

Family Interaction Concepts

1. Behavior is an expression, a means of communicating.
 - a. What is viewed as misbehavior is the means through which the child communicates that which isn't being heard and/or recognized.
 - b. Socially negative behavior may be personally positive to one or both parties.
 1. Ex. The client's dysfunction serves the need of the caretaker such as a mother infantilizing her child so that she retains her position of power.
2. Parent's presentation of self
 - a. Model behaviors intended for the client
 - b. Be consistent and predictable
 - c. Be approachable, down-to-earth, fallible, and determined
3. Explore Discipline that does not take the form of punishment.
4. It is the parent's role to deal with their issues so that they may act in ways where both behaviors and attitudes will be calm and effective in meeting family and personal goals.
5. Assist child to be aware of mental health, its meaning, its affect on personality.
6. Encourage child and parent to envision a better family experience.
7. Explore human and social development to assist the parent to be aware of their own maturation. This allows them to have a firm grasp on their own stage of development and how missing stages of development affect the ability to engage in the demands of life successfully.
8. Explore the concept of reasonable goals, and how skills are needed to attain goals.
9. Explore concepts of the individual, the family, the community, the society and nation.
10. Explore the benefits of a benevolent family hierarchy in relationship to survival.
11. Explore empowerment through positive and negative expressions.
12. Explore the function and the roles of parents/children, teacher/student, therapists/client, police/criminal, good guy/bad guy, and right/wrong.
13. Explore anger, its function, and its management.
 - a. Educate as to the physiological aspects of anger and the increase of adrenalin flow.
14. Explore self-esteem and its contributory aspects.
15. Explore how the brain processes, and its relationship to learning and communication.
 - a. Visual, auditory and experiential.
16. Explore the value of pleasurable and acceptable activities like hobbies, clubs, the arts.
17. Explore social cues.
18. Explore detachment as a reasonable response to disappointment, abuse, and rejection.