

Seminar Review-Key Takeaways Managing Family Conflict

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Facilitators:

Dr. Stephanie Kutzen and Dovid



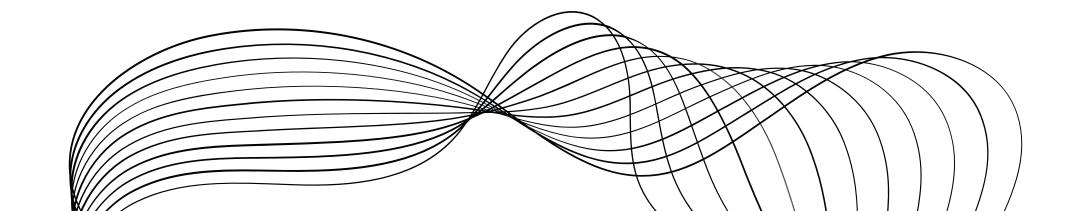
Session I: Elements of Family Structure

- 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?

- Family Life: Disagreement, Differences, Disappointments
- 2 Cohesive vs. Fragmentation
- 3 Open vs. Rigid Communication

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.



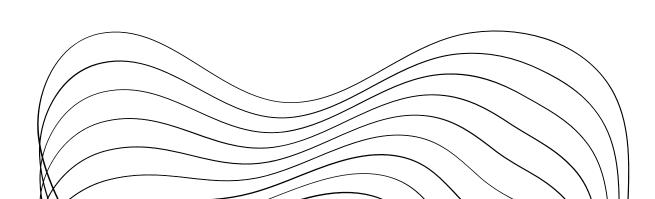




3 Explore and model treatment model fit.

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.