

Family Strategies for Promoting Maturation

1. Explore the meaning of being a parent and being a child a coach.
2. When setting consequences with the child explore their benefit for both the child and the parent. Explore the hoped for outcome. Seek agreement at the end of each session.
3. Lay the foundation of the relationship in advance. The child and parent knows the plan, the overview, the strategies and interventions.
4. Explore self-determination and its relationship to accepting responsibility.
5. Get a feeling for self-discipline and its affect on relationships and achieving reasonable goals. Explore the value of negative emotions in relationship in relationship to self preservation.
6. Self evaluation of one's skill level and what skills one has to acquire in order to achieve the goal.
7. Seek the meaning of one's behavior.
8. Explore social structures, the values that maintain them, and the advantage of keeping them in place.
9. Explore the function of manners in relationship to social patterns.
10. Explore personal values and how to live them, (The skills needed to live the value) when they may differ from societal values.
 - a. Ex. Personal value: Sharing
Society value: Accumulation
11. Explore the concepts of trust, loyalty, and integrity and the associated skills needed.
 - a. Example: Instead of not trusting anyone, develop discriminating judgments that allow trust of some people.
12. Become aware of one's fears, worries, anxieties. Explore their sources. Evaluate whether they still exist in present settings. Learn to separate the past experiences from the current experiences.