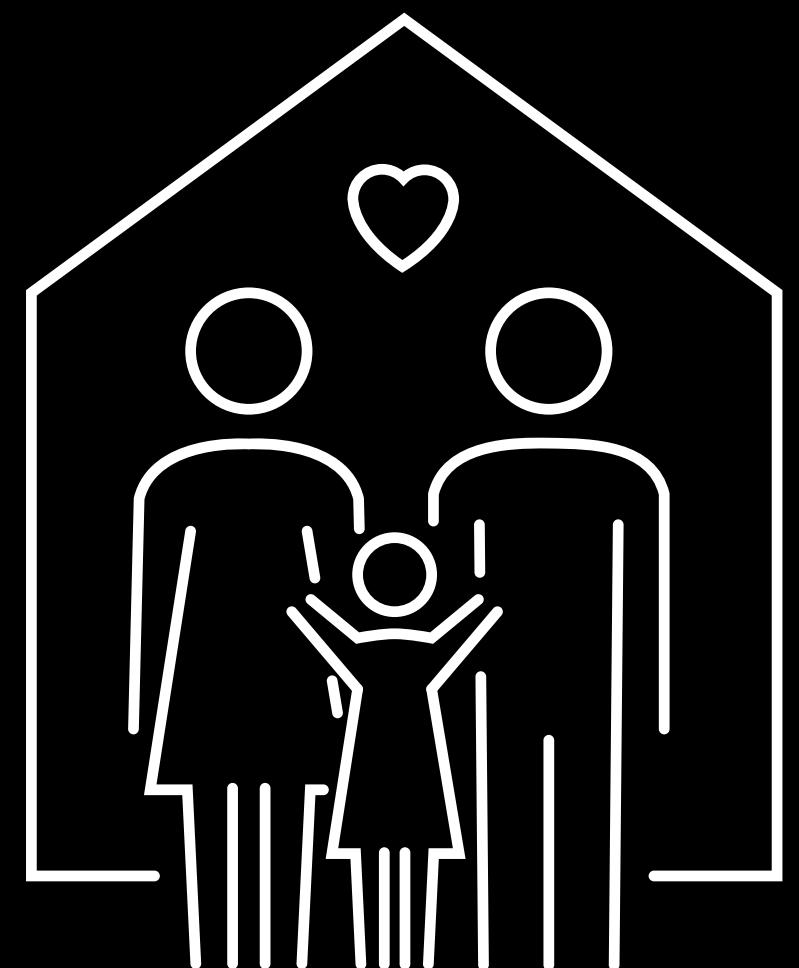
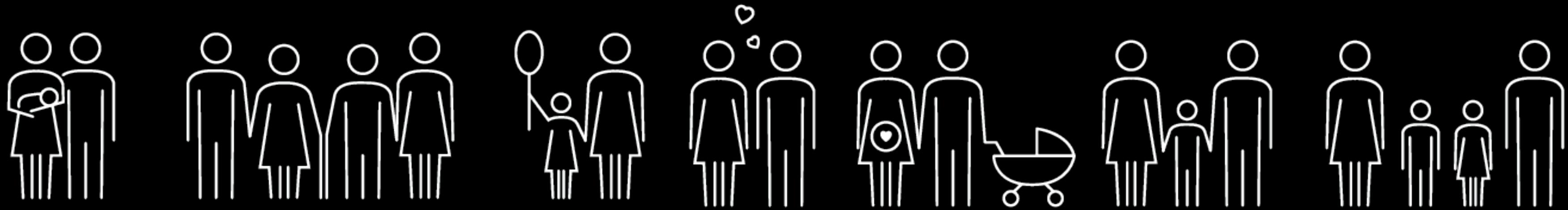


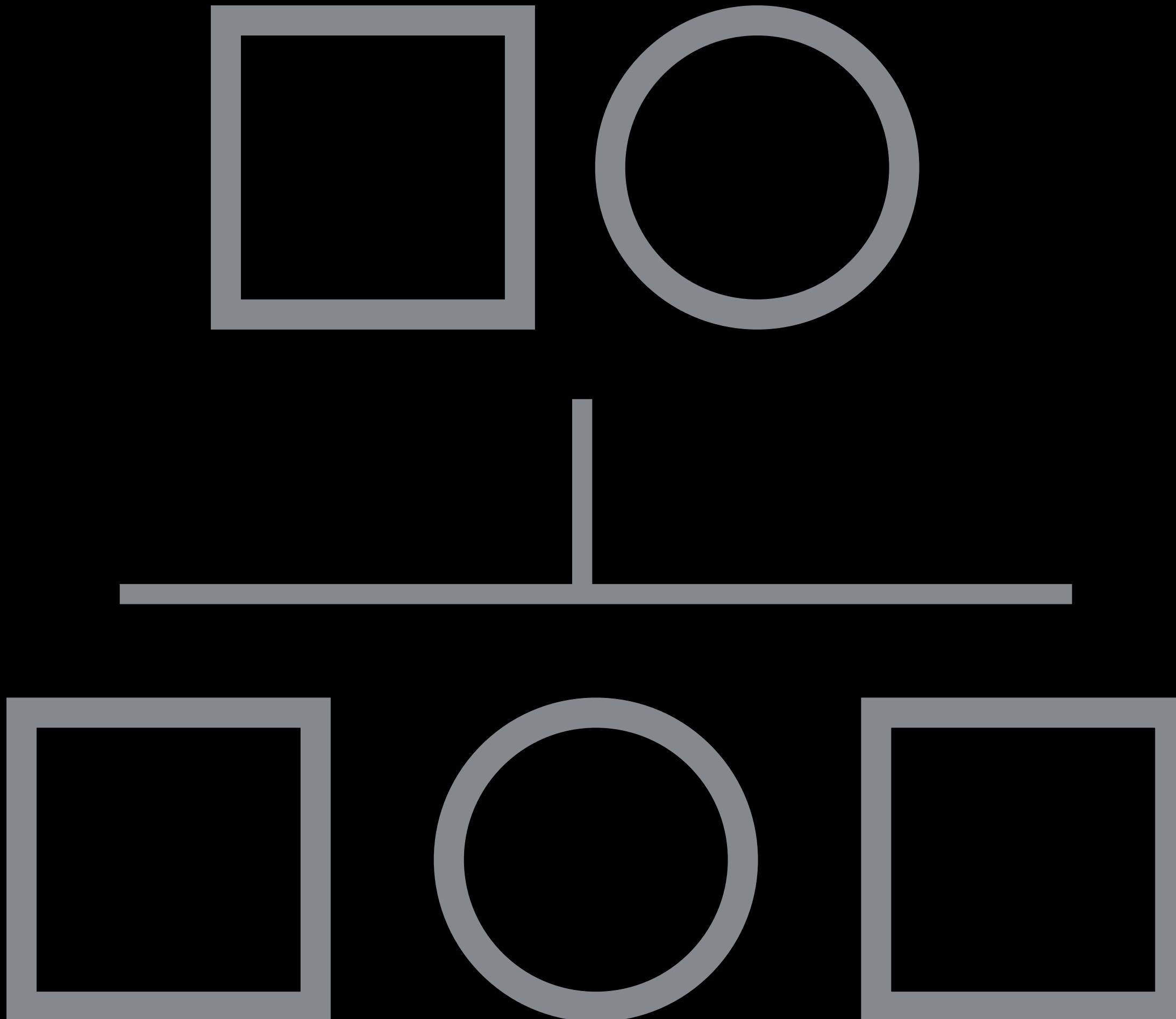
# Working with Families Part I:

## Understanding and Assessing Families

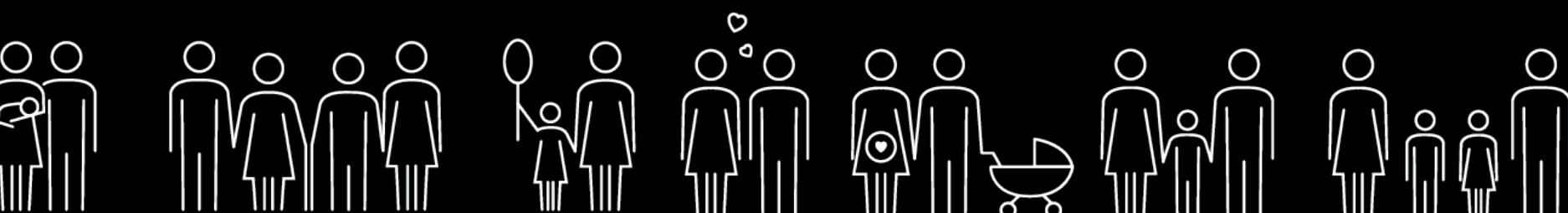


Jacob Campbell, LICSW at Heritage University for SOWK 487 in Spring of 2023

# Genogram Cutout Activity



Jacob Campbell, LICSW  
Heritage University

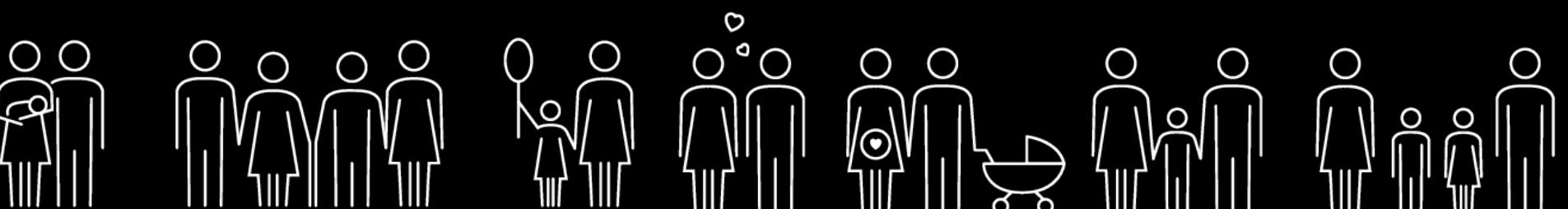


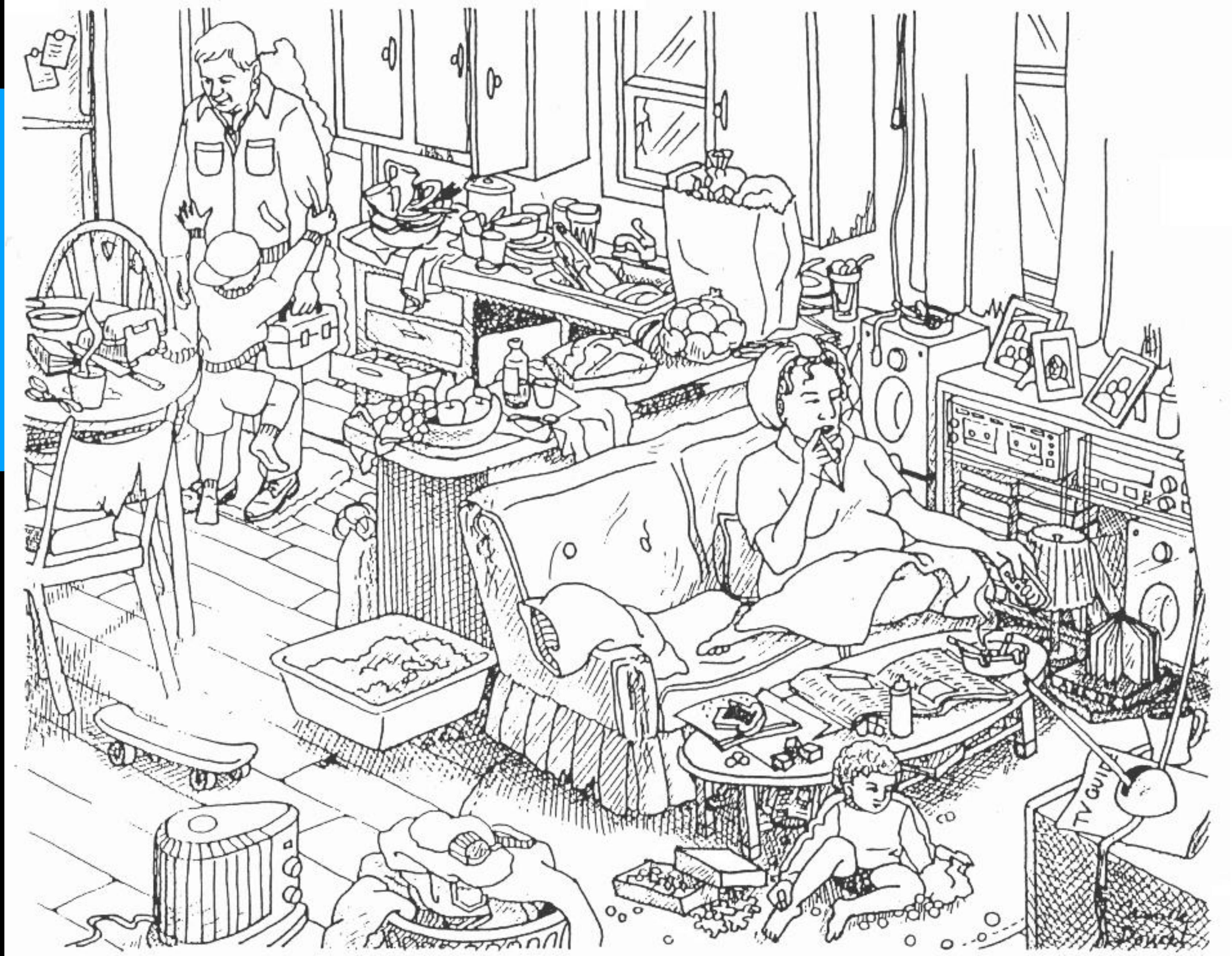
SOWK 487  
Spring 2023

# Agenda

Strengths perspective and families

Engagement and assessment with families

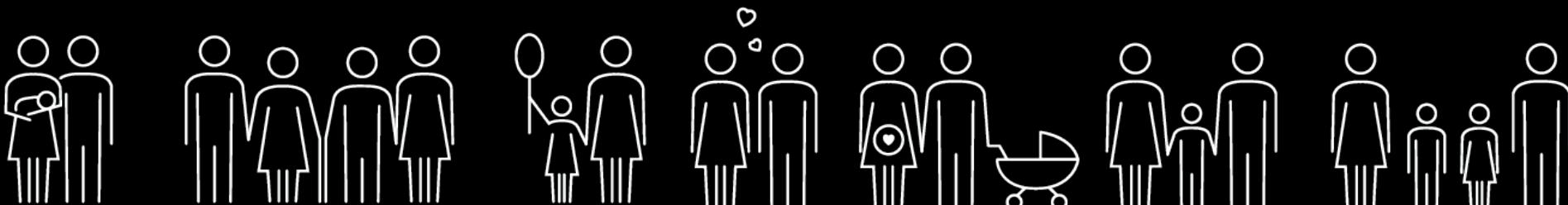




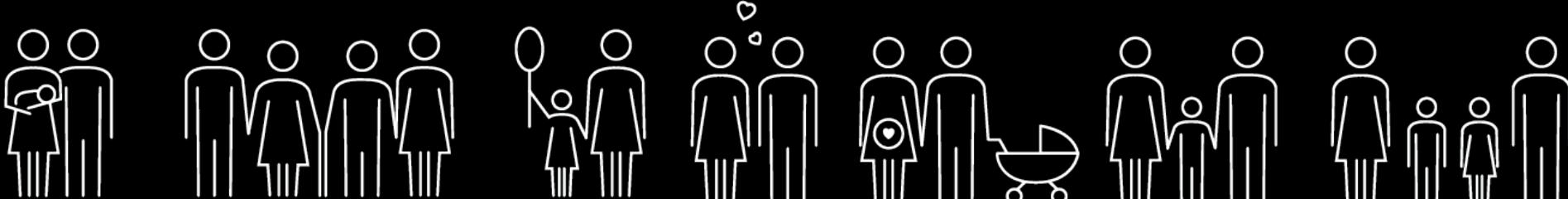
# Identifying Family Strengths

Note 12 to 15  
positive aspects  
of the household  
pictured

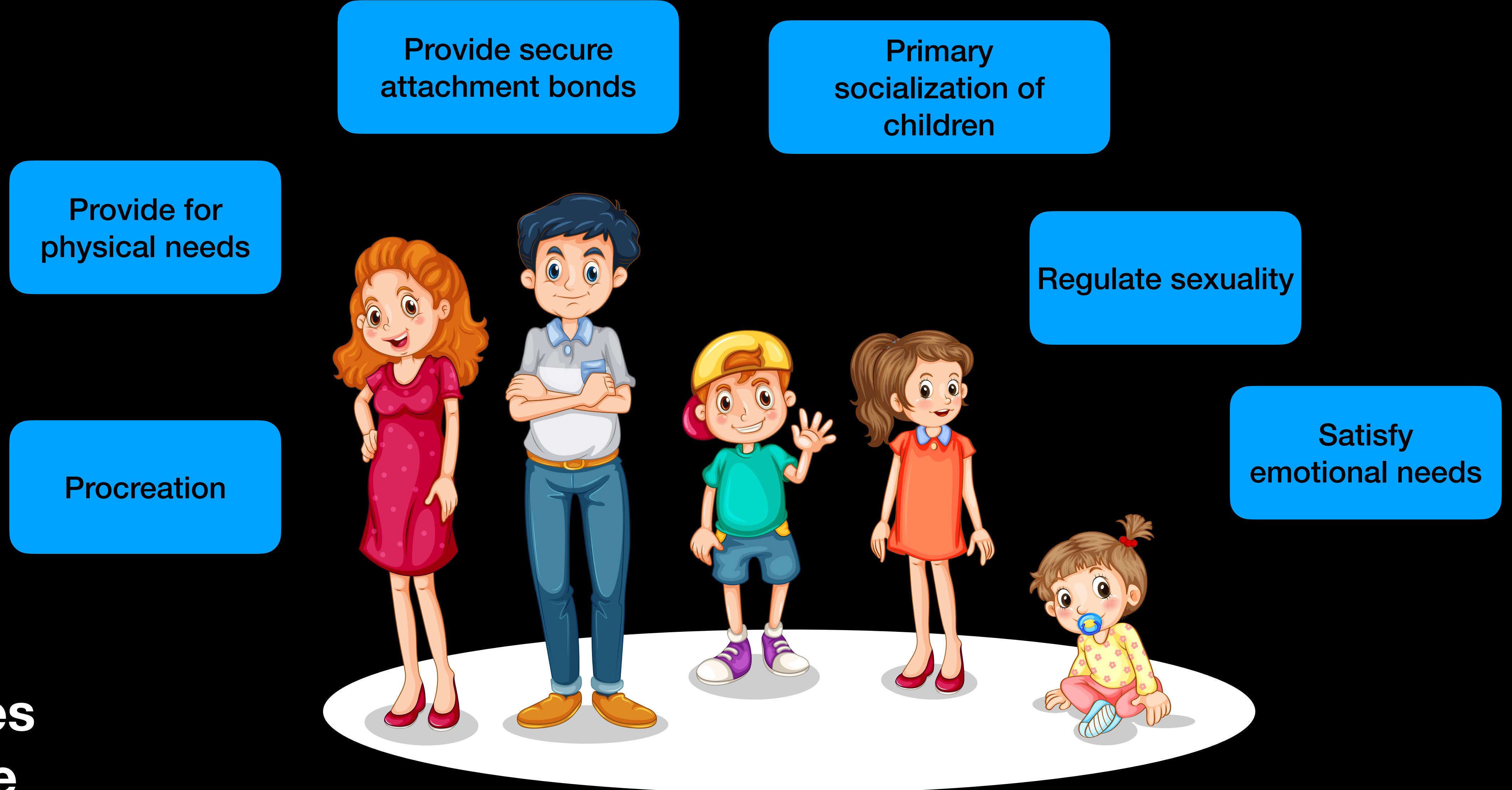
# What Families Provide



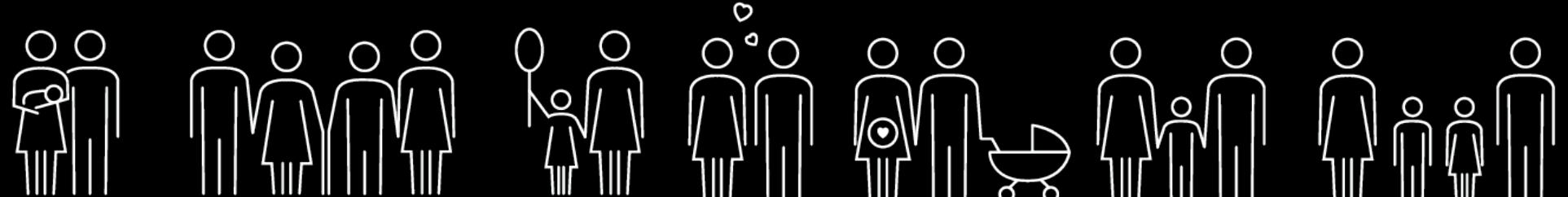
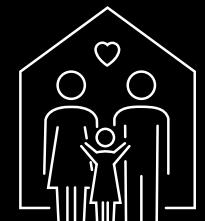
# What Families Provide



# What Families Provide



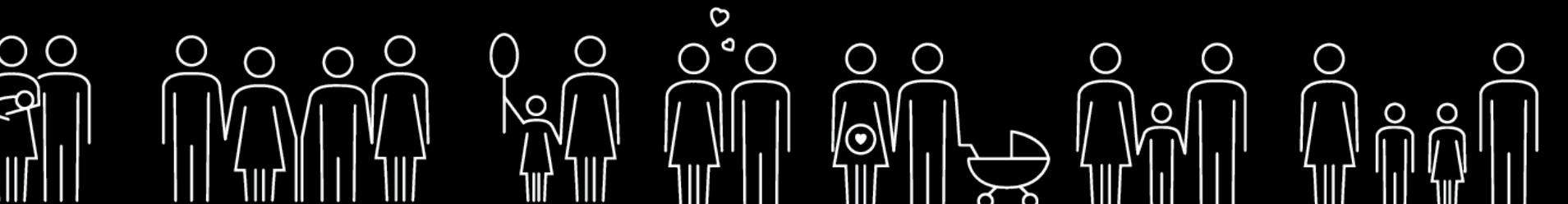
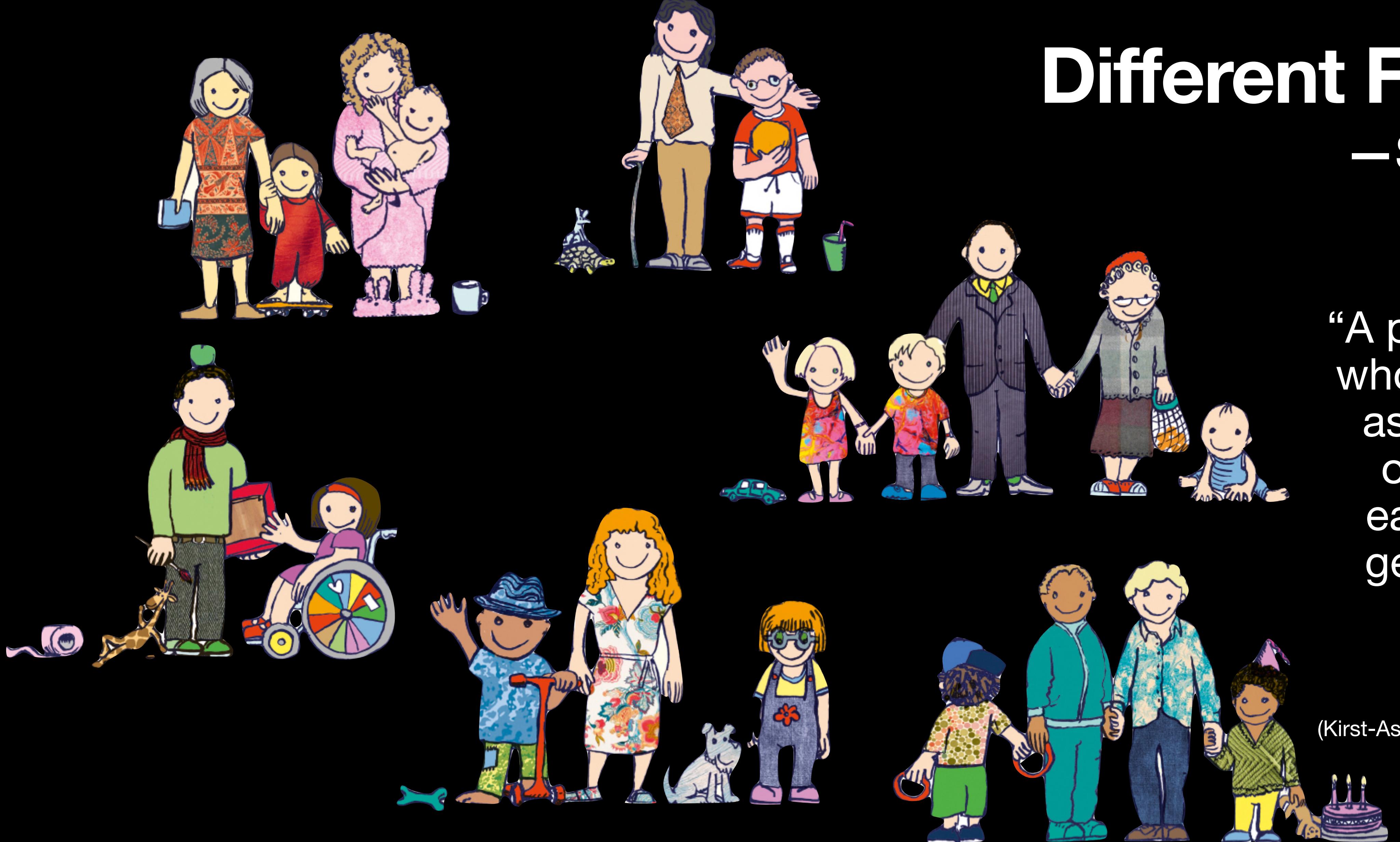
(Kirst-Ashman & Hull, 2015)



# 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)

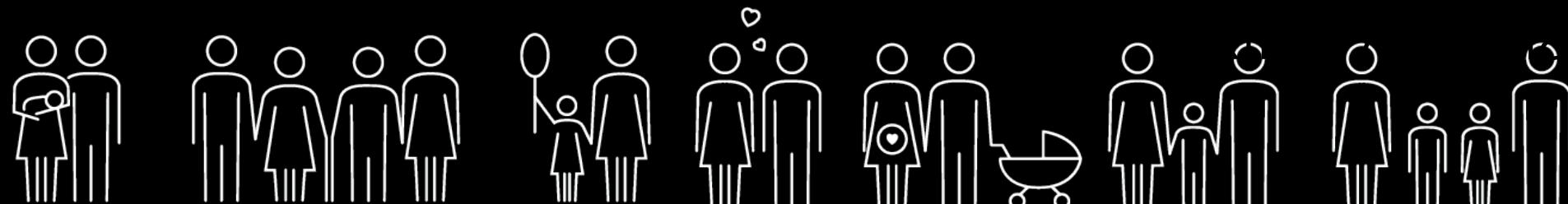


# Family Systems Framework Assessment

## Dimensions

- Homeostasis
- Boundaries and Boundary Maintenance
- External Family Boundaries
- Enmeshment and Disengagement
- 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)

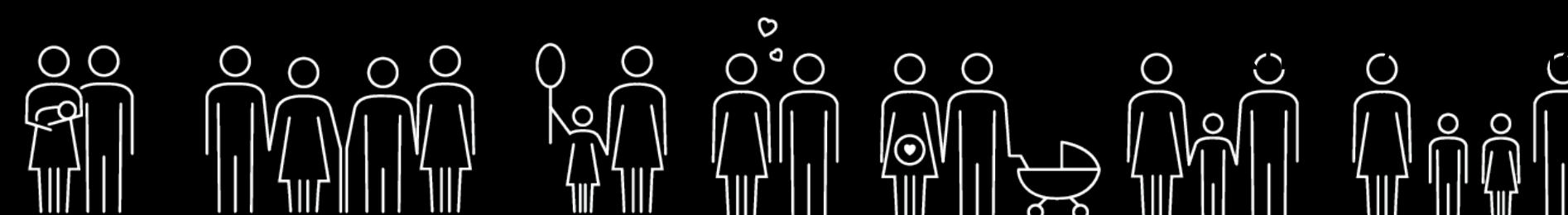
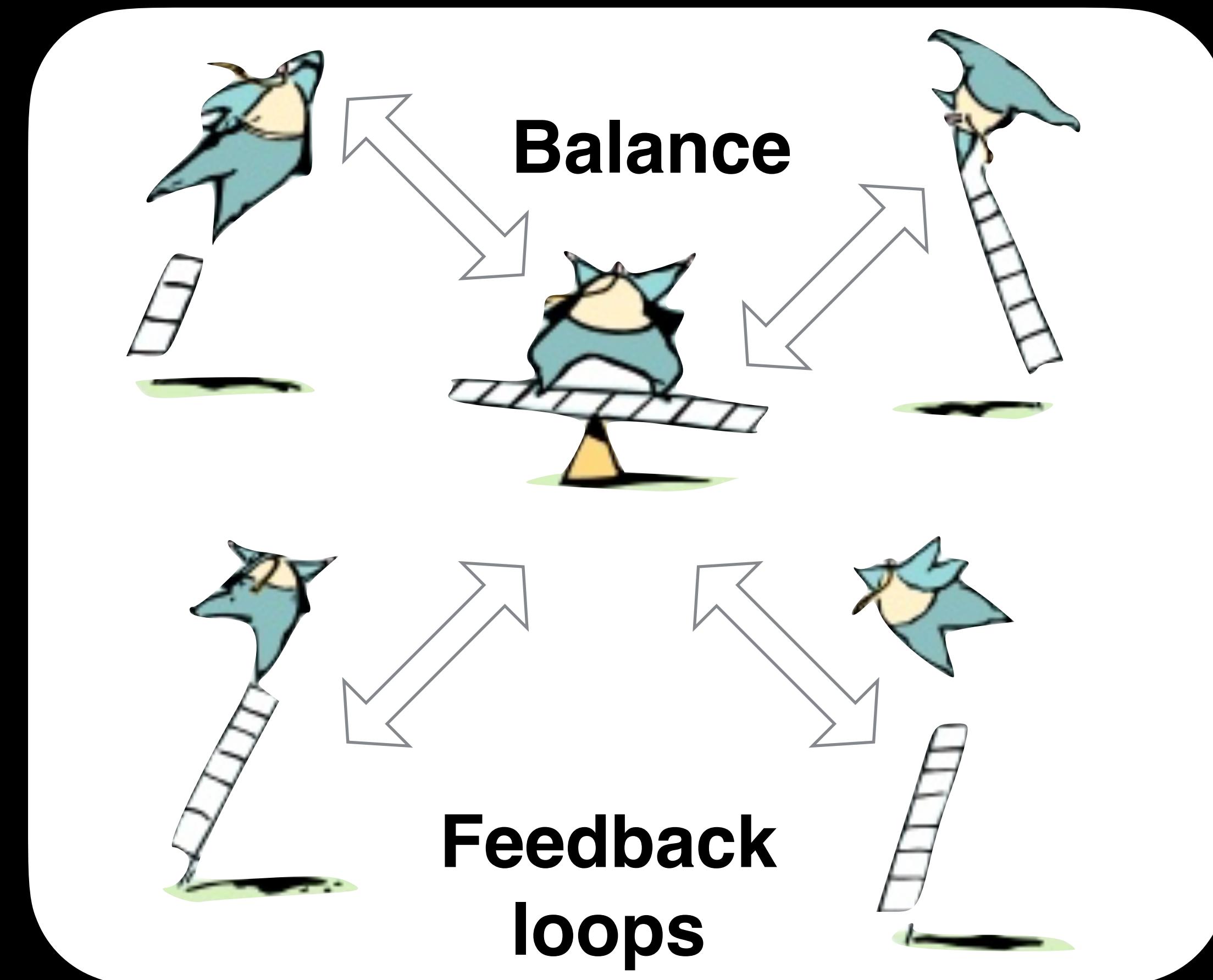
(Hepworth et al., 2022)



# Homeostasis

“Families may try to maintain the status quo in response to family transitions in the life cycle or stressors associated with abrupt change to the family system itself (e.g., death, divorce, a new addition to the family, an abrupt move), or environmental events such as immigration or move to a new location, or changes in daily routines”

(Hepworth et al., 2022, p. 196)



# Boundaries & Boundary Maintenance

**Disengagement**

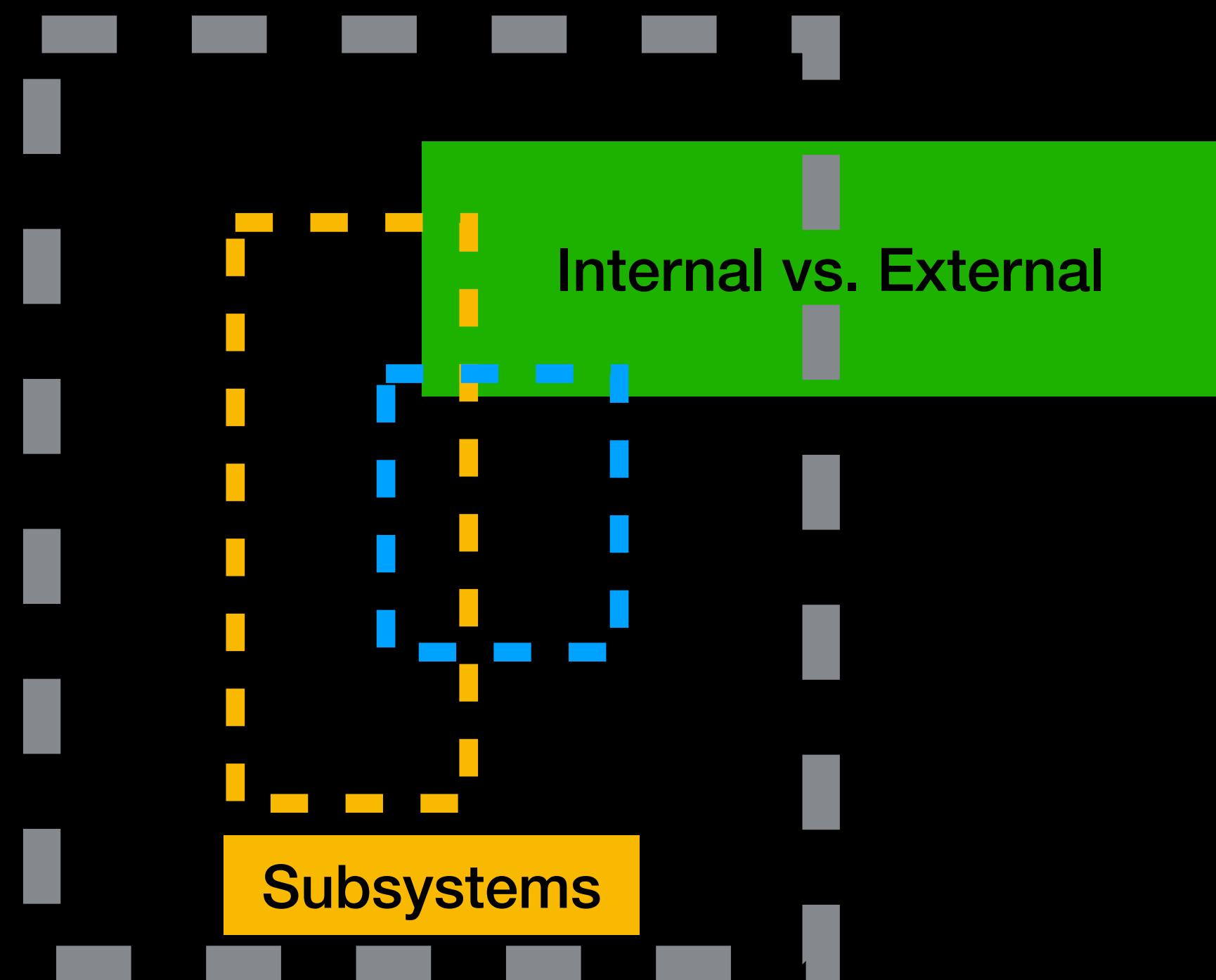
diffused boundaries

**Enmeshment**

inappropriately rigid

Unique

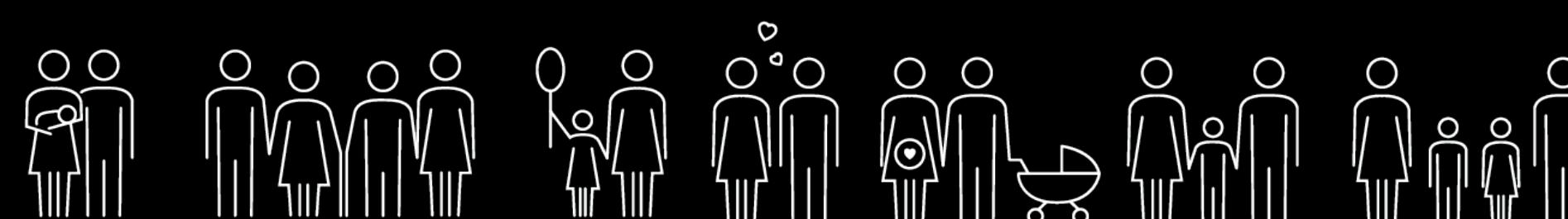
families unique style,  
cultural preferences,  
strengths, and needs



(Kirst-Ashman & Hull, 2015)



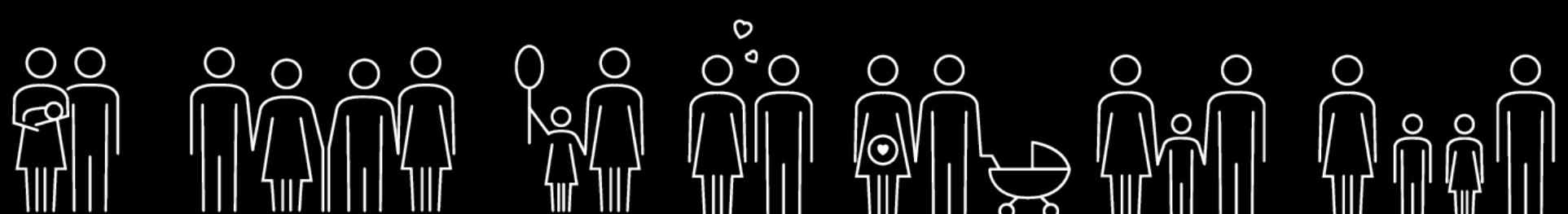
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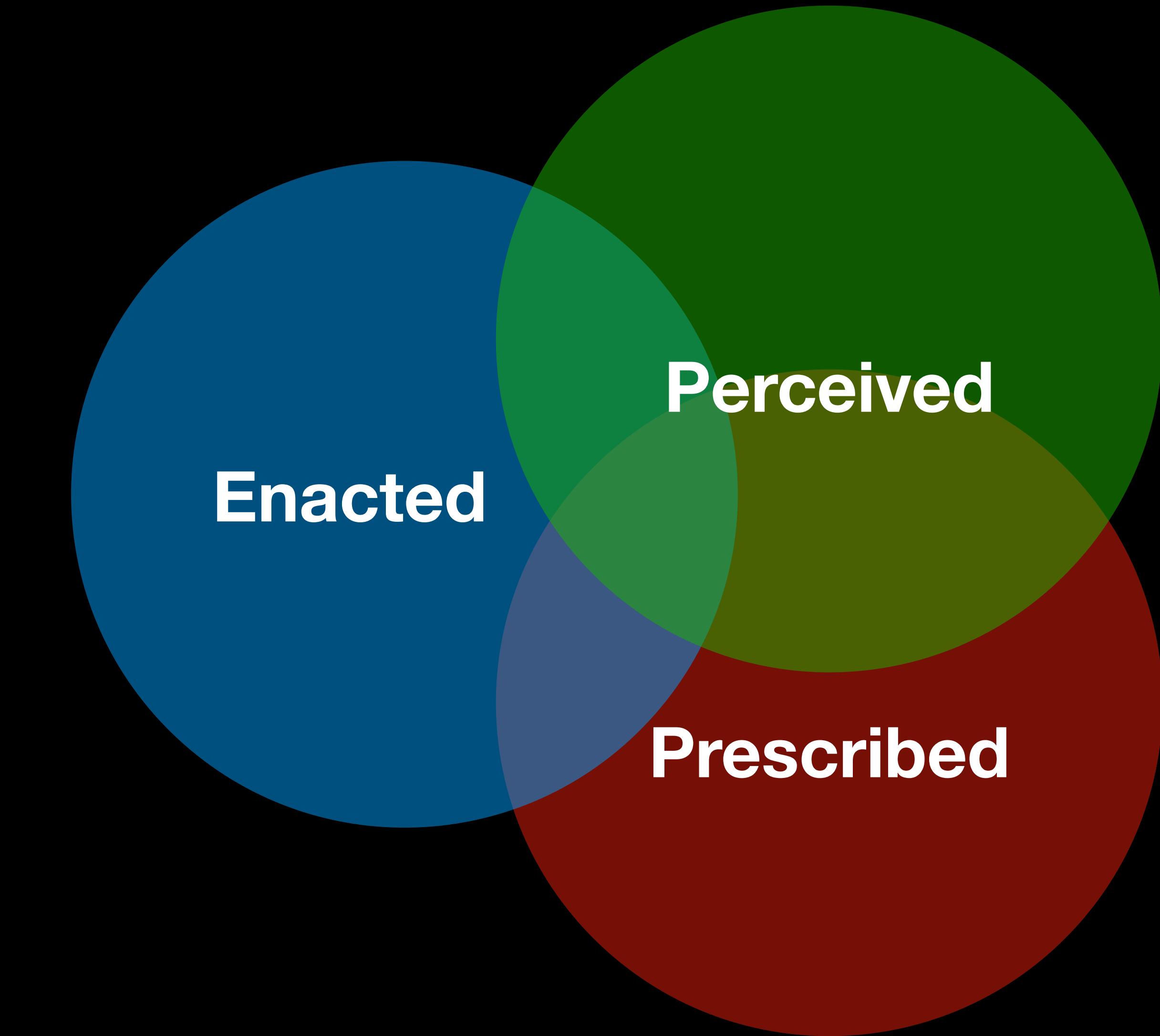
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# Family Decision Making, Hierarchy, and Power

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



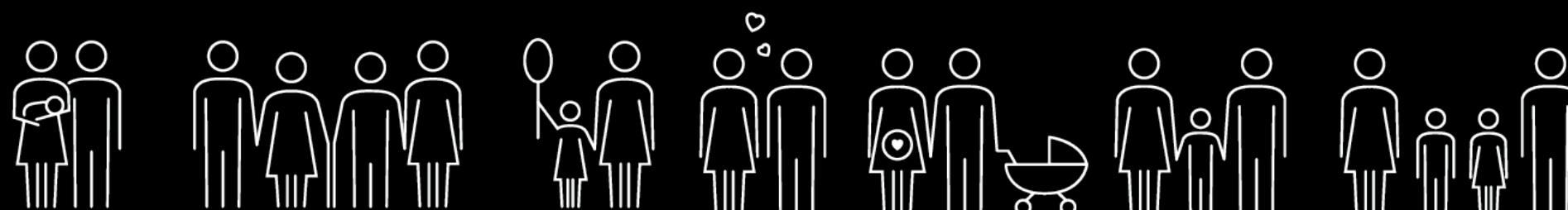
# Family Roles



(Hepworth et al., 2022)

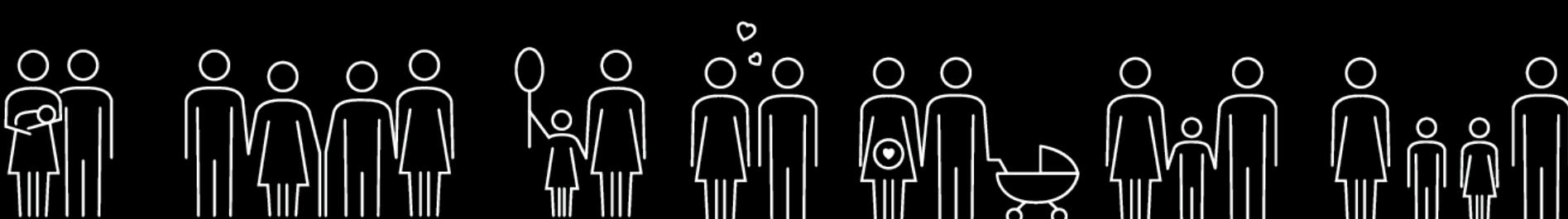
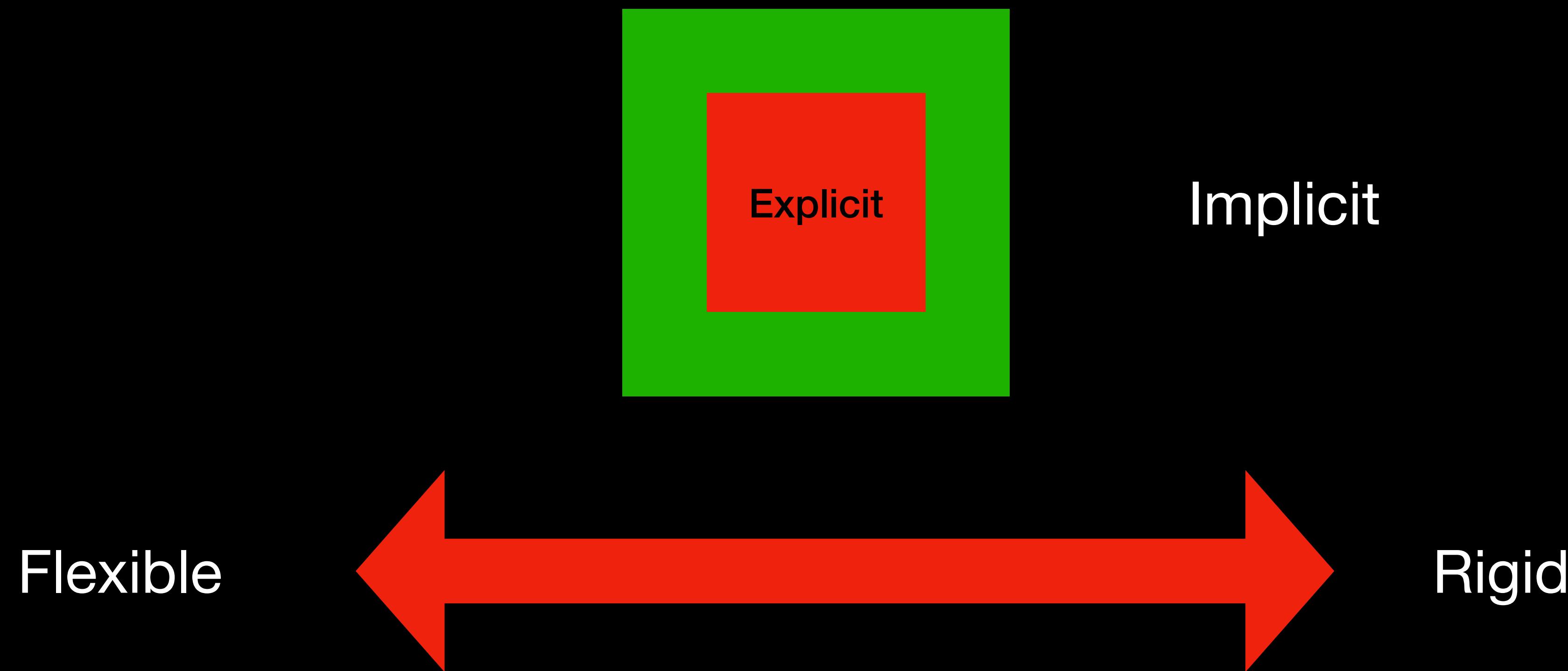


Jacob Campbell, LICSW  
Heritage University



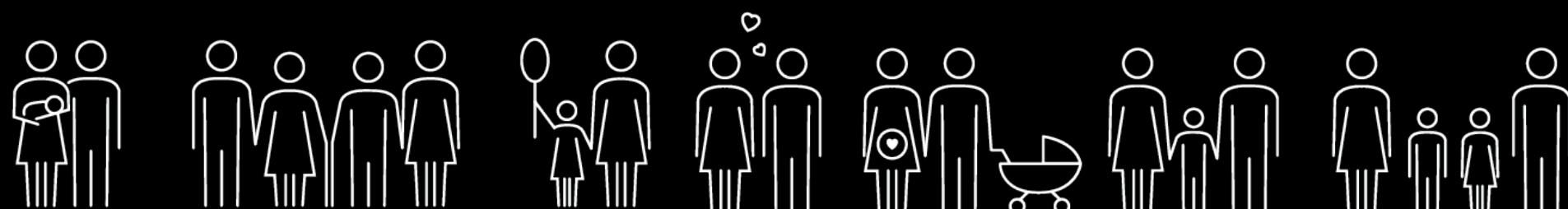
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# Family Rules

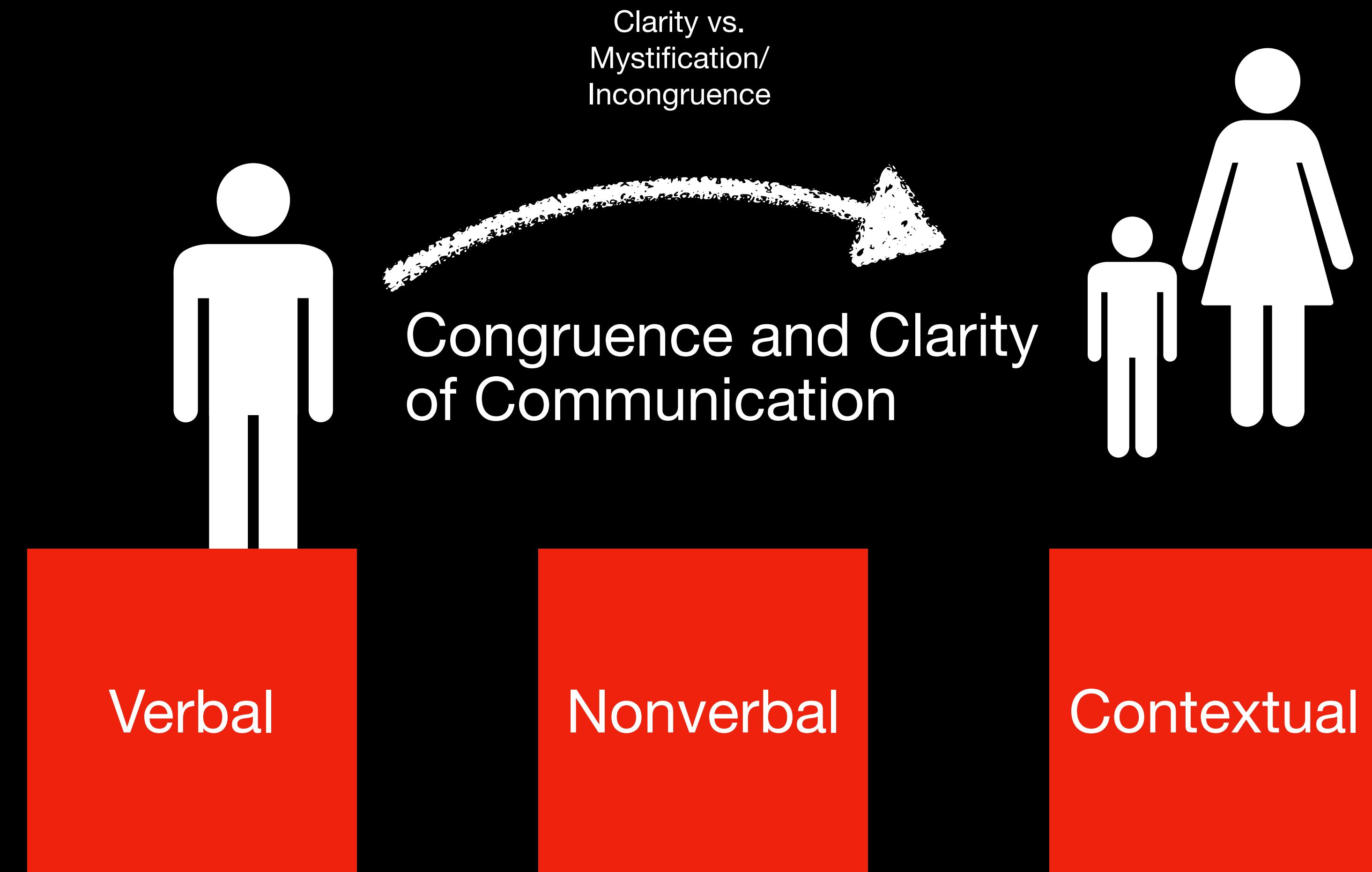


# What About Your Family?

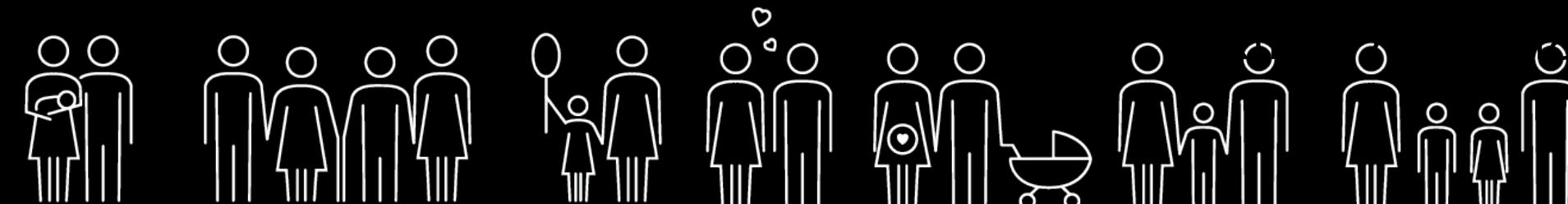
**Members  
Roles  
Norms  
Values  
Rules**



# Communication Styles of Family Members



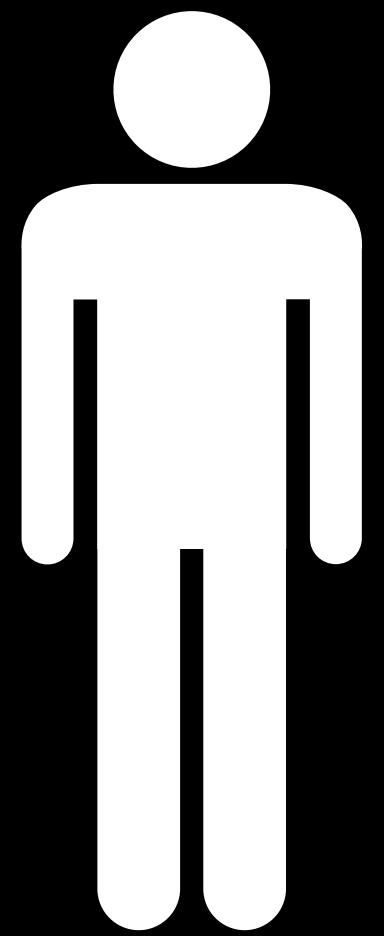
(Kirst-Ashman & Hull, 2015)



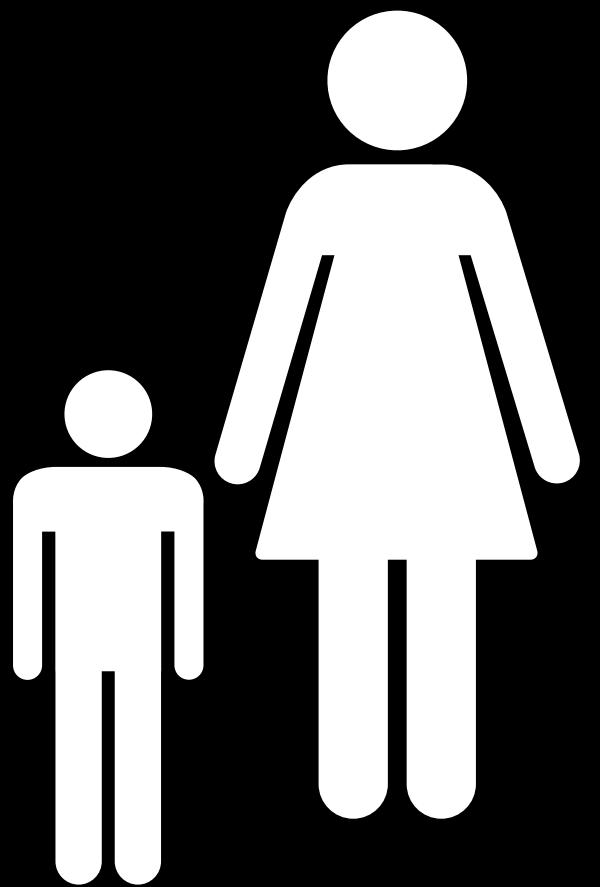
# Communication Styles of Family Members

## Sender Skills

Using "I messages" versus "You..."

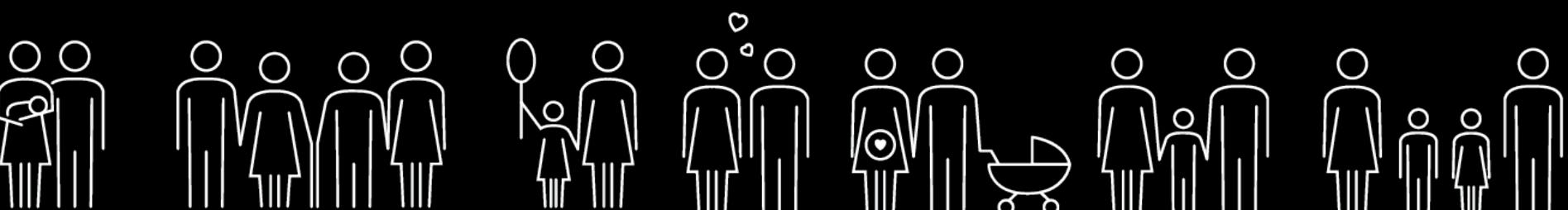


Congruence and Clarity of Communication



## Receiver Skills

- Physical attending
- Paraphrasing
- Responses that elicit clarification
- Brief responses



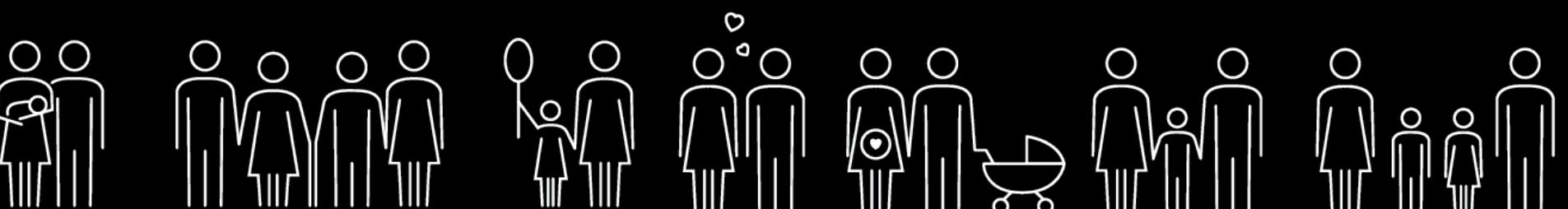
# Communication Styles of Family Members

Insoo Kim Berg  
Solution-Focused  
Family Therapy Video

(PsychotherapyNet, 2009)



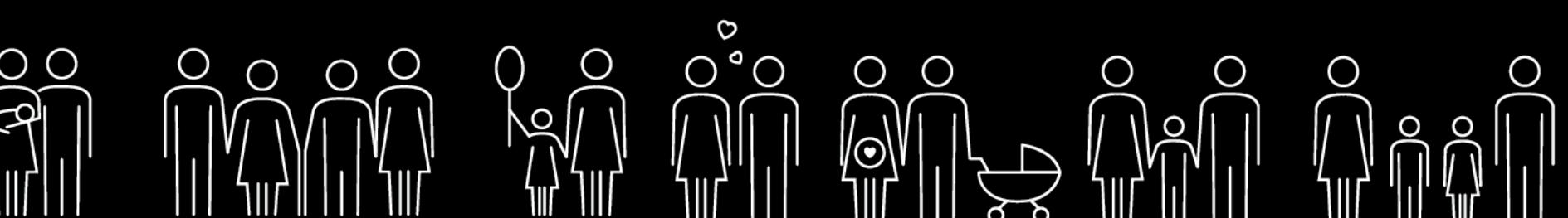
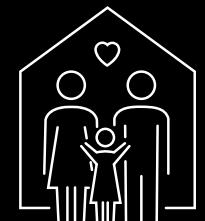
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Heritage University

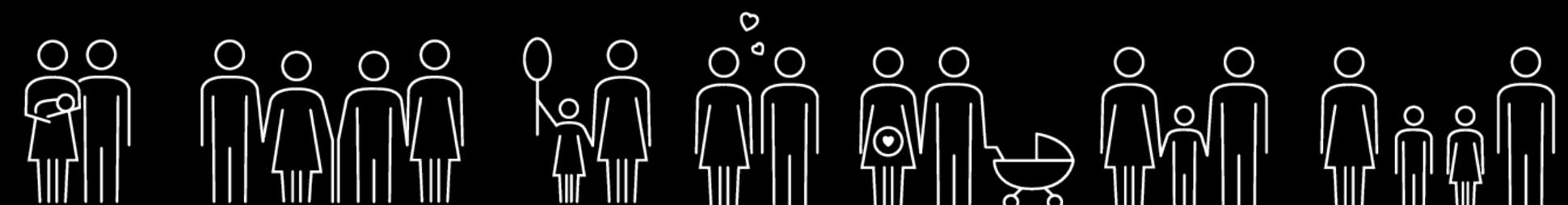


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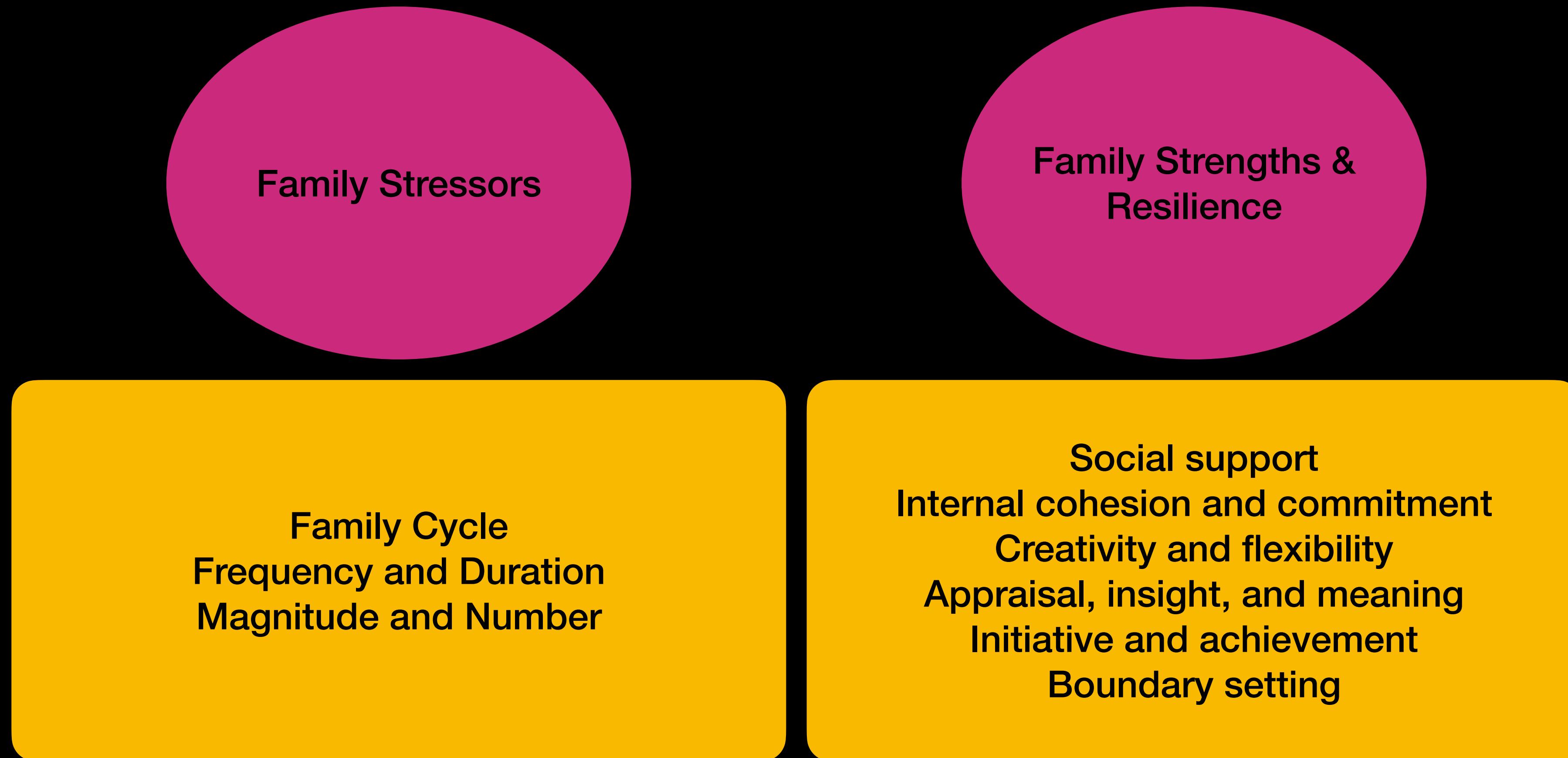
# Family Life Cycle

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

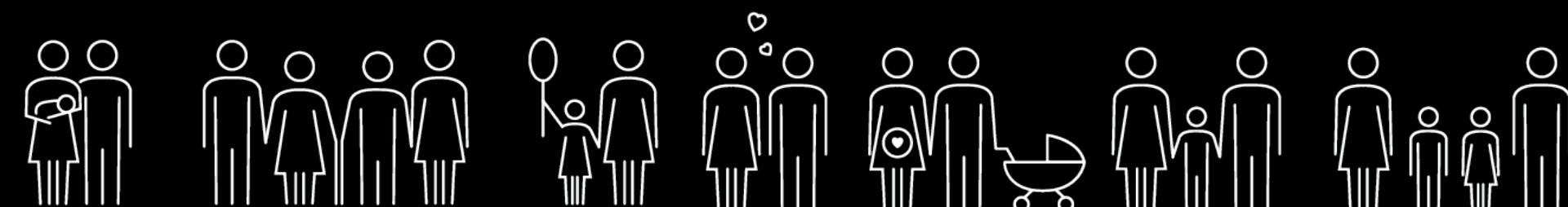




# Family Adaptive Capacity



(Kirst-Ashman & Hull, 2015)



# Case Situations

- For the first situation talk about it and what you would look for
- For the second situation, role play it.

