



The Hinda Institute

Seminar Review- Key Takeaways Managing Family Conflict

June 7, 2023

Facilitators:

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Session I: Elements of Family Structure

- Families are complex, interactional systems intensely connected by emotion.
- Heightened tension upsets unity, reduces problem solving, encourages cut off.
- Emotional cohesiveness promotes cooperation.
- Members benefit from others' attention, approval, and needs fulfillment.

Session II: Why Do Families Work or Fight?



1

Family Life: Disagreement, Differences, Disappointments

2

Cohesive vs. Fragmentation

3

Open vs. Rigid Communication

4

High Degree vs. Low Degree of Problem Solving



Session III: Strengthening the Family Fabric- Team Approach

- Separate the problem from the person(s).
- Apology → understand and acknowledge hurt caused.
- Practice and use active listening skills.
- Check for understanding before choosing solution.

Session IV: Additional Techniques for Managing Chronic Family Conflict

- 1 Mediation → reach settlement with expert.
- 2 Family Therapy → licensed counselor improves communication to self-manage conflict.
- 3 Explore and model treatment model fit.
- 4 Choose compassionate, empathetic therapist skilled in maintaining safe environment.

Session V: Embracing Family Trust and Cohesiveness

- Building trust takes work and can be difficult.
- Trust is foundation of all good relationships.
- Establish shared values, inclusiveness and transparency.
- Clear expectations build trust.
- Cohesiveness builds when what is "said" is "done."
- Plan connecting activities/experiences based on individual needs → cohesiveness.
- Recognize/affirm examples of successful trust outcomes.

Closing Thoughts

- Admit it! Explore It! Express it!
→ Use Learned Skills
- Emotionally Regulate
- Acknowledge/Understand
Position/Feelings of Others.
- Build More Conflict Resolution Skills
→ Practice → Become a Role Model/Coach
to Others.