



Competency-Based Family Therapy

- **Competency** vs. Pathologizing
- **Attachment and Relationship** vs. Hierarchy and Power
- **Process** vs. Content
- **Context** vs. Formula



Competency vs. Pathology

- Relationship
- Universality
- Normalization
- Available
- Strength
- Empower
- Challenge
- Inexperience
- Responsibility
- Guilt
- Hierarchy
- Uniqueness
- Dysfunction
- Amenable
- Deficit
- Treat
- Confront
- Inadequacy
- Blame
- Shame



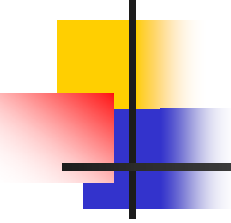
Types of Families

- Generational Poverty
- Mental Health Issues
- Chemical Abuse Issues
- Domestic Abuse
- Child Protection Involvement
 - Profound Neglect
 - Highly Sexualized Children
- Other Systems have given up on these families



Joining Techniques with Kids

- Spend time
- Be available
- Keep promises
- Be present
- Engage in Activities
- Be authentic
- Create relationship touchstone
- Notice them
- Catch them being positive
- Celebrate their successes
- Be encouraging
- Speak the truth



Joining Techniques with Family (Parent)

- Listen to their story
- Instill hope
- Set up partnership mentality
- Accompany to appointments
- Be honest/direct
- Withstand their “acting out”
- Connect with resources
- Advocate for them
- Celebrate with them
- Help with their issues



Developing Trust

- Long-term intervention → allows the client to be known
- Empowerment (dare the client to be competent)
- Learning what the relationship needs and allows (relationship boundaries)



Generational Parallel Process

- Child “acts out” family dynamic
- Child is inducted into parent’s reality
- Intergenerational issues
- Worldview/personal belief system
- Issues of entitlement
- Success as a betrayal of past generation



Assessment is Important

- Holistic (multi-dimensional)
- Targeted
- Thorough
- Removing barriers to follow through
- Support for ongoing involvement
- Continuous/ongoing



*External
Support/Accountability*

Increase Child/Parent's sense of safety and security in the world



Internalization of Responsibility

Empowers and increases sense of competency through personal responsibility



Relationship

- Cookbook solutions aren't effective...relationships are the container that holds all of the ingredients for change.



Building Resilience

- ACE Place
- Tutoring
- Therapy
- Resolving/Integrate Past Trauma
- Activities
- Removing Barriers
- Life Skills
- Opportunities for Adult Relationships
- Healthy Peer Contact
- Multiple Modalities



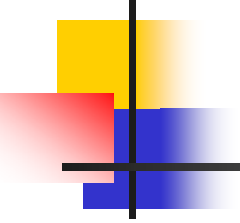
Challenges

- Emotional boundaries (balancing attachment and professional duties)
- Changing old behaviors of client
- Tendency to enable
- Working with other agencies, schools, community organizations
- Unaddressed mental health, chemical health, and abuse issues



Collaboration/Teaming

- Teaming with parents
- Teaming with kids
- Teamwork with in the agency
- Teaming with other professionals



We want to build bridges in
the community so children do
not fall through the cracks:

- Collaboration
- Community partnerships



Common Process Themes for Parents

- Parental feelings of failure
- Personal inadequacy
- Protecting
- Entitlement/un-entitlement issues
- Need for reconnection
 - Renegotiate affiliation



Keys to Success

- Modeling (awareness of parallel process)
- Creativity (whatever works)
- Recognizing incremental growth
- Flexibility
- Patience
- Consultation
- Collaboration