Birth Parent Foster

Caregiver Partnerships

Taking a Family Systems Perspective



February 15, 2023

Presenters



Elayne Chou Counseling Psychologist



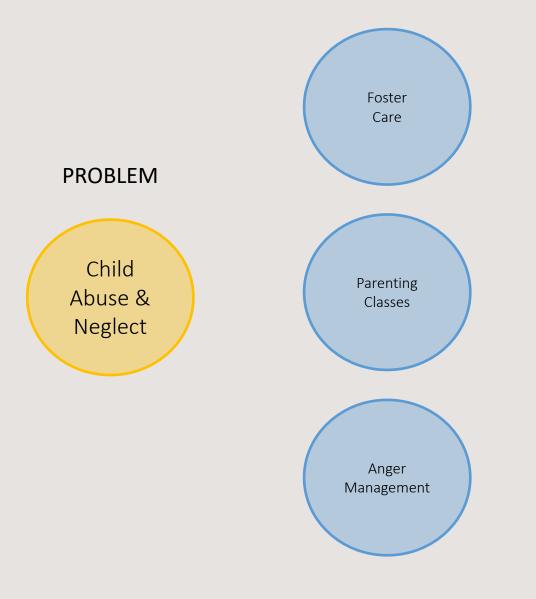
Nilofer Ahsan Lead, Learning and Partnerships CBLCC



Family Systems Theory

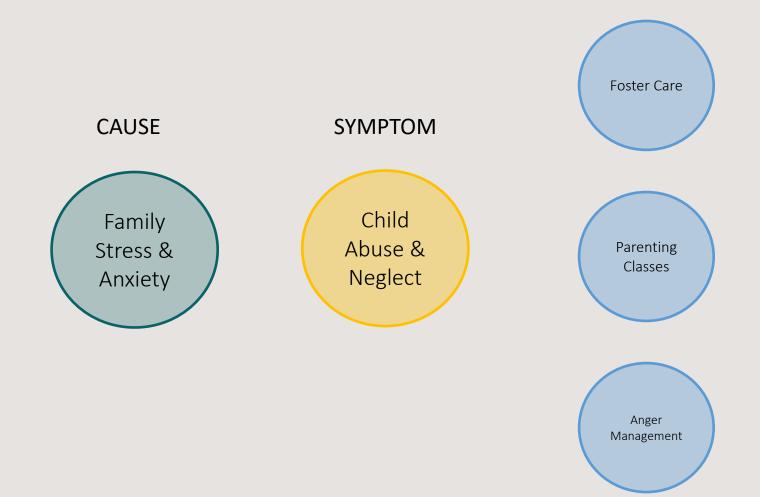
Focuses on **relationships** within the family system and **patterns of emotional interactions** among individuals.

Applying Systems Theory to Child Welfare



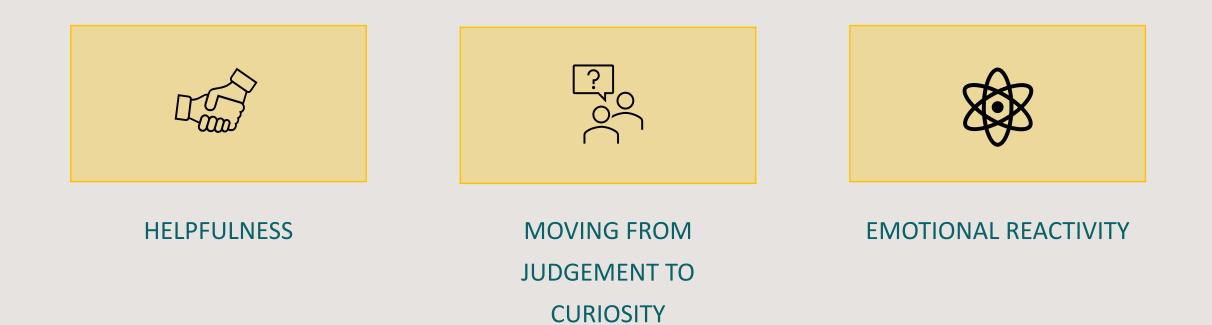


Applying Systems Theory to Child Welfare





MANAGING SELF



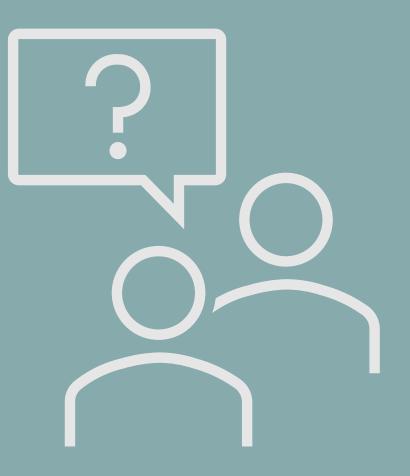


Helpfulness

Helpfulness

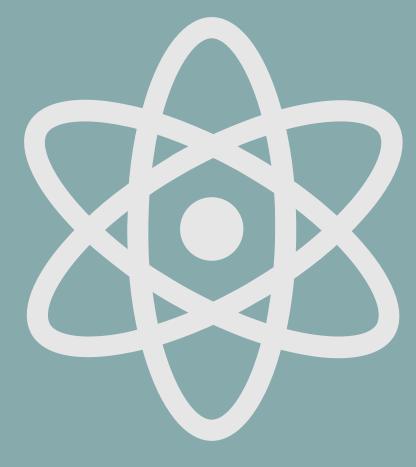
- Has my help been asked for?
- Am I doing things for others they can do for themselves?
- Am I undercutting someone else's role or authority?
- Does my helpfulness get in the way of someone else behaving competently?
- Do I feel resentful or otherwise unhappy about the help I'm giving?
- Do I ever act like someone does not deserve my help?
- How can I support this family as they work to become stronger?

Moving from Judgement to Curiosity



Moving from Judgement to Curiosity

- How have my judgments impacted my behavior?
- Are there ways in which my judgments, blaming, or assumptions made the other person feel anxious or stressed? How would I know?
- Do I tend to blame some people more than others? Who?
- When have I demonstrated curiosity instead of being judgmental?
- How has my curiosity helped to gather more information that was useful to solving a problem?
- What questions can I ask that will help me understand another person's behavior before jumping to conclusions?
- How might asking questions change the situation?



Emotional Reactivity How do I know when I'm feeling emotionally reactive?

- What are the things that I do when I feel tense or anxious?
- What could I do to help myself feel less stressed or anxious?
- Are there ways in which my reactions or behaviors contribute to the situation getting more tense or to more reactive behaviors?
- What else is happening that contributes to the overall level of anxiety or reactive emotions?
- What can I do to respond more thoughtfully to others' anxious or fearful behaviors?

Emotional Reactivity



Q&A

Please type your questions into the Q&A box.



Bowen Systems Theory

Matrix of Birth and Foster Parent Strategies

BFPP: A State and Local Leader's Guide to Building a Strong Policy and Practice Foundation

BFPP: A Relationship Building Guide

DR. ELAYNE CHOU



https://drelaynechou.com/



drelaynechou@hushmail.com

Thank you for Joining Us!



