

Working With Children from Dysfunctional Families

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Chemically Dependent

Role: Focus of Family

OUTSIDE

- ◆ Blame
- ◆ Denial
- ◆ Hostility
- ◆ Charming
- ◆ Grandiosity
- ◆ Aggression/ Self Pity



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Chemically Dependent



Inside

- ◆ Guilt
- ◆ Shame
- ◆ Fear
- ◆ Anxiety
- ◆ Self Pity
- ◆ Inadequacy

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THE FUTURE

With Help:

- ◆ Increased self awareness, self esteem.
- ◆ Return to responsible, productive lifestyle.



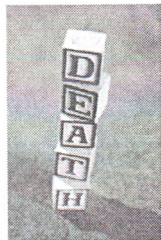
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Future Without HELP!

- ◆ Gradual deterioration
- ◆ DEATH



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Chief Enabler

Role: Keeps family together

Outside:

- ◆ Super-responsible
- ◆ Martyr
- ◆ Sarcastic
- ◆ Serious
- ◆ Physical Illness



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Chief Enabler



INSIDE:

- ◆ Anger
- ◆ Hurt
- ◆ Guilt
- ◆ Bitterness
- ◆ Fear
- ◆ Resentment

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Family Hero

ROLE:

- ◆ Family self worth.

Outside:

- ◆ High achiever
- ◆ Good kid
- ◆ Works for approval
- ◆ Caretaker of family
- ◆ Parental or bossy attitude



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Family Hero



Inside:

- ◆ Inadequacy
- ◆ GUILT
- ◆ Loneliness
- ◆ Fear of losing control
- ◆ ANGER
- ◆ Sensitive to criticism

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Recommended Adult Behavior

- ◆ Give attention when he/she is not achieving
- ◆ Let him/her know its OK to make mistakes
- ◆ Try to separate self-worth from achievements

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Adult Behavior to Avoid

- ◆ Let monopolize conversation
- ◆ Be first to answer all the time
- ◆ Let child validate self worth only through achievements

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Future

With help:

- ◆ Good Leader
- ◆ Learns to accept failure
- ◆ Asks for help
- ◆ Responsible only for self

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Future

Without help:

- ◆ Marries a needy person
- ◆ Workaholic (jobs with "markers")
- ◆ NEVER wrong
- ◆ Feels responsible for everything

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Scapegoat

Role:

- ◆ focus off the chemically dependent

Outside:

- ◆ Hostile
- ◆ Defiant
- ◆ Trouble maker
- ◆ Tough, cold, hard to reach
- ◆ Blames others
- ◆ Makes strong peer alliances (can be negative)

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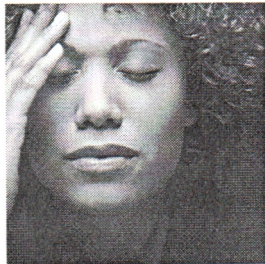
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Scapegoat

Inside:

- ◆ Hurt
- ◆ Guilt
- ◆ Rejection
- ◆ Anger



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Recommended Adult Behavior

- ◆ Let child know when behavior is not appropriate
- ◆ Give stokes when he/she takes responsibility
- ◆ Set limits and give clear explanations of responsibility, choices and consequences
- ◆ Constantly follow through with all consequences

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Adult Behavior to Avoid

- ◆ Feel sorry
- ◆ Treat differently or give more power
- ◆ Agree with complaints about others
- ◆ Take behavior personally

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Future

With help:

- ◆ Good counselor
- ◆ Express feelings
- ◆ Asks for help

Without help:

- ◆ Prison
- ◆ Drugs/Alcohol problems
- ◆ Trouble in school or work

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Lost Child



Role: Relief

Outside:

- ◆ Quiet
- ◆ Shy
- ◆ Avoids stress, conflict
- ◆ Attaches to things, not people
- ◆ Few friends

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Lost Child

Inside:

- ◆ Unimportant
- ◆ Hurt
- ◆ Angry
- ◆ Rejection
- ◆ Anxiety

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Recommended Adult Behavior

- ◆ Notice children whose names or faces you can't remember
- ◆ Try one on one contact
- ◆ Point out and encourage child's strengths, talents ect.
- ◆ Help Child build relationships
- ◆ Encourage working in small groups

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Adult behavior to Avoid

- ◆ Let child off the hook by letting him/her remain silent or by never calling on him/her.
- ◆ Let other kids take care of the child by talking and answering for him/her.

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Future

With Help:

- ◆ Talented
- ◆ Creative
- ◆ Imaginative

Without Help:

- ◆ Little zest for life
- ◆ "Closet " problems
- ◆ Isolated
- ◆ Death at an early age

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Mascot/Clown

Role: Fun And Humor

Outside:

- ◆ Clowning
- ◆ Immature
- ◆ Cute
- ◆ Hyperactive
- ◆ Distracting



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Mascot/Clown

Inside:

- ◆ Fear
- ◆ Anxiety
- ◆ Insecurity
- ◆ Resentment

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Adult behavior recommended

- ◆ Hold accountable for behavior
- ◆ Encourage responsible behavior by giving him/her a job with some importance and responsibility
- ◆ Encourage appropriate sense of humor
- ◆ Insist on eye contact



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Adult behavior to Avoid

- ◆ Try to "laugh with"--not at.



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Future

With help:

- ◆ Fun to be with
- ◆ Good sense of humor
- ◆ Takes care of self

Without Help:

- ◆ Compulsive clown
- ◆ Stress related illnesses
- ◆ Immature

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Protective Factors for ALL Children

- ◆ Strong and positive family bonds.
- ◆ Parental monitoring of children's activities and peers.
- ◆ Clear rules of conduct that are consistently enforced within the family.
- ◆ Involvement of parents in the lives of their children.
- ◆ Success in school performance; strong bonds with institutions such as school and religious organizations.
- ◆ Adoption of conventional norms about drug use.

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Family Rules

- ◆ Don't talk about it.
- ◆ Don't TRUST
- ◆ Don't FEEL



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Messages

- ◆ You didn't CAUSE it
- ◆ You can't CURE it
- ◆ You CAN Cope



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