



PART I

IT'S ABOUT THE FAMILY DYNAMIC

Seminar # 1

“The Family is a System” Seminar Practical Exercises & Video Worksheets

Practical Exercise # One: Your Family System, Homeostasis?

Take a moment to identify the members of your family, as it is currently:

Name: _____ Relation: _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Homeostasis applied to your family.

Have you noticed any new behavior patterns in the members of your family, now that substance use has been identified?

1. What Have You Noticed?
2. What is the impact to the family system?

Practical Exercise # Two: Functionality & Potentiality of each family member

Instruction: Take an issue, then apply it to your current family dynamic. Describe in your own words how well your family is likely to work as a system in addressing this issue: Consider Homeostasis (helping each other to keep the family balanced). Also consider, the families members functionality and potentiality. Using a numeric score rate their level of functionality and potentiality in the relationships between mother, father, sister brother, etc. This does not include the substance use disorder family member(s).

SCORING KEY: (Good 5pts, Fair 3pts, Poor 1pt.)

Choose an issue facing the family: (describe the issue “Enabling”)

QUESTIONS:

The Families Ability to Respond to this issue example: “Enabling”: (complete and score each question)

1. Are the mother and father able to address this issue?

Functionality (do they know what to do, as individuals and together as parents, regarding “Enabling”)

Potentiality (are they willing to do it)

How well do you feel this is currently working? Good____ Fair ____ Poor ____

2. Parents to the other siblings?

Functionality (do they know what to do with the “other siblings”, as individuals and together as parents, regarding “Enabling”)

Potentiality (are they willing to do it, regarding “Enabling”)

How well do you feel this is currently working? Good____ Fair ____ Poor ____

3. Parents and Siblings to the person with Substance Use Disorder?

Functionality (do they know what to do, as individuals and together as a family, regarding “Enabling”)

Potentiality (are they willing to do it)

How well do you feel this is currently working? Good____ Fair ____ Poor ____

4. Parents and Siblings to those outside the family?

Functionality (do they know what to do, as individuals and together as a family, regarding “Enabling”)

Potentiality (are they willing to do it)

How well do you feel this is currently working? Good____ Fair ____ Poor _

OVERALL SCORE: (take this worksheet to a family counselor for discussion)

Good 35pts – 22pts

Fair 21pts – 8pts

Poor 7pts – 0pts

Video One:



Instructions: Go To www.youtube.com

In the search field type this title: ADDICTION AND THE FAMILY SYSTEM: CODEPENDENCY

Or copy/type in this link:

<https://www.youtube.com/watch?v=Nwd8pw5UdwE>

Duration: 4:49 min Published on Mar 10, 2019 By Jim Savage

VIDEO WORKSHEET "Family Matters: Bowen Systems Thinking & Addictions"

In your world situation

1. In what way does the family circle itself around the persons substance abuse?
2. What is the impact to the family members?
3. What changes can be used to create a different family dynamic?
4. Why should the family seek "Family Therapy"?

Video Two:



Instructions: Go To www.youtube.com

In the search field type this title: Exposing the Family Effect of Addiction | Sam Fowler | TEDxFurmanU

Or copy/type in this link: <https://youtu.be/1qI-Qn7xass>

Duration: 15:17 min Starting Instruction: Hit (skip ad) to start video.

VIDEO WORKSHEET: Exposing the family effect of addiction

In what way is getting educated on the brain disease of addiction helpful to the family system?

What can your family do to beat back the stigma of addiction?

Is denial a healthy response, if no state why?

In what can you relate to the speaker's life?

How can you live a life of vulnerability?
