

WHAT IS FAMILY WELLNESS?

IT IS A WAY OF THINKING

MISSION:

To teach, encourage and support families and those who work with them to promote healthy communities. We teach practical skills based upon proven principals that strengthen, support and empower families.

PHILOSOPHY:

- The primary responsibility for the development and well-being of children lies within the family
- Families need new tools to handle the challenges in our present society, and to reclaim their primary role in providing for the healthy development of their members

GOALS:

- To empower people to manage their families in health ways
- To provide quality products and services
- To focus on health and competence
- To provide for families, high caliber trainers from their own culture

BELIEFS:

- Families want to get along, and need skills to do so
- There are three patterns of how people relate to each other that are seen over and over in healthy families
- Families can learn these skills and apply them in their families
- Families with skills stop problems before they start
- Learning together as a family builds family unity
- Learning with other families builds community
- All healthy change is built on what already works



FAMILY WELLNESS THEORY BASE

The patterns and skills that we teach in the Family Wellness training and Survival Skills course draw from a number of theoretical frameworks. We agree with the parent education theorists, Adler and Driekurs, that parenting can be taught; that a sense of belonging drives much of our behavior; and we encourage family cooperation. We also incorporate the behavioral approach as we focus with family participants on their specific actions and reactions and teach them how to positively reinforce the behaviors they want from family members. Our method of teaching is to have individuals practice new ways of acting in the moment of the class so each individual's change is reinforced by us. Parents need to be taught, supported and encouraged to pay attention to their children's feelings, to listen to their children with respect and empathy, and to encourage their children as the communication approach proposes.

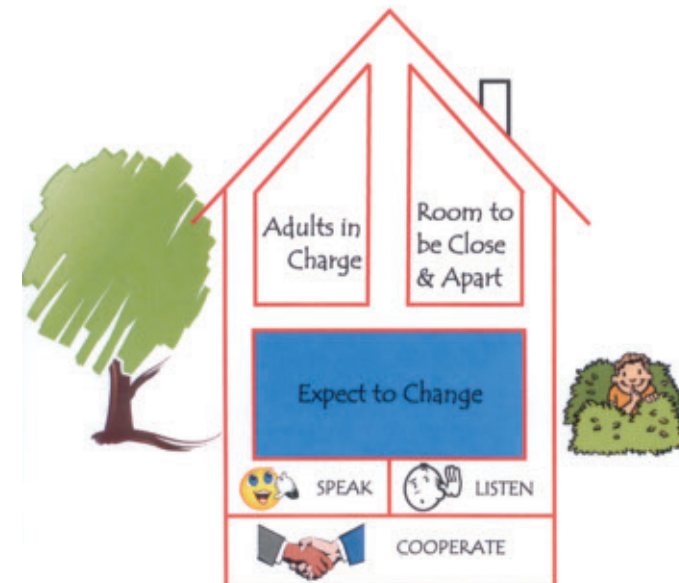
From family systems theory, as put forth by Gregory Bateson and others in the 70's, we emphasize the interrelatedness of family members, and their tendency to organize in certain patterns and ways of relating. From the structural family therapy of Salvador Minuchin, come our teachings on family hierarchy and boundaries. Family life cycle theory as expounded by Carter and McGoldrick provides the foundation for giving families a road map of what they can expect and the necessary tasks at each period of change in family development. Their work also gives us a template for healthy development in special family stages, divorce, single-parent and stepfamilies. We then support this knowledge with the skills to manage change in families.

These theories are common knowledge in the fields of psychology and social science. What is unique about this program is the way we have translated these complex and basic theoretical tenets into everyday language. The principles, patterns and skills are taught using common colloquial words and common family situations. We refer to this as "blue collar" communication. Another unique feature of this course is the method for teaching. We use action, drama, role play, coaching, group participation and demonstration supported by visual aids representing theoretical concepts as, "the rules", based on family strengths.

WISCONSIN



FAMILY WELLNESS



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WHAT WE TEACH

“Survival Skills for Healthy Families” is a twelve-hour Family Wellness program presented to large groups of families and individuals in a series of six two-hour sessions. Each session is organized around practical guidelines for healthy family interactions which are demonstrated and then practiced with the participants.

The six sessions are titled:

- Parents in Healthy Families
- Children in Healthy Families
- Adults working Together in Families-
Adult Relationships
- As Children Grow
Change in Health Families
- Solving Family Problems
- Sex, Drugs, and You:
Passing on Your Values to your Children



HOW WE TEACH



When families learn together unity is strengthened.

Simple rules provide a road map for healthy behavior in a family.

Use of role playing to dramatize real life family problems and working through these problems makes the rules believable and applicable.

Coaching shows family members how to act in a new way and have a success in the moment

Families learning with other families builds community, promotes learning from each other and expands the support network for families.

Culturally responsive and competent instructors who fit the particular community, language and experience needs

Build on what works. Look for the health. Believe that it is possible to create a new story of our lives together.



THE OUTCOMES

Participants will learn:

Three basic skills:

- speak, listen and cooperate
- Six steps to resolving conflict
- Six steps to solving problems
(Three patterns that family's use)

Each Family will learn:

- Three ways to encourage one another
- How to build on the strengths in their family
- Six rules for successful family meetings
- Society's rules about abuse and neglect

Parents will learn:

- Three steps for effective discipline
- Make rules that are positive and specific
Adults have to agree on the rules and consequences and support each other in enforcing them
- Actions that help parents stay in charge
- Four alternatives to physical punishment
- Three ways to develop self esteem in children
- Ways to show love to their children
- Ways to encourage and support their children

