

Community Education Series

The Recovery Village and Advanced Recovery Systems



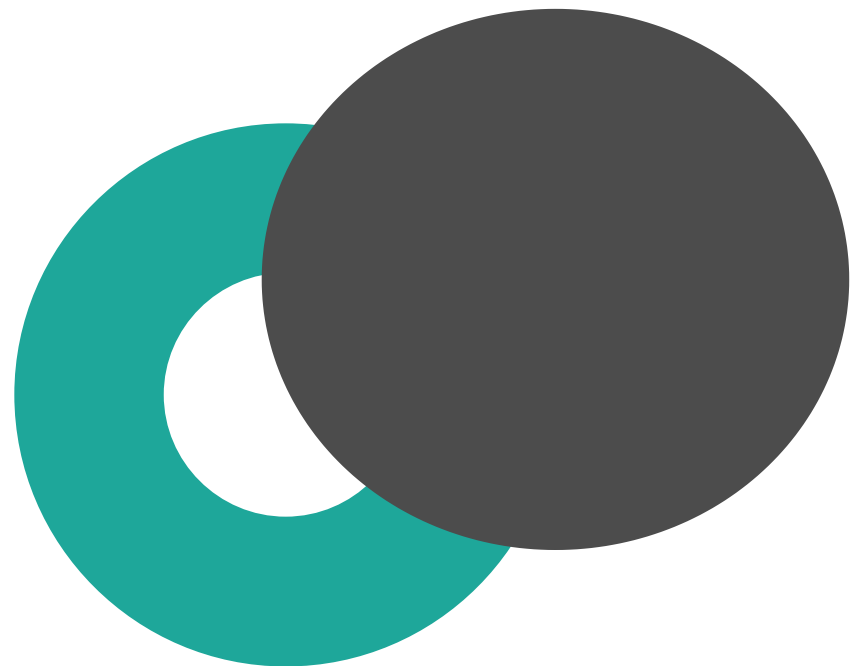


Presentation Topic:

Creative Ways to Help a Family Heal Through Recovery

Speaker:

Jasmyne Kettwick, MAMFT, LMFT, RPT, CSST



About the Speaker:

Jasmyne Kettwick

MAMFT, LMFT, RPT, CSST



- Jasmyne Kettwick, MAMFT, LMFT, RPT, CSST, the Executive Director of Relate Family Therapy and Counseling in Centennial, CO specializes in helping children, adults, and families heal from current and past trauma. Prior to Relate, she was a Program Coordinator in a Dual Diagnosis Residential facility, a Therapy Provider in Outpatient Psychiatry, and She has helped clients in a variety of settings heal through therapeutic work. She leads workshops, trainings, and talks around various topics related to mental health, prevention, trauma work, and how to motivate change. She hopes to help people build deeper and more meaningful connections with others while increasing their personal awareness through psychoeducation, support, and humor.

Today's Presentation

Discussion Points

Who Relate Family Therapy Is
How Systemic Work is Done
Roles in the Family
Innovative Ways to Engage the
Family
Self-Sabotage
"Confusion" VS Connection

Relate Family Therapy and Counseling

The Team

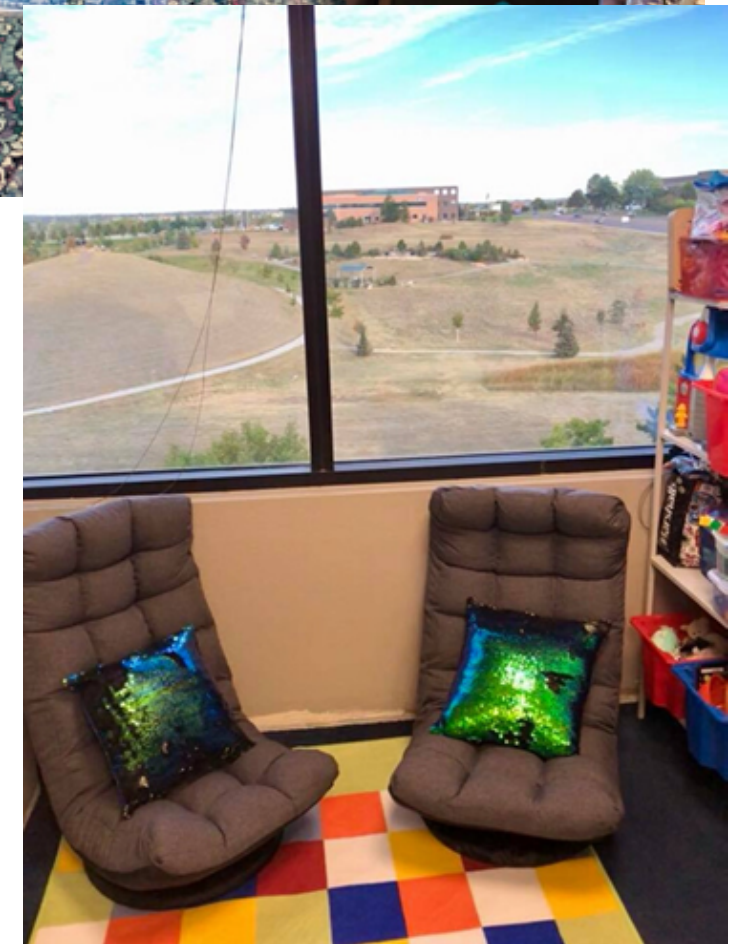
OUR OFFICE

Client-centered in all ways from office design to available hours

OUR TEAM

Specializations in basically all populations with diverse skills across several modalities, such as CBT, TF-CBT, DBT, EFT, ACT, Attachment, PCIT, Motivational Interviewing, Structural, Play & Expressive Arts, Narrative, Family Dynamics, Gottman





How Does Family Systems Work... Work?

WHO IS THE IDENTIFIED PATIENT IN
THE FAMILY?

THE IDENTIFIED PATIENT

MAKES WAVES IN FAMILY

EMOTIONALLY UNREGULATED

UP/DOWN DAYS BASED ON THIS PERSON

**FAMILY FEELS MORE COMFORTABLE IN
THEIR ABSENCE**

I just realized that
I'm not The black sheep
of the family
I come from a
family of black sheep
And I am their
SCAPE GOAT

The Rest of the Family



It would help me with them if we learned about YOU!

THE ROLES IN THE FAMILY



CAREGIVER



CLOWN



INTELLECTUAL



SAVIOR



BLACK SHEEP

"THE SUREST WAY TO LOSE
YOUR SELF-WORTH IS BY
TRYING TO FIND IT THROUGH
THE EYES OF OTHERS."

- BECCA LEE -



Roles in Families with Addiction

How do these roles affect us?
Help us? Hurt us?

- The Adjuster
- The Doormat
- The Rebel
- The Scapegoat
- The Bully
- The Lost Child
- The Last Hope

Innovative Ways to Engage the Family

Moving beyond genograms into more creative interventions

CREATIVE INTERVENTIONS

ENNEAGRAM

What does each person bring to the table? How does their personality style influence the system?

BRAIN DUMP

What are the current worries that influence the system? How do they match up and how are they different from one another?

CREATIVE INTERVENTIONS

PROBLEM SOLVING

How does the family work together? Can they find creative solutions and communication with one another?

FAMILY REPRESENTATIONS

How do the family members see one another? Can they name the traits they value and dislike in one another?

Self-Sabotage

How does this look in the family?





- Look for immediate results
- Name the IP and hope to fix THEM without considering their own role
- Avoid underlying issues for first order change
- Push the therapist to triangulate in others
- Guard family secrets in name of lack of rapport and support
- Highly emotional or highly stoic



CONFUSION

Avoidance by another name.

Confusion comes up as members of the family find excuses to maintain disconnection and negative behaviors. This happens with phrases like:

I just don't get it.

I am so confused.

We are never on the same page.

I'm lost.


I can't change unless they can tell me why.

A lack of connection and difficulty maintaining the expectations can be explained with confusion

CONNECTION

How to use these
moments to connect
rather than disengage



The page features four teal decorative circles: one in the top-left corner, one in the top-right corner, one in the bottom-left corner, and one in the bottom-right corner. The text is centered in a bold, dark teal font.

**CONNECTION CAN BE
SCARY AND TOO
VULNERABLE FOR FAMILIES
THAT HAVE
ATTACHMENT INJURIES.**

The Process



FEAR OF THE UNKNOWN

We could be setting ourselves up for failure and be played the fool.



RESENTMENT OF THE PAST

Until the IP can acknowledge the harm they have caused, we can't move forward and heal.



ASSIMILATING

We have always had problems. This has just made them worse. Fixing this doesn't make our family better..

EMPOWER ALL

If all of the members of the family recognize that they have a say and a part in the system, they are more likely to work together to change it. Give everyone a chance to share the strengths and weaknesses of the system and validate their position

YOUR FIRST GOAL MIGHT NOT BE THEIR FIRST GOAL.

Process needs, wants, ideals to help determine course of action and the first things that need to be worked on for the best results.

- Unsafe Behaviors
- Highly Dangerous Behaviors
- Getting Support from Others
- Finding Coping Skills
- Finding Relaxation Skills
- Naming Motivation to Change
- Understanding Triggers Around
- Behavior and Thoughts

Finding a Balance Between Expert and Partner

*

Clear goals that have a check-in date and are measurable can be key to help a client bridge the gap.

*

We have knowledge that helps clients reach goals, but they might not understand how our plan meets their plan.

*

Keeping consistent with checking in on the goals will give you the opportunity to keep the client on track.

CONTACT INFORMATION

JASMYNE@RELATEFAMILYTHERAPY.COM

303-954-9809

WWW.RELATEFAMILYTHERAPY.COM

THANK YOU

