

Characteristics of a Healthy Family System

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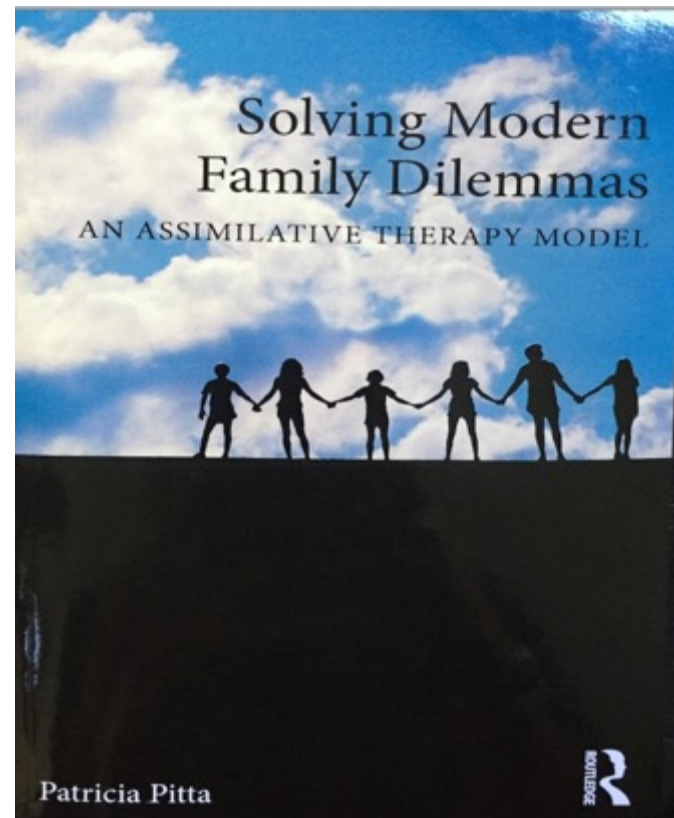
Board Certified Couple and Family Psychologist

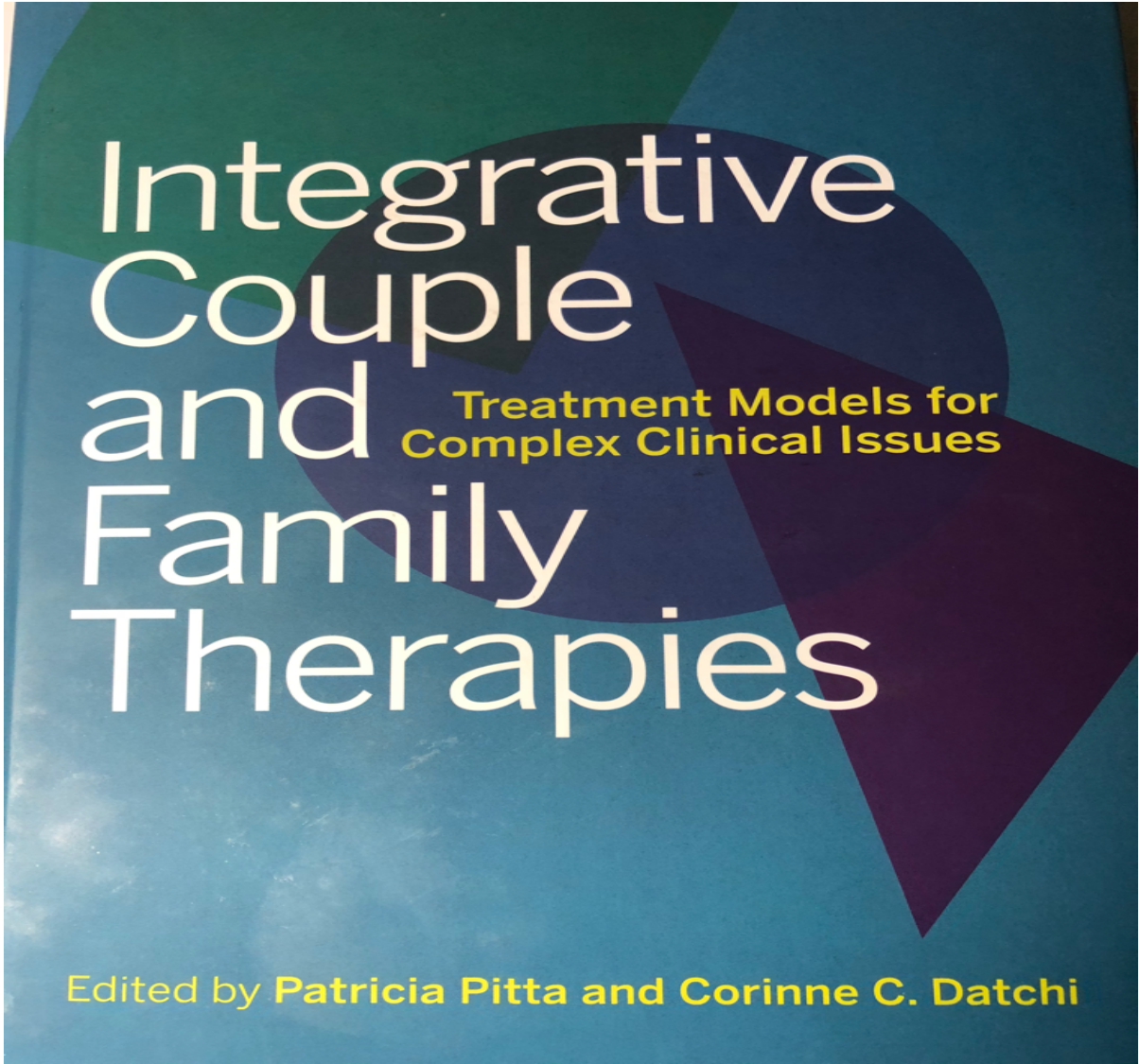
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Solving Modern Family Dilemmas

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Integrative Couple and Family Therapies

Treatment Models for
Complex Clinical Issues

Edited by **Patricia Pitta and Corinne C. Datchi**

Have Open Communication

- ▶ State what you feel and want to communicate in a respectful way.
- ▶ Respect privacy
- ▶ And it is all about timing
- ▶ In order to communicate effectively, you need to touch your child's heart.
- ▶ Let your child or teen know you care.
- ▶ Don't judge your child.
- ▶ Parents give one message.

Problem Solving Ability

- ▶ Everyone's wishes and needs are considered so you can create a
- ▶ Win -Win Situation
- ▶ Parents always maintain their authority but do take the views and interests of the child or teen when solving a problem.
- ▶ Clearly state expectations

A Full Range of Emotions can be Expressed

- ▶ That means anger, joy, love and grief
- ▶ Do not punish: Punishment sets up resentment
- ▶ Create the win win situation where children and teens work to get positive
- ▶ Rewards.

Foster Independence and Autonomy

- ▶ Members of the family know they can count on each other
- ▶ Do not enable dependence, foster independence
- ▶ Create boundaries: State what you expect
- ▶ Set rules and limits and follow through

Instill a High Level of Trust and Mutual Respect

- ▶ No one is scapegoated or blamed
- ▶ Use “I statements” rather than “you statements”
- ▶ Important to let child know you feel positively about him or her

Task Negotiate

- ▶ Share responsibilities where no one feels taken advantage of
- ▶ Do not shame your child into submission
- ▶ Don't compare or criticize
- ▶ Tell them what you expect and show them how to do what needs to be done

Equalitarian Distribution of Power

- ▶ Parents maintain a good and effective balance of power
- ▶ As children mature, they will model this and will assume more power as demonstrated by their appropriate behaviors and responsibility sharing.

Create an Open System

- ▶ Members of the family have relationships with each other and with people outside the family circle.
- ▶ When children grow up they feel a vital connection with their family of origin
- ▶ Their friends and partners are welcomed into the family where everyone's needs are taken into account.

Show Affection Through Words and Touch: Build Self Esteem

- ▶ Be sure to give positive words of appreciation to your partner and children.
- ▶ All will feel more appreciated and want to meet each others needs if possible.
- ▶ Say what is positive about the child.
- ▶ Teach the child or teen to be assertive.
- ▶ Help the child find his/her voice
- ▶ Teach your child gratitude

An Acting Out Child or Teen

- ▶ Is looking for attention and importance
- ▶ They are looking to feel control over themselves
- ▶ If they feel out of control, they become symptomatic (anxiety, depression, OCD)

Have Fun with Your Child or Teen

- ▶ Build safety within the relationship.
- ▶ Work on lowering anxiety by practicing mindfulness together.
- ▶ Build positive bonding and memories