

Chapter 1 : Family Systems Activity Book - Clive Hazell - Google Books

Hello All!! This is a great book if you are ever going to or looking into becoming a mental health professional. This is a required textbook for one of my classes which is entitled "Family Systems and Co-dependency.

This family type consists of two parents and children. The nuclear family was long held in esteem by society as being the ideal in which to raise children. Children in nuclear families receive strength and stability from the two-parent structure and generally have more opportunities due to the financial ease of two adults. Census data , almost 70 percent of children live in a nuclear family unit. Single Parent Family The single parent family consists of one parent raising one or more children on his own. Often, a single parent family is a mother with her children, although there are single fathers as well. The single parent family is the biggest change society has seen in terms of the changes in family structures. One in four children is born to a single mother. Single parent families are generally close and find ways to work together to solve problems , such as dividing up household chores. When only one parent is at home, it may be a struggle to find childcare , as there is only one parent working. This limits income and opportunities in many cases, although many single parent families have support from relatives and friends. Extended Family The extended family structure consists of two or more adults who are related, either by blood or marriage, living in the same home. This family includes many relatives living together and working toward common goals, such as raising the children and keeping up with the household duties. Many extended families include cousins, aunts or uncles and grandparents living together. This type of family structure may form due to financial difficulties or because older relatives are unable to care for themselves alone. Extended families are becoming increasingly common all over the world. Childless Family While most people think of family as including children, there are couples who either cannot or choose not to have children. The childless family is sometimes the "forgotten family," as it does not meet the traditional standards set by society. Childless families consist of a husband and wife living and working together. Many childless families take on the responsibility of pet ownership or have extensive contact with their nieces and nephews as a substitute for having their own children. Step Family Over half of all marriages end in divorce , and many of these individuals choose to get remarried. This creates the step or blended family which involves two separate families merging into one new unit. It consists of a new husband and wife and their children from previous marriages or relationships. Step families are about as common as the nuclear family, although they tend to have more problems , such as adjustment periods and discipline issues. Step families need to learn to work together and also work with their exes to ensure these family units run smoothly. Grandparent Family Many grandparents today are raising their grandchildren for a variety of reasons. Many grandparents need to go back to work or find additional sources of income to help raise their grandchildren. Variety of Structures There is no right or wrong answer when it comes to what is the best type of family structure. As long as a family is filled with love and support for one another, it tends to be successful and thrive. Families need to do what is best for each other and themselves, and that can be achieved in almost any unit. Was this page useful?

Chapter 2 : Substance Abuse Treatment and Family Therapy - NCBI Bookshelf

This book draws together the many complex threads that weave together to make a family. Step by step the reader is taken through systems theory, developmental theory, cultural and intergenerational influences.

It goes beyond a traditional family tree by allowing the user to analyze hereditary patterns and psychological factors that punctuate relationships. The genogram maps out relationships and traits that may otherwise be missed on a pedigree chart. Genograms were first developed and popularized in clinical settings by Monica McGoldrick and Randy Gerson through the publication of a book in 1985. Genograms are now used by various groups of people in a variety of fields such as medicine, psychology, social work, genealogy, genetic research, and education. There are many books and websites on the topic of genograms. Genograms contain a wealth of information on the families represented. First, they contain basic data found in family trees such as the name, gender, date of birth, and date of death of each individual. Additional data may include education, occupation, major life events, chronic illnesses, social behaviors, nature of family relationships, emotional relationships, and social relationships. Some genograms also include information on disorders running in the family such as alcoholism, depression, diseases, alliances, and living situations. Genograms can vary significantly because there is no limitation as to what type of data can be included. Basic genogram description video with example The following video shows the basics of what a genogram is and uses the Star Wars Skywalker family as an example What is a Genogram video Sample Genogram with the Emotional Relationships click to enlarge This genogram was created with GenoPro. You may click on this link to get the sample genogram in larger size. If you have GenoPro installed on your computer, you may open the file SampleGenogram. Spin the mouse wheel to zoom-in and zoom-out. To begin, we can hide the emotional relationships by clicking on the shaded happy face button in the toolbar. The genogram shown below is the same as above, without the emotional relationships. Sample Genogram without Emotional Relationships Interpreting a Genogram This genogram contains a wealth of information. For the purpose of this exercise, we will quickly overview the color codes and patterns inside the squares and circles. These color codes are usually used to represent substance abuse such as alcohol or drugs, and the patterns inside the gender symbol usually represent a genetic disease. If you are not doing a medical genogram, these symbols can be reassigned to user-defined properties. From the sample genogram above, you can see that males are represented by a square and females are represented by a circle. All genogram symbols are described here, and the rules to interpret a genogram are written here. Due to the lack of space, the year of birth and year of death are displayed on top of each other, but if you take a look at this sample genogram, you will see the year of birth and year of death are displayed horizontally " - ". GenoPro can also display the full date of birth and full date of death from the Display menu. Here is a summary of the sample genogram: His first marriage date is not specified in this genogram. In 1975, he married his second wife, Lisa. She gave birth to triplets with one male stillbirth. Lisa and her first husband became foster parents to a child. The couple eventually got divorced. Mike has many half-siblings: On the other end, Max and Nicole had identical twins in 1980. Later, Nicole had a miscarriage and a stillbirth. The couple adopted Daniel. You can record the date and place of an adoption on GenoPro by double-clicking on the blue-dotted line. The emotional relationships provide an in-depth analysis of how these individuals relate to one another. Here is a summary of the emotional relationships portrayed in the first sample: Daniel had a fused relationship with his mother. He now has a close relationship friendship with Jean and his younger brother Jean-Claude. Lisa and her first husband are estranged cutoff. Lisa neglected her son Mike, and now Mike is violent towards his girlfriend. Anne is focused obsessed on her younger brother Benoit. Jean-Claude is indifferent apathetic to his half-brother Mike. This genogram clearly illustrates that this family has many issues to deal with!

Chapter 3 : Types of Family Structures | LoveToKnow

This book draws together the many complex threads that weave together to make a family. Step by step the reader is taken through systems theory, developmental theory, cultural and intergenerational influences. The book is packed with

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activities and case studies to give the reader a "hands on."

Chapter 4 : The Genogram - GenoPro

Mindfulness-Based Play-Family Therapy: Theory and Practice by Dottie Higgins-Klein Find this Pin and more on Family Play Therapy by Pam Dyson Play Therapy. Incorporating mindfulness and family therapy into play-family sessions.

Chapter 5 : Kids and Family Activities | Kansas City Public Library

Activity Reflecting on My Family System Show transcribed image text Activity Reflecting on My Family System Activity Reflecting on My Family Systems Identify and interview a family member to obtain information about yourself.

Chapter 6 : Classroom Activities – Free Classroom Activity Ideas - JumpStart

Strengthening Family: Creating a Family Mission Statement. I recommend taking it a step further, and write a "a family bill of rights" and a family goals for The list is endless - when the family works together.

Chapter 7 : Family Systems Activity Book by Clive Hazell

THE HANDOUT BOOK Complete handouts (i.e., money-making) activities or products, though, and please keep Principles of the Collaborative Language System.

Chapter 8 : Ecosystems: 11 StudyJams! Interactive Science Activities | Scholastic

Family Fun Time Picture Hunt Activity Book Here's an activity that you can add as an option during family day. This book of hidden pictures is an edu-taining to-do that would get everyone in the family involved.