

	<h2>STRENGTH-BASED STRATEGIES FOR ENGAGING FAMILIES</h2> <p>Mellonie Hayes, PhD, LMFT Steve Livingston, PhD, LMFT Robyn Mowery, PhD, LMFT Dana McCrary, Family Liaison</p> <p style="text-align: right;">1</p>
--	--

<h2>STRENGTH-BASED STRATEGIES ROLE OF THE PROFESSIONAL</h2>	
<ul style="list-style-type: none">● Working towards an open-ended partnership● The family is the expert● Seek to understand family's reality	<ul style="list-style-type: none">● Assume client families really do want to change● Client families are resourceful● Language and Behavior must indicate your respect for the family as expert of their condition, and your participation as a partner.
<p>2</p>	

<h2>STRENGTH-BASED STRATEGIES UNIVERSALITY OF 5 SKILLS</h2>
<ul style="list-style-type: none">● Universal across phases of treatment● Across service professionals● Across family structures● Across presenting problems● Inclusive, collaborative, systemic, empowering, celebratory
<p>3</p>

**STRENGTH-BASED STRATEGIES
JOINING**

- A way of developing rapport with the family system that helps the family to become more comfortable w/helping professional, and helps professional to get to know the family.
- The goal is to create a therapeutic system
- Accommodation
- Tracking

4

**STRENGTH-BASED STRATEGIES
JOINING- ACCOMMODATION**

- Focus on family's style, pace, mood, and posture
- Modify your behavior to match the family's behavior in specified ways
- Follow the content
- Identify the emotional impact of the family's transaction.

5

**STRENGTH-BASED STRATEGIES
JOINING- ACCOMMODATION**

- Acknowledgement of and respect for the family's existing structure
- The professional must acknowledge and respect the intent of the current structure.
- Intervening prior to establishing a therapeutic system will result in rejection.

6

**STRENGTH-BASED STRATEGIES
JOINING- TRACKING**

Tracking a family's communication entails:

- Asking open-ended questions

- Reflecting content and feelings

- Verbalizing thoughts and feelings that family members may not be able to respond to on their own

- Verbalizing thoughts and feelings using language that matches the family

7

**STRENGTH-BASED STRATEGIES
CIRCULAR QUESTIONING**

- "Means for conducting a systemic investigation of the changes and differences in family relationships which recursively support dysfunction" (Nelson, Fleuridas, Rosenthal, 1986).

- Goal is to understand family interactional patterns, that promote dysfunction, promote family system health, and constitute normative behavior.

8

**STRENGTH-BASED STRATEGIES
CIRCULAR QUESTIONING**

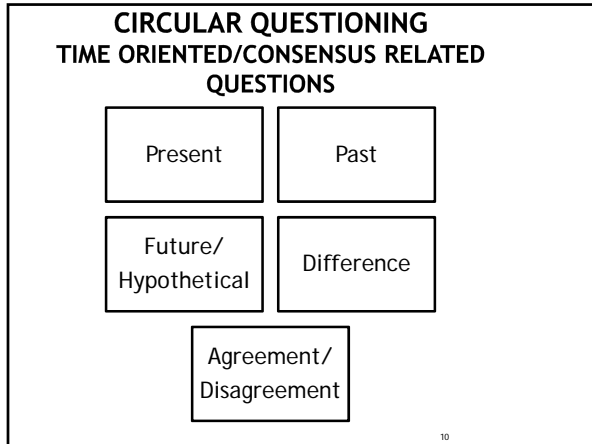
An interview technique that...

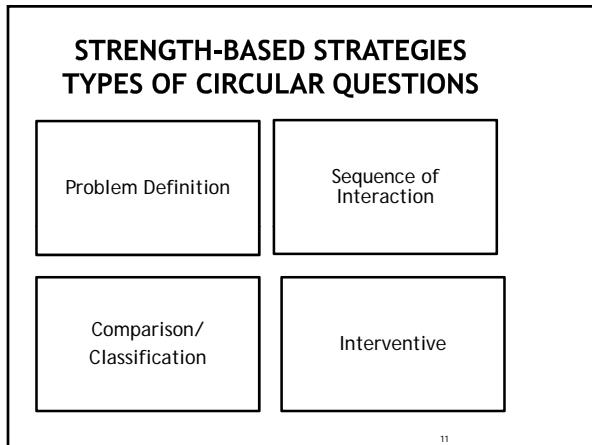
- Solicits each family member's experience of and opinions about the problem

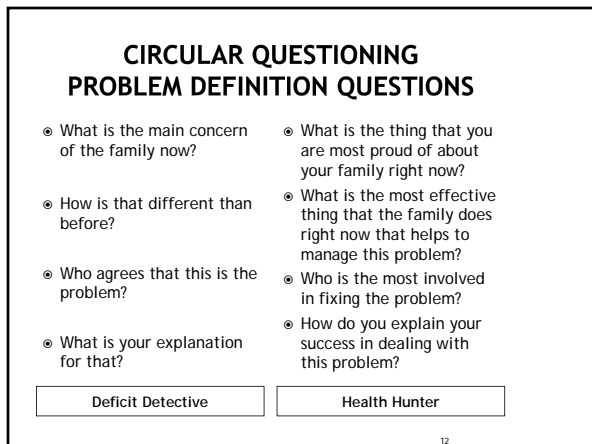
- Helps to identify changes and differences in the family relationships that support dysfunctional or healthy dynamics.

- Provides a time efficient way to expand one's view of the problem

9







**CIRCULAR QUESTIONING
SEQUENCE OF INTERACTION QUESTIONS**

- When mom and brother are fighting, what does your dad do?
- Does sister get involved in the fight or does she stay out of it?
- Has brother always behaved in this manner?
- How do you explain Dad's tendency to leave home often?
- Who usually takes the first step to calm things down?
- When mom and dad make up, who else is involved?
- When things are going well, what is dad doing?
- How do you explain the family's tendency to have fun days despite having this problem?

Deficit Detective

Health Hunter

13

**CIRCULAR QUESTIONING
COMPARISON/CLASSIFICATION
QUESTIONS**

- Who is closest to whom?
- Who acts most upset when she seems uncooperative?
- Who feels most helpless when the problem occurs?
- Who generally sides with whom?
- Who is the most affectionate person in the family? Then who?
- Who spends the most time helping you with your homework?
- Do you or your husband communicate the best with the children?

Deficit Detective

Health Hunter

14

**CIRCULAR QUESTIONING
INTERVENTIVE QUESTIONS**

- What do you think mother needs to do to prepare for the time that Karen leaves home?
- If mom were to try to teach daughter not to whine and complain, how would she do it?
- When mom goes to the hospital, how are each of you going to help in the home?
- What do you think would be the most effective way to solve the problem?
- What would happen if they consistently addressed his behavior each time it happens?
- Do you think she'd be more willing to share feelings if she saw you and your wife share feelings with each other?

Health Hunter

Health Hunter

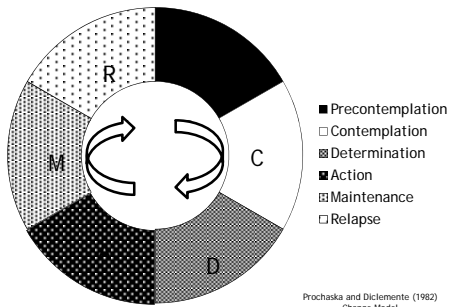
15

**STRENGTH-BASED STRATEGIES
PROCESS OF CHANGE**

- Techniques are based on Prochaska and Diclemente's Six Stage Change Model (1982)
- Identifies where a client family is in the process of change.
- Allows professionals to ask crucial questions at each stage of change to help the family to explore options and move toward their treatment goals.

16

CHANGE MODEL



17

**STRENGTH-BASED STRATEGIES
PROCESS OF CHANGE
PRECONTEMPLATION STAGE**

- The family does not recognize that there is a problem.
- Often forced into services at this point
- Family needs information related to unhealthy dysfunctional dynamics to raise awareness of these behaviors.

18

**PROCESS OF CHANGE
CONTEMPLATION**

- Family is aware of the problem.
- Family is considering the information provided by others regarding unhealthy or dysfunctional dynamics.
- Family questions the presented information and contemplates the true need to change (ambivalence and denial).

19

**PROCESS OF CHANGE
DETERMINATION**

- Family is determined to do something about the problem
- The family may wax and wane in this stage. At times determination is resolute, at other times it is diluted.

20

**PROCESS OF CHANGE
ACTION**

- When the family is resolute in their determination to do something about the problem.
- Some families enter/become active in services.
- Some families employ self-imposed steps toward change.
- Families may slip or falter in their attempts at change and move back to the determination or contemplation stage.

21

**PROCESS OF CHANGE
MAINTENANCE**

- Families maintain the gains that they have created from the action stage and continue to operate in a healthy way.
- Professionals can help families to be consistent with new behaviors.
- Professionals can give supportive to the client as needed and provide psychoeducation

22

**PROCESS OF CHANGE
STRATEGIES**

Professionals can:

- Address change ambivalence by discussions regarding costs and benefits of changing or staying the same (Contemplation).
- Identify potential courses of action to effectively facilitate change (Determination)
- Motivate clients towards implementing change, and provide support as needed (Action)

23

**PROCESS OF CHANGE
BENEFITS**

- A method of motivating families using their own words and wants without aggressive confrontation
- Helps professional to be family focused.
- Allows the services to be tailored to the family's unique needs.

24

TRAPS THAT IMPEDE PROGRESS

- Expert Role
- Asking too many questions (Interrogation)
- Confrontation
- Arguing for Adherence
- Unsolicited Advice
- Premature focus
- Labeling or Diagnosing (stigmatizing)

25

**STRENGTH-BASED STRATEGIES
ASSESSING FAMILY RESILIENCY**

- Generate interest in what the family is doing right.
- Understand how family manages to experience success in various areas of their lives.
- Find out about what/who keeps them motivated and strong to weather the current storm.
- Create a list of protective factors that guard against the problem becoming worse.

26

ASSESSMENT OF FAMILY RESILIENCY

- Are there times that you don't have this problem?
- What is different at those times?
- What will make it possible for more of that to happen?
- Why aren't things worse?
- How did you manage that?
- (then build on the accomplishments)

Pursuing Exceptions/Unique Outcomes

Failing Questions

27

**ASSESSMENT OF FAMILY RESILIENCY
COPING QUESTIONS**

- Helps clients to know that they are more resourceful than previously realized.
- Allows professional to focus on maintenance of endurance to further empower client.
- Allows professional to be family's cheerleader and highlight their continued accomplishments throughout their time together.

28

**ASSESSMENT OF FAMILY RESILIENCY
COPING QUESTIONS**

- What keeps you going under such difficult circumstances?
- What do you do to take care of yourself and your family under these circumstances?
- What have you done to keep things from getting worse?
- How do you find contentment or happiness right now?

29

**STRENGTH-BASED STRATEGIES
EXTENDING INVITATIONS**

- Invites the family to hear your conceptualizations, goals, ideas for help.
- Indicates a more collaborative stance as a team, rather than professional as expert.
- Creates agency for the client family in each interaction between the family and helping professionals.

30

**STRENGTH-BASED STRATEGIES
EXTENDING INVITATIONS- QUESTIONS**

- I have some ideas about additional opportunities for improvement that may help you reach your goals. Would you be interested in hearing those ideas?
- Listening to you talk, I have some thoughts about what is happening with your family. Would you confirm whether I am on the right path?

31

REFERENCES

- Brown, J. H., and Christensen, D. N. (Eds.) (1999). *Family Therapy Theory and Practice (2nd ed.)*. Brooks/Cole Publishing, Pacific Grove.
- Juhnke, G. A., & Hagedorn, W. B. (2006). *Counseling Addicted Families: An integrated assessment and treatment model*. New York: Routledge.
- Nelson, T., Fleuridas, C., & Rosenthal, D. M. (1986). The Evolution of Circular Questions: Training family therapists, *Journal of Marital and Family Therapy*, 12, 113-127.
- Nichols, W. and Schwartz, R. (Eds.) (2006). *Family Therapy Concepts and Methods*. Pearson and Allyn and Bacon, Boston.

32
