Researching Interactions within Families

International Project Week 2015
Systemic Family Therapy

• helping people with psychological difficulties
• mobilising the strengths of their relationships
• **Neutrality**: if you take one sides you are against someone else
• **Positive connotation**: everyone is trying their best, even if it worked out badly
The ‘Purples’

Sarah (54)

Michael (56)

Brad (8)

Angelina (14)

Michelle (28)

Jennifer (30)
THERAPY ?!
Escalating processes

- Symmetrical
- Complementary

- **Basic rule:** You cannot not communicate.
Describing your family  
(Date..............................)

We would like you to tell us about how you see your family at the moment. So we are asking for YOUR view of your family.

When people say ‘your family’ they often mean the people who live in your house. But we want you to choose who you want to count as the family you are going to describe.

For each item, make your choice by putting ☒ in just one of the boxes numbered 1 to 5. If a statement was “We are always fighting each other” and you felt this was not especially true of your family, you would put a tick in box 4 for “Describes us: Not well”.

Do not think for too long about any question, but please tick one of the boxes for each line.

For each line, would you say this describes our family?

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<tbody>
<tr>
<td>1</td>
<td>In my family we talk to each other about things which matter to us</td>
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<td>2</td>
<td>People often don’t tell each other the truth in my family</td>
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<td>3</td>
<td>Each of us gets listened to in our family</td>
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<td>4</td>
<td>It feels risky to disagree in our family</td>
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<td>5</td>
<td>We find it hard to deal with everyday problems</td>
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<td>6</td>
<td>We trust each other</td>
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<td>7</td>
<td>It feels miserable in our family</td>
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<td>8</td>
<td>When people in my family get angry they ignore each other on purpose</td>
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<td>9</td>
<td>We seem to go from one crisis to another in my family</td>
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<td>10</td>
<td>When one of us is upset they get looked after within the family</td>
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<td>11</td>
<td>Things always seem to go wrong for my family</td>
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<td>12</td>
<td>People in the family are nasty to each other</td>
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<td>13</td>
<td>People in my family interfere too much in each other’s lives</td>
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<td>14</td>
<td>In my family we blame each other when things go wrong</td>
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<td>15</td>
<td>We are good at finding new ways to deal with things that are difficult</td>
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You may feel that some questions/answers were particularly informative about your family. If so, please tell us the numbers of those items.

You may feel that some questions were difficult to answer informatively. If so, please tell us the numbers of those items.

Now please turn over and tell us a bit more about your family.

What words would best describe your family?

How are you managing as a family?

Very well | Very badly
0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

Some information about you:

Overall, how satisfied are you with your life nowadays?

Overall, to what extent do you feel the things you do in your life are worthwhile?

Overall, how happy did you feel yesterday?

Overall, how anxious did you feel yesterday?

Your Age
Gender
Education achieved
Main occupation
People living in your household (type, such as ‘daughter age 12’, no names please).

THANK YOU FOR YOUR TIME
Conclusion
THANK YOU!