



**The Hinda Institute**

# **Learn How to Resolve Conflict- Mediation in the Family**

May 10, 2023

**Facilitators:**

**Dr. Stephanie Kutzen and David Kramer**



# **SESSION 1**

**FAMILY CONFLICT IS NORMAL:  
IT'S THE REPAIR THAT MATTERS**



# 5 SESSION TOPICS INCLUDE:

**1**

Elements of Family Structure that Affect Conflict Management.

**2**

Why Do Some Families Work or Fight?

**3**

Strengthening the Family Fabric- Practical Conflict Management Skills?

**4**

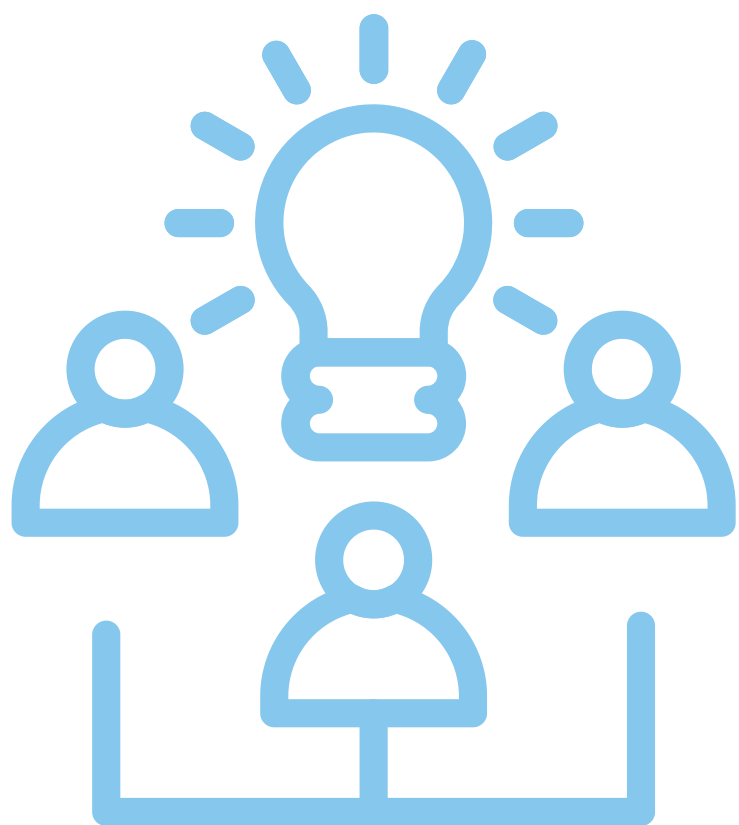
Additional Techniques for Managing Chronic Family Conflict.

**5**

The Art of Embracing Family Trust and Cohesiveness.

# Family Systems Theory of Human Behavior

## 8 Key Concepts of Family Structure



- 1 Families are complex, interactional systems intensely connect by emotions.
- 2 Families profoundly affect members through thoughts, feelings and actions.
- 3 Members seek others' attention, approval, and react to their needs expectations, upsets.
- 4 Connectedness, reactions create interdependence.
- 5 Emotional interdependence promotes cooperation, cohesiveness.
- 6 Change in members' functioning predicts reciprocal change in others' functioning.
- 7 Heightened tension interrupts unity, team work.
- 8 Chronic tension results are reduced, problem solving emotional cutoff.



**THANK YOU**