

Family Therapy through Role Play

Jonah Green LCSW-C
Ashley Copeland LCMFT



Family Therapy is...

- ❑ Healing Through Relationships
- ❑ Developing a secure and strong family environment
- ❑ Present-Focused
- ❑ Collaborative Conversations
- ❑ Strengths-based and solution-focused

The first contact and session(s)

What's Important

- ❑ Joining and Collaboration
- ❑ Setting expectations and guidelines
(include safety and confidentiality)
- ❑ Highlight family strengths
-Begin and end with strengths and positives
- ❑ Draw out hopes and goals
- ❑ Project interest, curiosity, acceptance

Guidelines

- ❑ Start with positive and relational interactions
- ❑ Learn about family narratives amidst joining;
can go back for history
- ❑ Leave room for questions, summarize in
positive terms, obtain feedback, repeat goals
and structure of sessions

Joining

Joining means...Creating an alliance, engaging members

Demonstrate warmth and interest, respect each member, create safe and predictable environment.

Focus on surface reflections--avoid delving too much into problems or negative affect. Reframing is an essential tool.

Pay close attention to those who seem less engaged, hostile, or skeptical

Respect the family's power dynamics/rules of engagement

Hear people out, show “just a little more optimism” than the family

**For further information or to
schedule this training at your
organization, please contact
Jonah Green at 301-466-9526
or jonah@jgatherapy.com.
Thank you!**