

The background of the slide is a solid orange color with a pattern of stylized, darker orange leaves. The leaves are arranged in a way that they appear to be floating or falling, with some overlapping. The overall effect is a warm, autumnal feel.

MODULE - III

FAMILY DYNAMICS

FAMILY DYNAMICS

'Family faces are magic mirrors.

**Looking at people who belong to us,
we see the future'.**

IMPORTANCE

OF

FAMILY



FAMILY DYNAMICS

- Family dynamics (FD) are the patterns of relating, or interactions, between family members.
- These include roles, hierarchies and communication patterns within the family.
- FD are how members of family interact with each other in relation to their individual goals and preferences.
- Family members rely on each other for physical, emotional and economic support, the primary source of relationship security or stress.

FAMILY DYNAMICS

- Each family system and its dynamics are unique .
- All families have some helpful and some unhelpful, or even abusive, dynamics.
- Family dynamics have a strong bearing on child development.

Empowerment

Dignity

Respect

Trust

Advocacy

Confidentiality

Inclusion

Diversity



Family
DYNAMICS

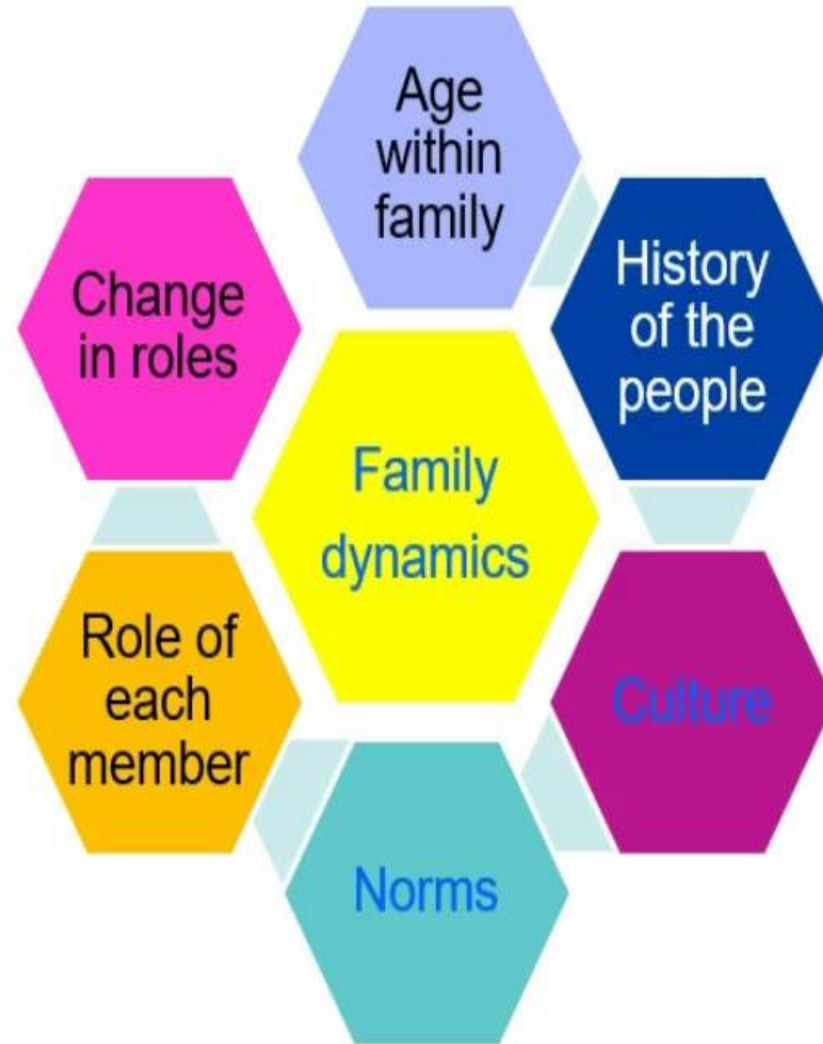
Factors influencing Family Dynamics

- nature of the parents' relationship
- number of children in the family
- personalities of family members
- an absent parent
- Issues such as family violence, abuse, alcohol and mental health issues
- family values, culture and ethnicity

Causes of Family Dynamics

- Personalities of Family Members.
- Communication Between Family Members.
- Trauma in the Family.
- Addiction in the Family.
- Mental Illness in the Family.

Influences on Family Dynamics



NORMAL FAMILY DYNAMICS

- Support
- Love and Caring for each other
- Providing security
- Sense of belonging
- Open communication
- Making each person within the family feel important, valued, respected and esteemed.

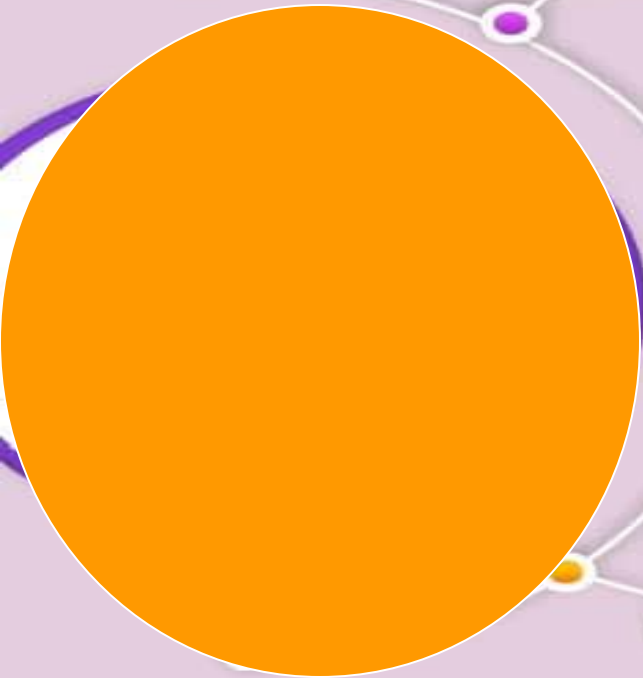
Types of Family Dynamics

- Healthy Family Dynamics
- Unhealthy Family Dynamics

HEALTHY FAMILY DYNAMICS

- **Parents foster an environment that models healthy emotional expression.**
- **Parents show you that your feelings matter.**
- **Parents respect your personal space.**
- **Boundaries are communicated and respected.**
- **Feelings are validated.**
- **Appreciation is provided.**
- **You feel cared for and loved.**

SIGNS OF HEALTHY FAMILY



1.

Communication is key to building up a strong, unshaken bond, in a healthy family, there is an understanding level.

2.

Healthy families accept each other, they have zero tolerance for physical abuse or toxic behavior.

3.

In a healthy family, rebuilding a damaged relationship is a top-notch priority.

4.

In a healthy family, every member gets involved, works, and plays together.

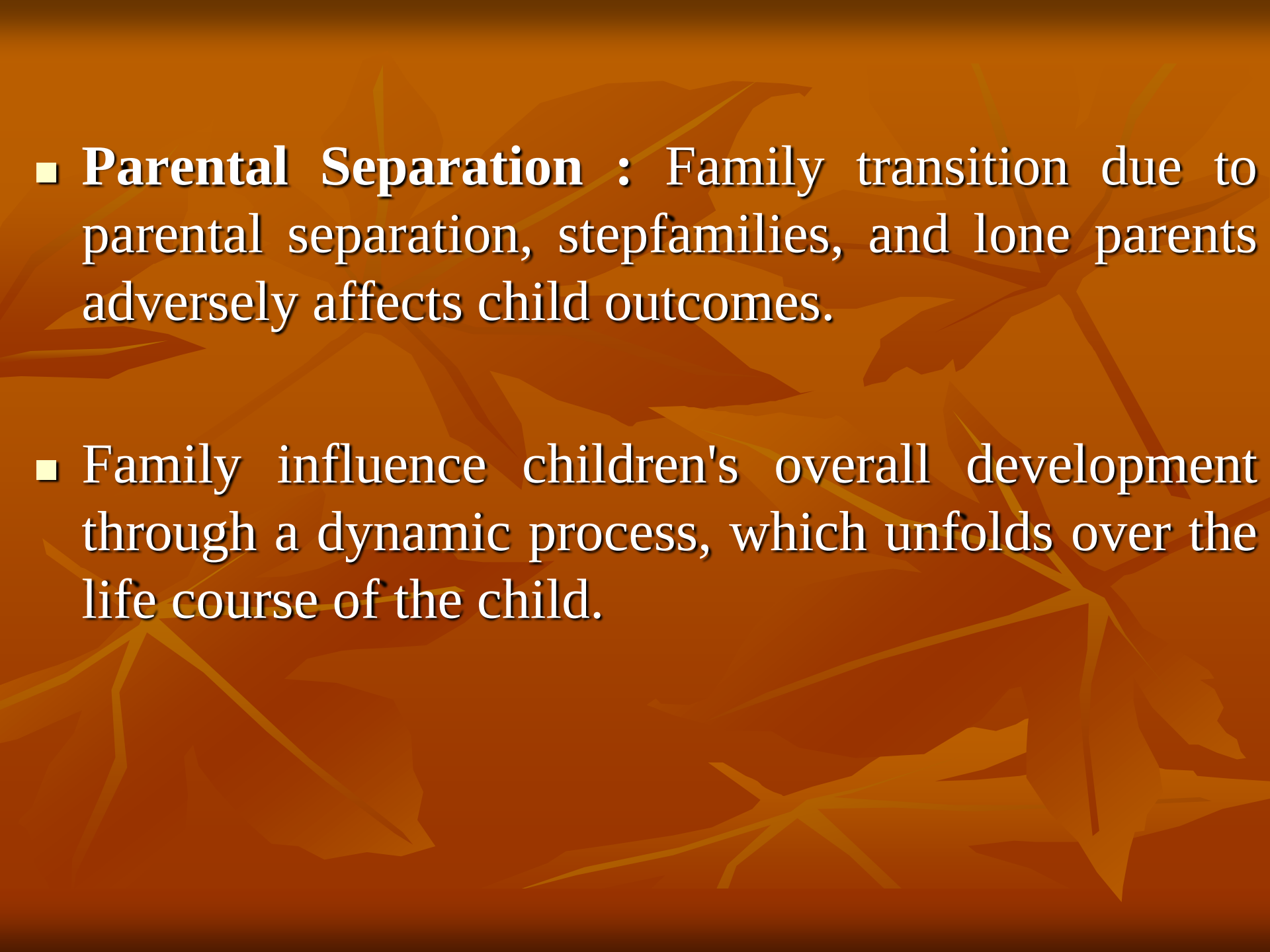
SIGNS OF A TOXIC FAMILY

1. A toxic family member will provide zero emotional support to any other member or children
2. An unhealthy control within toxic parents is exercised for selfish motives, such as emotional blackmailing.
3. There is an environment of dominance in toxic families.
4. There is no room for privacy while there is a lack of empathy.

UNHEALTHY FAMILY DYNAMICS

Influence of Family Dynamics on Child's Outcome

- Family dynamics influence children's development and behaviour :
- **Family roles** : may be the result of family dynamics.
- **Ascribed characteristics** : A family's attitude has an important influence on their self-identity and self-worth of young children.

- 
- **Parental Separation** : Family transition due to parental separation, stepfamilies, and lone parents adversely affects child outcomes.
 - Family influence children's overall development through a dynamic process, which unfolds over the life course of the child.

Group Dynamics



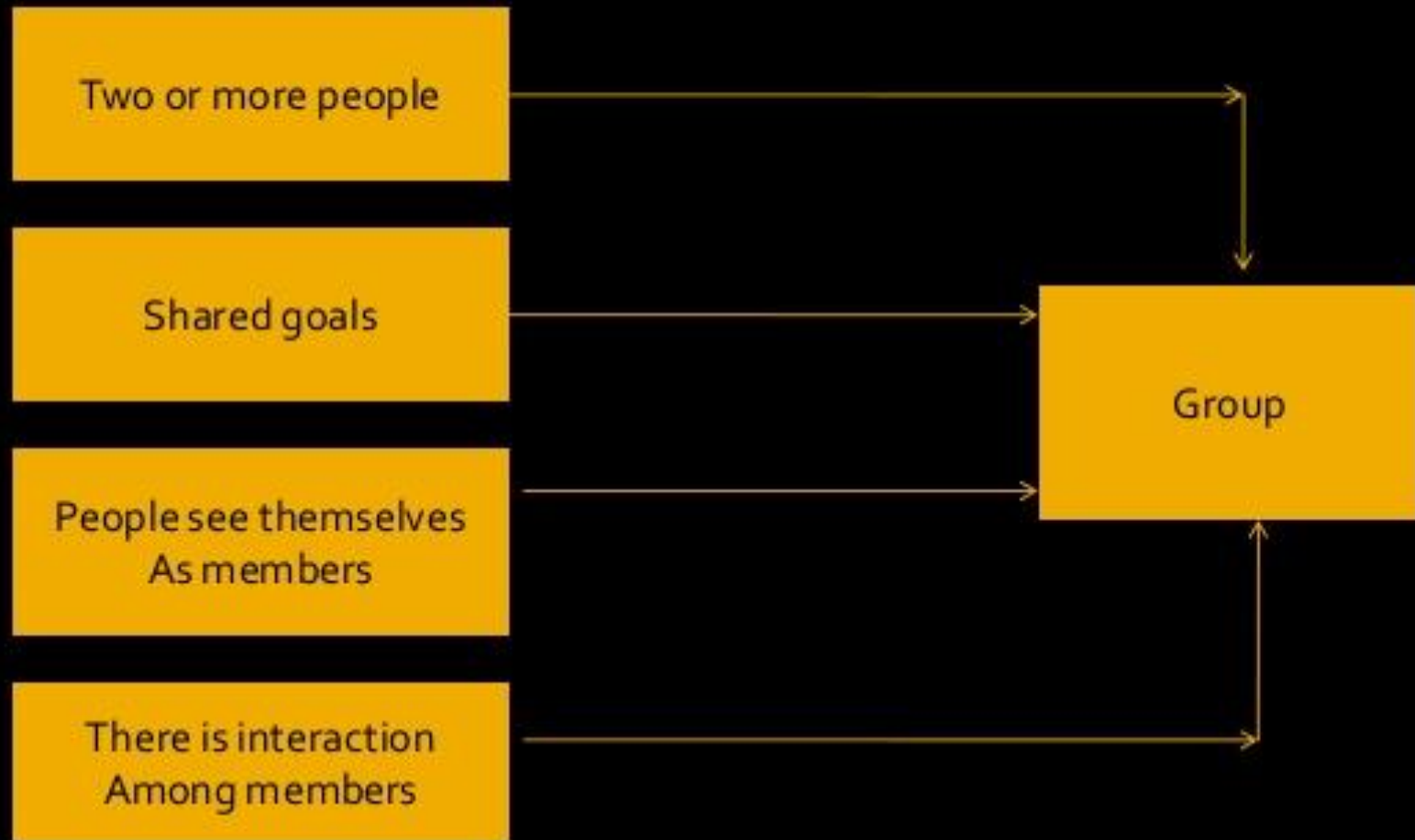
CONCEPT OF GROUP DYNAMICS

Group dynamics contains two terms: **group and dynamics**.

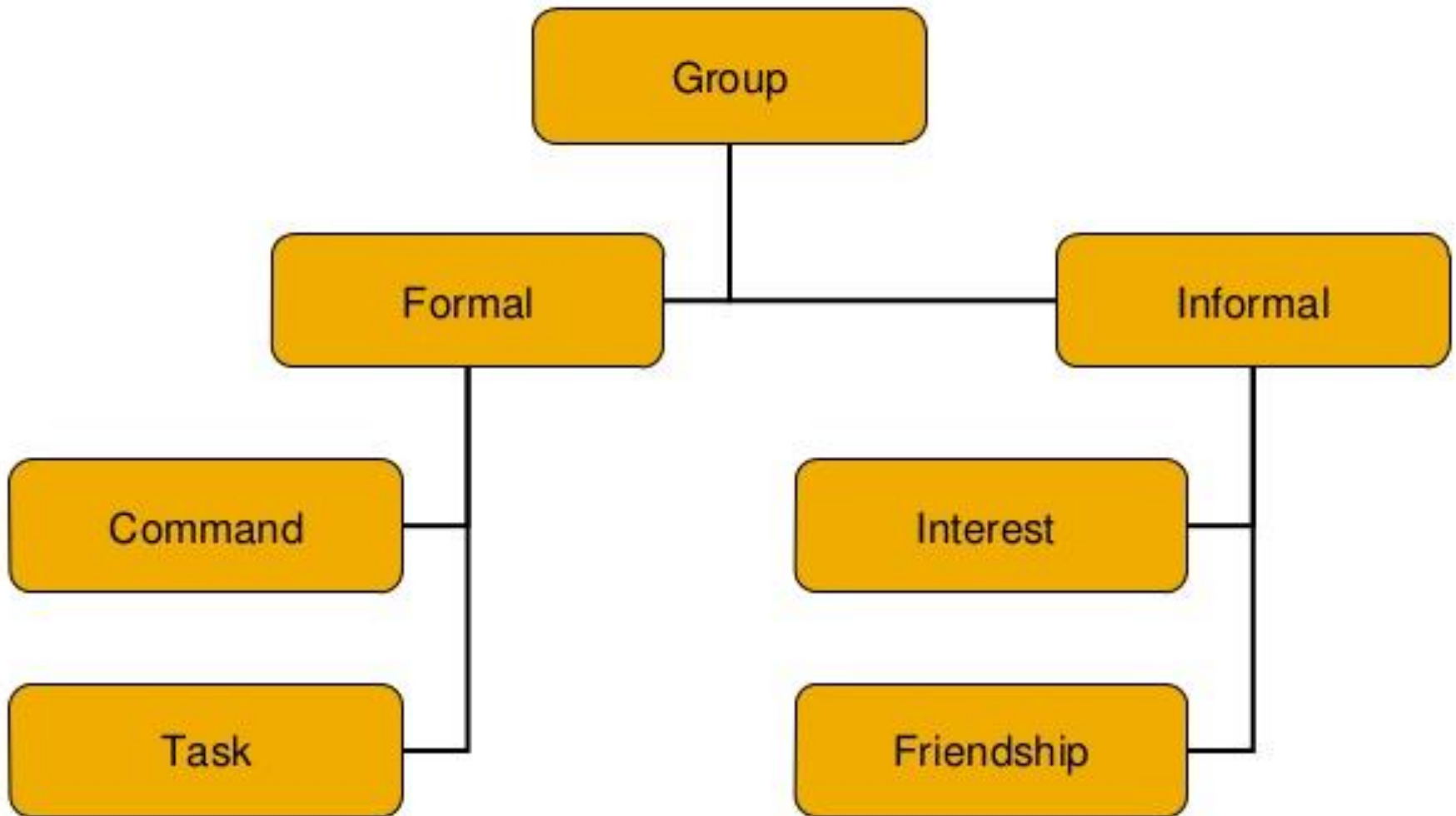
Group is basically a collectivity of two or more persons. Dynamics comes from Greek word meaning **FORCE**.

Thus, “Group dynamics is concerned with the interactions of forces among group members in a social situation.”

What is Group? ●



Types of group



Why do people Join group??

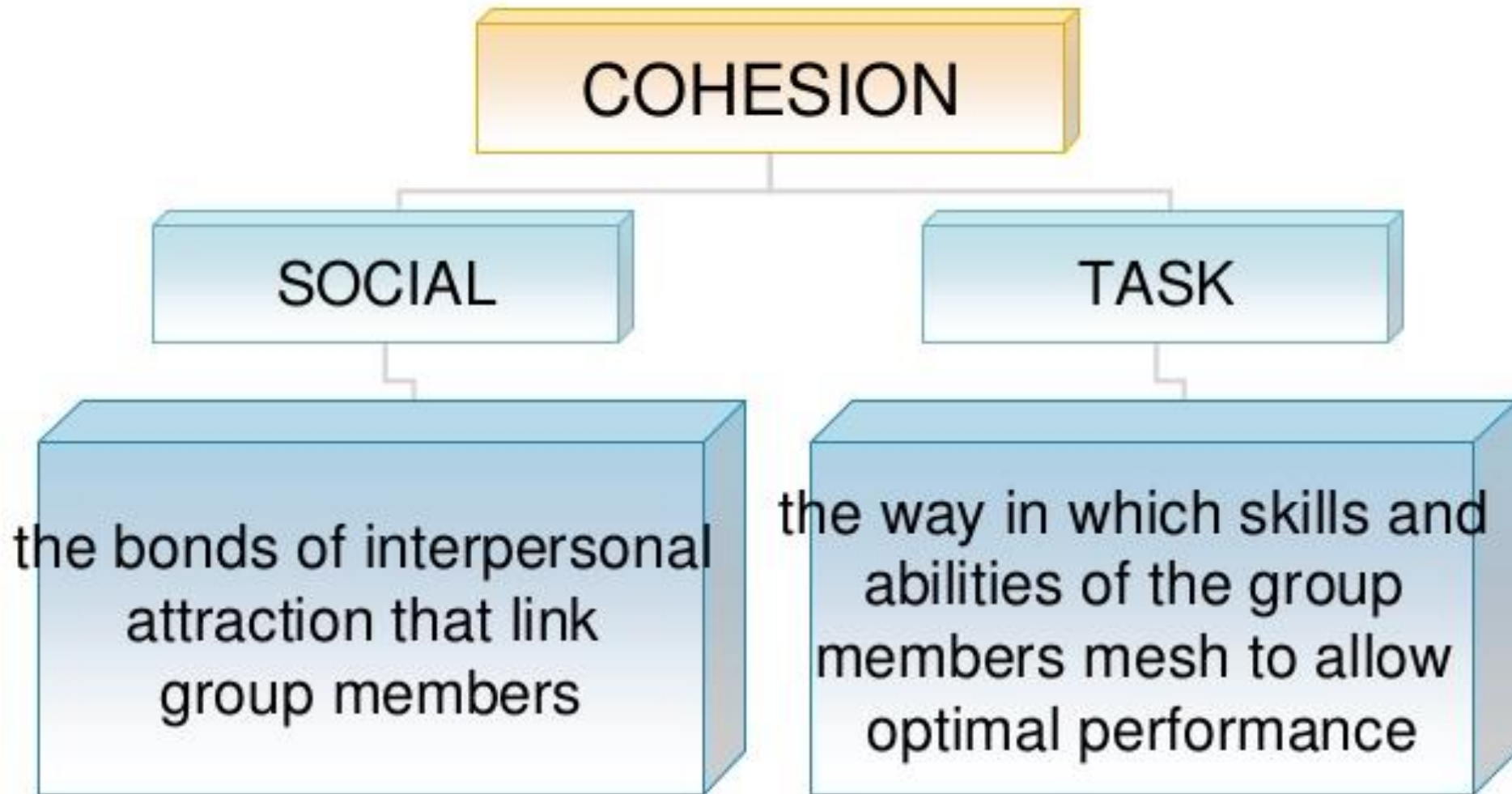
- ✓ Have a sense of security
- ✓ Have a status
- ✓ Develop Self-esteem
- ✓ Power
- ✓ Goal achievement

Group structure

Four different aspects of group structure are:

- NORMS
- ROLES
- STATUS
- COHESIVENESS

Group Cohesiveness



STAGES OF GROUP FORMATION

Stage I Forming

Members
get to know
each other &
set ground
rules

Stage II Storming

Members
come to
Resist
Control by
group
Leaders &
Show
hostility

Stage III Norming

Members
Work
Together
developing
Close
Relationships
& feelings of
Cohesiveness

Stage IV Performing

Group
members
work
towards
Getting
their jobs
done

Stage V Adjourning

Group
may
disband
either
after
meeting
their goals
or because
members
Leave

GROUP DYNAMICS

Effective Learning Method For Group Dynamics



INTERPERSONAL RELATIONSHIPS



“ Man is a highly social animal, and he is understandable only in terms of his social relationships.

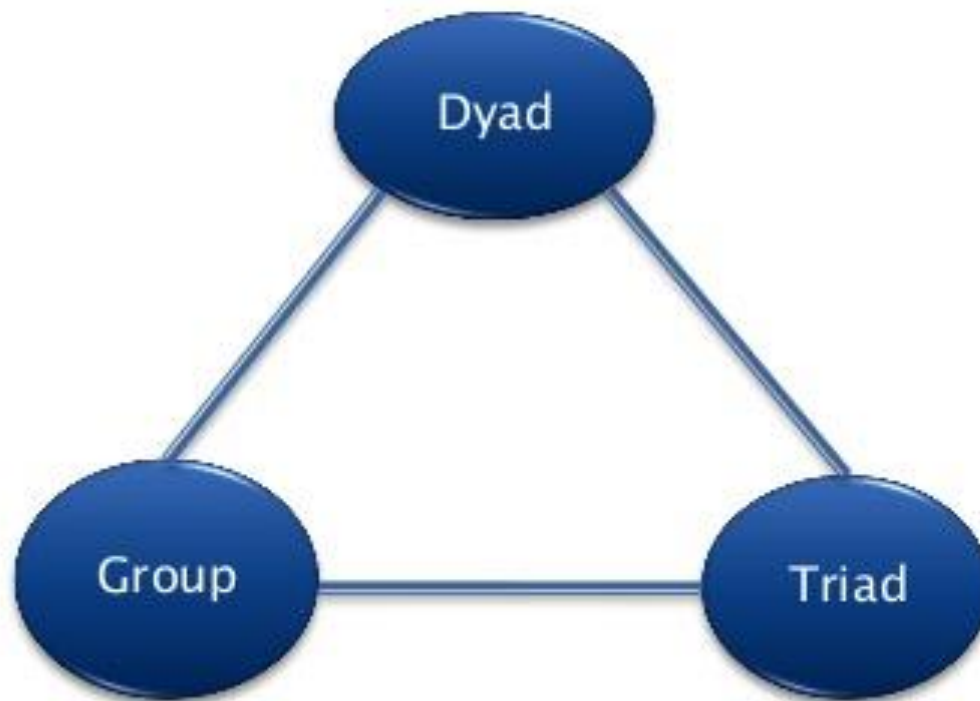
Man as a solitary individual is basically helpless despite his vaunted intelligence”.

Morston Bates

DEFINITION

- ▶ *Interpersonal relationships* refer to reciprocal social & emotional interactions between two or more individuals in an environment.
- ▶ *Interpersonal relationship* is defined as a close association between individuals who share common interests & goals.

Dynamics of Interpersonal Relationship



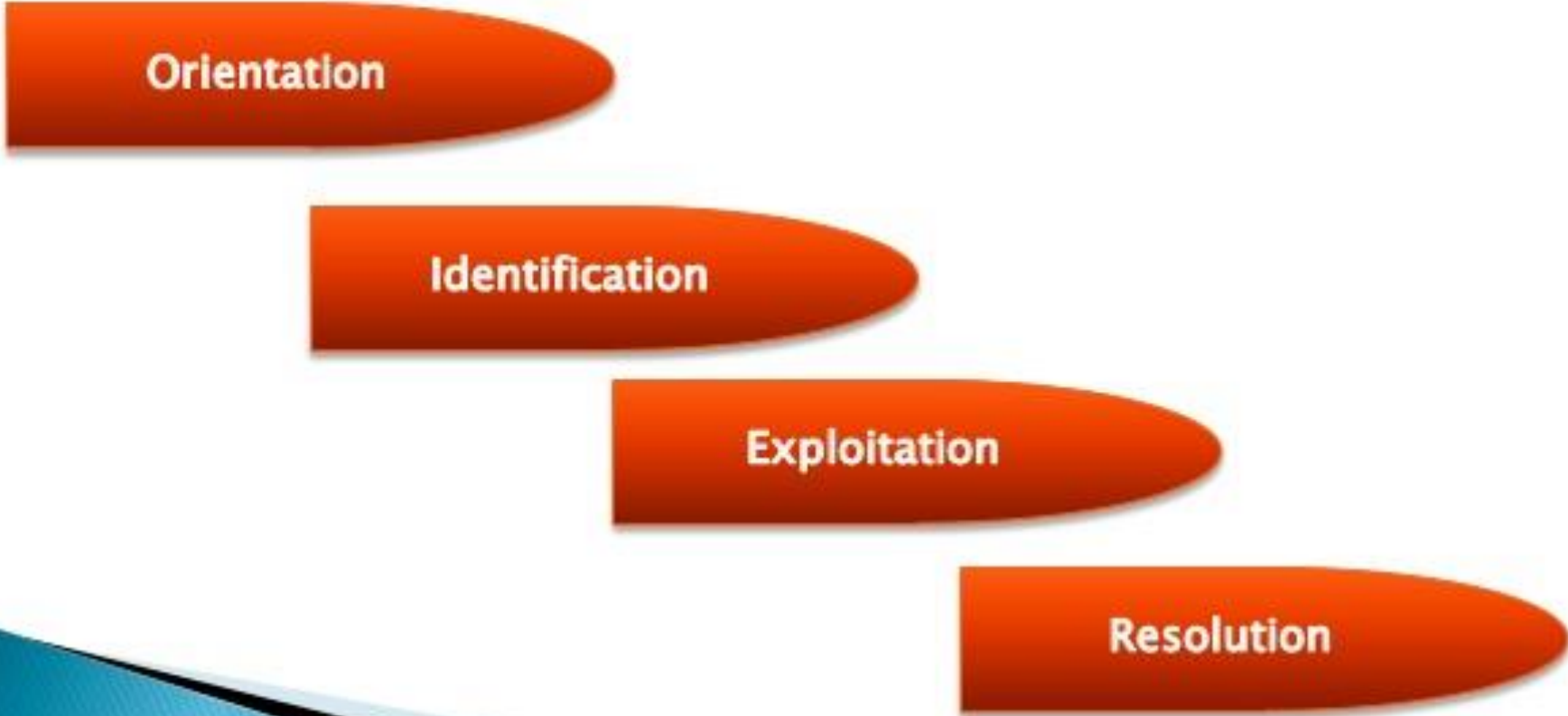
PURPOSES OF INTERPERSONAL RELATIONSHIP

- 
- ▶ Personal growth & development
 - ▶ Source of enjoyment
 - ▶ Sense of security
 - ▶ Context of understanding
 - ▶ Interpersonal needs
 - ▶ Establishing personal identity

TYPES OF INTERPERSONAL RELATIONSHIPS

- ✓ Friendship
- ✓ Family & kinship
- ✓ Professional relationship
- ✓ Love
- ✓ Marriage
- ✓ Platonic relationship
- ✓ Casual relationships
- ✓ Brotherhood & sisterhood
- ✓ Acquaintances

PHASES OF INTERPERSONAL RELATIONSHIP



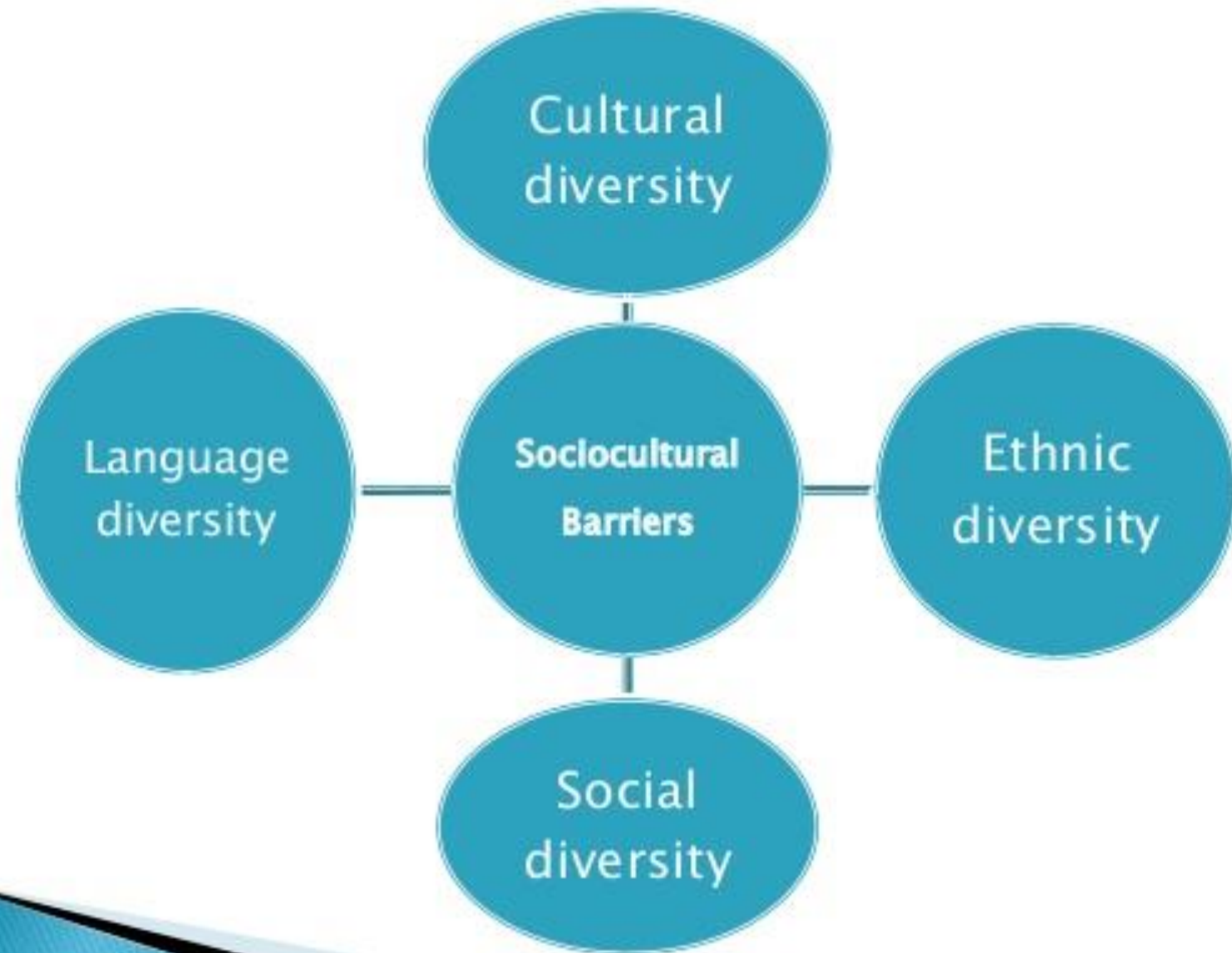
Orientation

Identification

Exploitation

Resolution

BARRIERS OF INTERPERSONAL RELATIONSHIPS



Maslow's Hierarchy of Needs

Self-Actualization

Esteem Needs

**Love and Belonging
Needs**

Safety Needs

Physical Needs

Significant Family Relationships

- **Marital Relationships**
- **Parent-Child Relationships**
- **Sibling Relationships**
- **Mother-in-Law and Daughter-in-Law Relationships**

TRANSACTIONAL
ANALYSIS

TRANSACTIONAL ANALYSIS

- *It was introduced by Eric Berne.*
- *Transactional analysis is a technique used to help people better understand their own and other's behaviour, especially in interpersonal relationships.*
- *It is a good method for understanding interpersonal behaviour.*

Transactional analysis is primarily concerned with following:

- *Analysis of self awareness*
- *Analysis of ego states*
- *Analysis of transactions*
- *Script analysis*
- *Games analysis*
- *Analysis of life positions*
- *stroking*

JOHARI WINDOW

OPEN

(known to others and also self)

BLIND

(unknown to self but known to others)

HIDDEN

(known to self but unknown to others)

UNKNOWN

(unknown to self and unknown to others)

THE EGO STATES



The diagram illustrates the Ego States model. It features three light blue ovals arranged horizontally, each containing a text label. The ovals are positioned above a horizontal line. The background is a gradient from yellow on the left to red on the right.

PARENT

ADULT

CHILD

Personality

- According to the transactional analysis individual interactions can be summed up as:
- *“I’m OK - you’re not OK”, - aggressive people*
- *“I’m not OK- you’re OK”, - passive people*
- *“I’m not OK - you’re not OK”. - passive people*
- *“I’m OK - you’re OK. shows a healthy acceptance of both yourself and others.*

BENEFITS AND UTILITY OF TRANSACTIONAL ANALYSIS

- *Improved interpersonal communication.*
- *Source of positive energy.*
- *Understanding ego state.*
- *motivation.*
- *Organisational development*



Aggression and Violence in Family

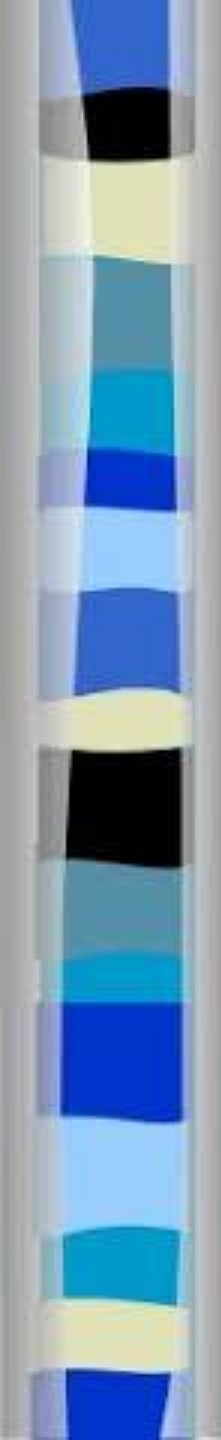
Defining Aggression

- Aggression is any form of behavior that is intended to injure someone physically or psychologically
 - hostile aggression: impulsive
 - instrumental aggression: purposeful
 - relational aggression: damage to relationships

Origins of Human Aggression

- Incorporate a biological, environmental, and psychological components into an exploration of the origins of human aggression.





Causes of Family Violence

- Psychological and medical theories attribute violence to individual psychopathology or alcohol or drug use.
 - E.g. Antisocial personality disorder
- Social psychological theories attribute violence to social learning, exchange, and interaction.
 - E.g. Parents model behavior
- Socio-cultural theories locate the source of violence in cultural belief systems and the structure of social institutions.
 - E.g. Culture that supports violence against women
- Video (min16)
- Interpret the video from one of the lenses

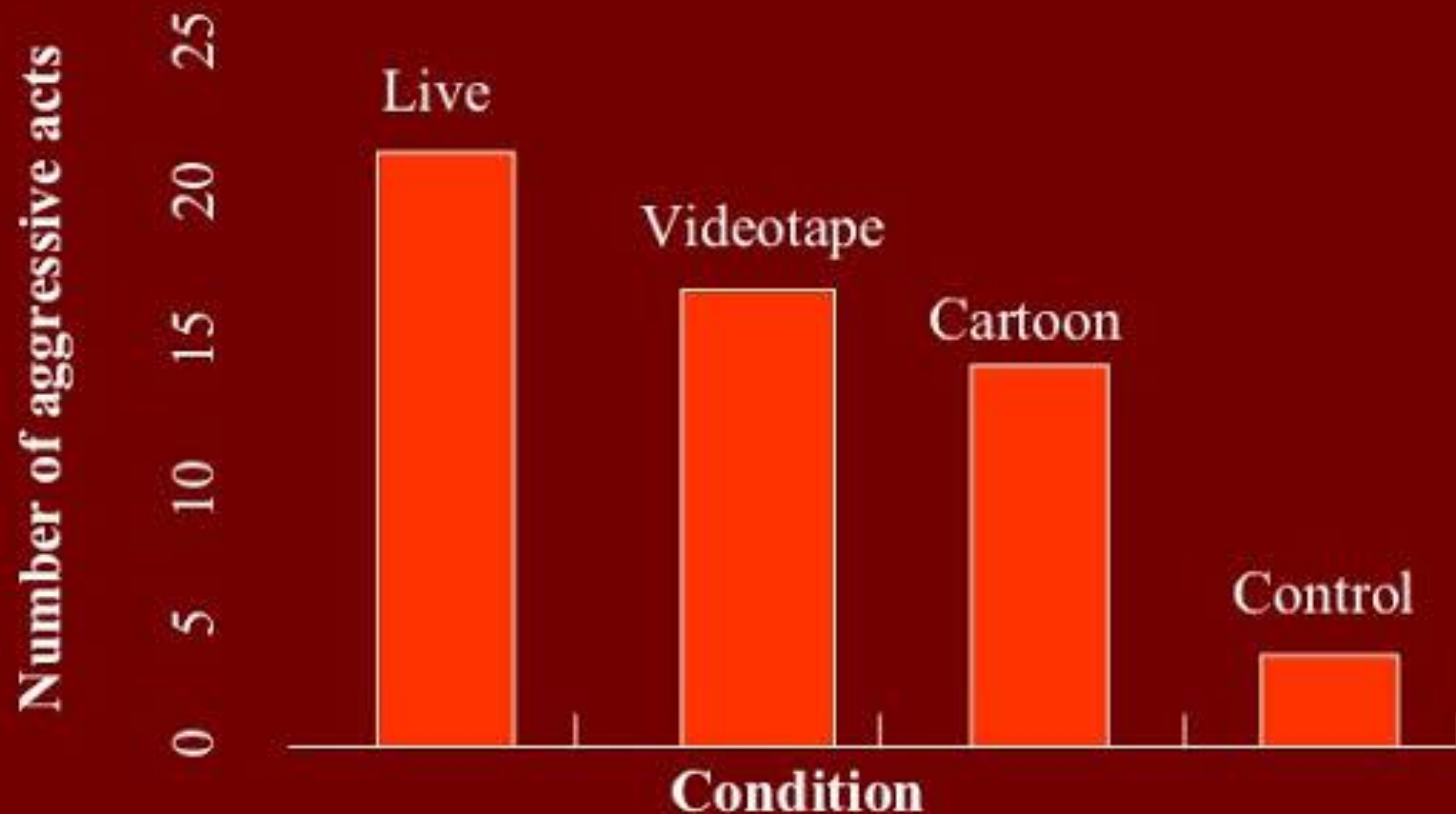


Social policy

- Social Responsibility Perspective – crime is an individual responsibility (nature).
- Social Problems Perspective – crime is a manifestation of social problems (nurture).

Social Learning Theory

Learning aggression through mere observation: the effects on children of watching a violent model





violence
game contains depictions of
violence

Priming Aggression

Seeing violence leads to Aggressive thoughts which creates Violent behavior

Violent TV

"Shoot"

Retaliating

Violent
video games

"Gun"

Using guns

Exposure
to handguns

"Hurt"

"Kill"

Gossip
and ridicule

Reducing Aggression: Intimate Violence

- Sex education programs that:
 - Emphasize desirability of being respectful and considerate towards one's partner
 - Debunk rape myths
 - Increase sensitivity
- Provide family members with educational and employment opportunities to reduce family violence



Domestic Violence

A Big Blemish On HUMANITY

The image features the silhouettes of a man and a woman against a background that transitions from green at the top to yellow at the bottom. The man, on the right, is in a confrontational pose, with his right hand raised towards the woman's face. The woman, on the left, is facing him. The overall mood is somber and threatening.

Domestic Violence in India

- An enlistment survey was conducted by contacting the Women Cell, the Family court, Police Stations, Counseling Centers, and NGOs working for women in which cases of domestic violence are reported.
- Five major types – Alcoholism, Dowry, Economic
- Crises, Infidelity, and Personality Disorders – accounting for 120 cases were selected for the enquiry. Out of the five major types of domestic violence identified, and selected, five victims from each type were chosen as the sample.

Understanding Domestic Violence

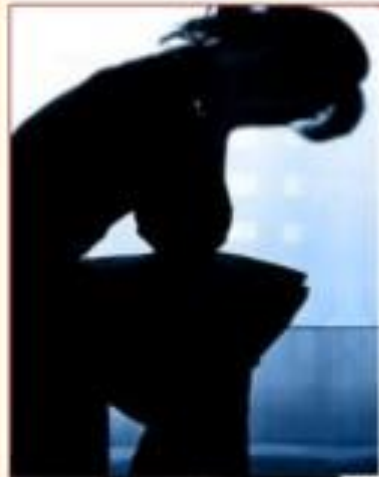
❖ Any form of abuse causing harm or injury to the physical and/or mental health of the woman or compromising her life and safety.

❖ Any Harassment for dowry or to meet any other unlawful demand

❖ Threat to cause injury or harm

Forms of Domestic Violence

1. Physical Abuse
2. Sexual Abuse
3. Verbal Abuse
4. Psychological/ Emotional Abuse
4. Economic Abuse





Conflict



What is it?

What is Conflict

- **Conflict is a naturally occurring phenomenon for human beings**
- **People do not get involved in conflict situations unless they have some stake in the relationship or outcome or both**

Types Of Conflict

**Functional
conflicts**



**Dysfunctional
conflicts**



Levels Conflict

Level of conflict

Organization



Interorganization
& Interorganization

Group



Intergroup & Intragroup

Individual



Interpersonal & Intrapersonal

Conflict Episodes

Latent conflict



Manifest conflict



Conflict aftermath

Conflict Management



Conflict Management

□ is defined as “the opportunity to improve situations and strengthen relationships”

Conflict resolution strategies

- **Avoidance**

- *repress emotions*
- *look the other way*
- *run, quit, etc.*

- **Defusion**

- *downplay*
- *cool off*

- **Confrontation**

- *power and force*
- *negotiation*

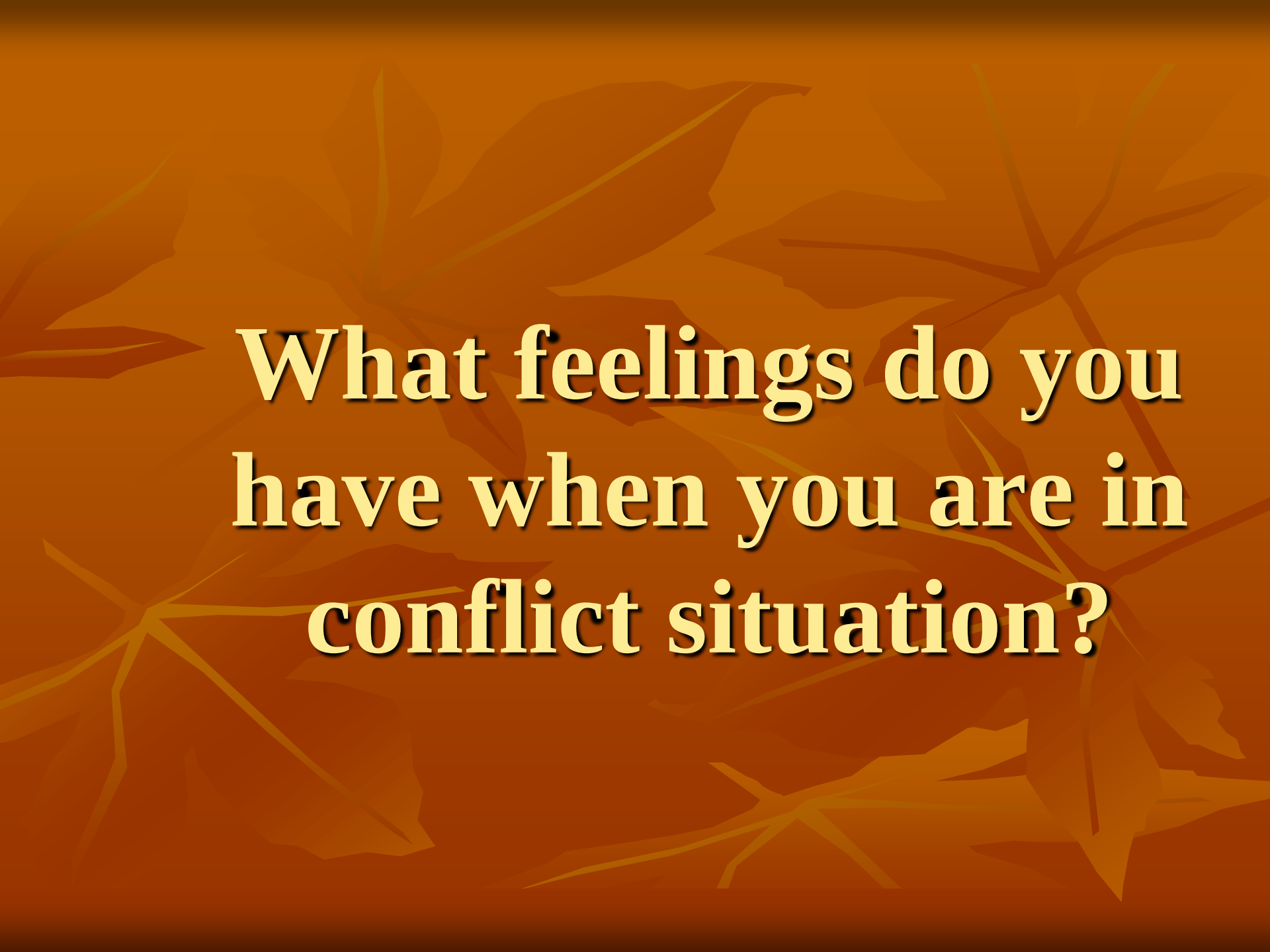


First Trick for Conflict Management



The background features a warm, orange-brown color palette. On the left side, there is a vertical strip of bright orange, which appears to be a torn edge of a piece of paper, revealing a dark blue layer underneath. The rest of the background is a textured pattern of stylized autumn leaves in various shades of brown and orange. The leaves are layered, creating a sense of depth.

Know Yourself



**What feelings do you
have when you are in
conflict situation?**

Common Feelings Associated with Conflict

Anger

Frustration

Fear

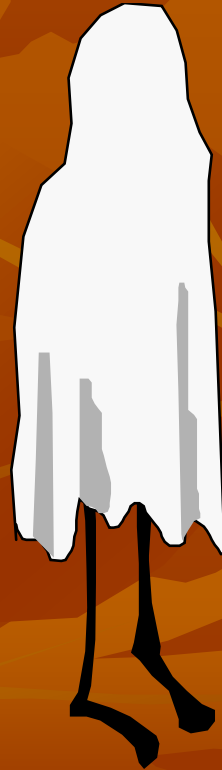
Excitement

Common Actions Associated with Conflict

Fight

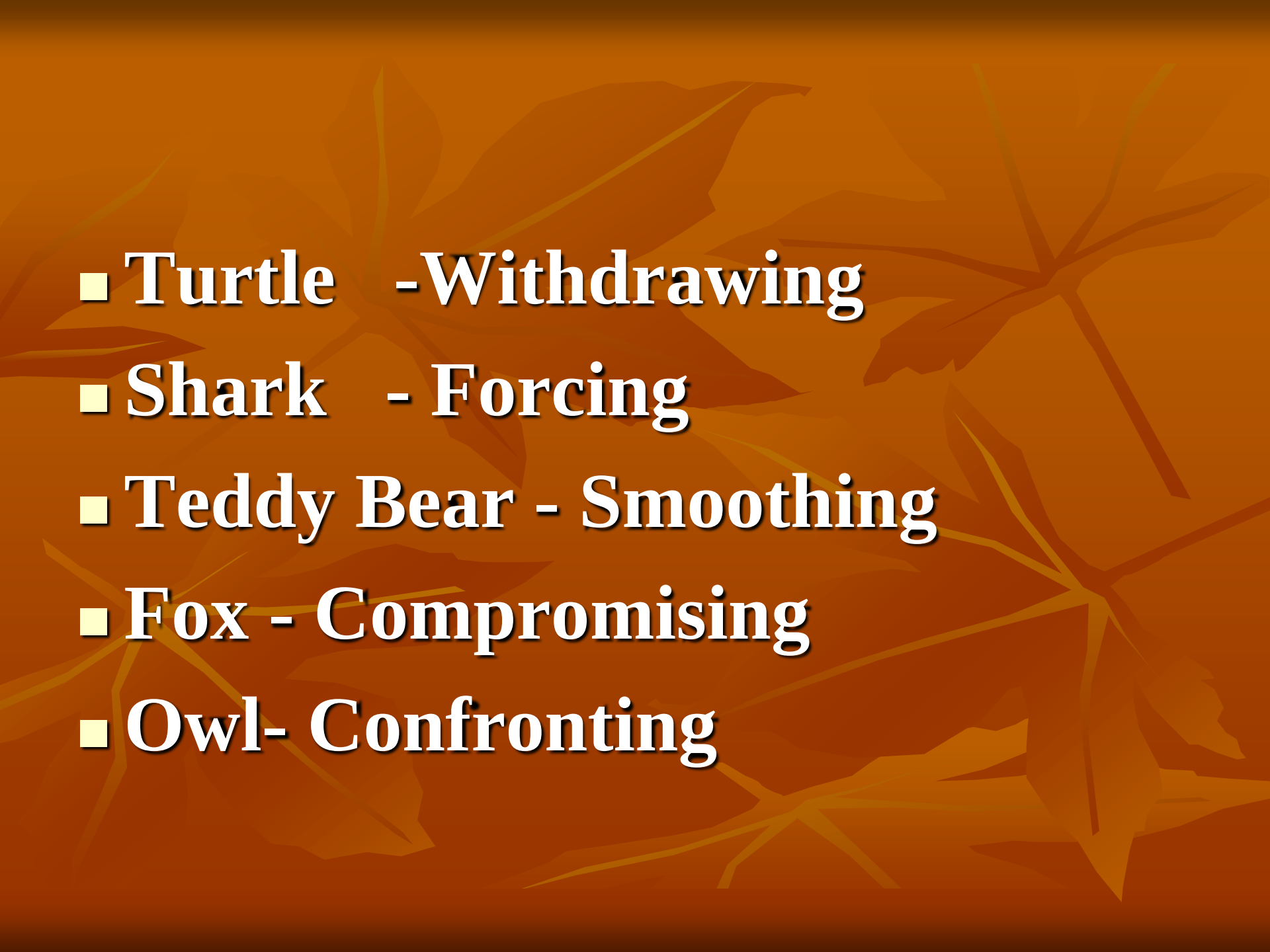


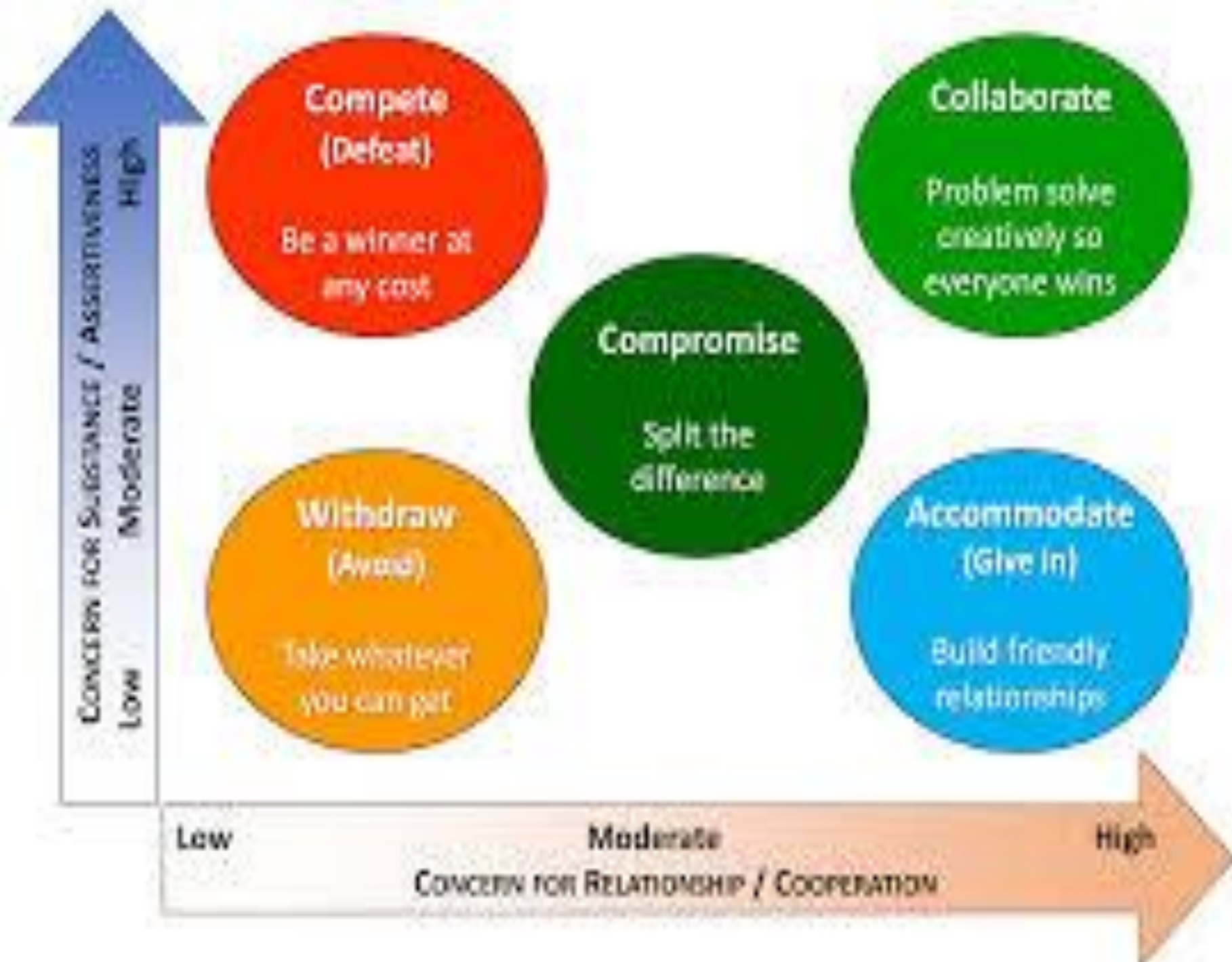
Flight



The background of the slide features a warm, orange-brown color palette. On the left side, there is a vertical strip of bright orange, which appears to be a torn edge of a piece of paper, revealing a dark blue layer underneath. The rest of the background is filled with faint, stylized outlines of autumn leaves in various shades of brown and orange. Centered on the slide is the title text.

Conflict Management Styles

- 
- **Turtle - Withdrawing**
 - **Shark - Forcing**
 - **Teddy Bear - Smoothing**
 - **Fox - Compromising**
 - **Owl- Confronting**



Resolving Conflicts

The conflict is resolved in one of three ways:

- Lose-Lose:
everyone loses when people try to work out their disagreements.
- Win-Lose:
someone wins and someone loses;

the best that can be hoped for in disagreements.
- Win-Win:
everyone can win.



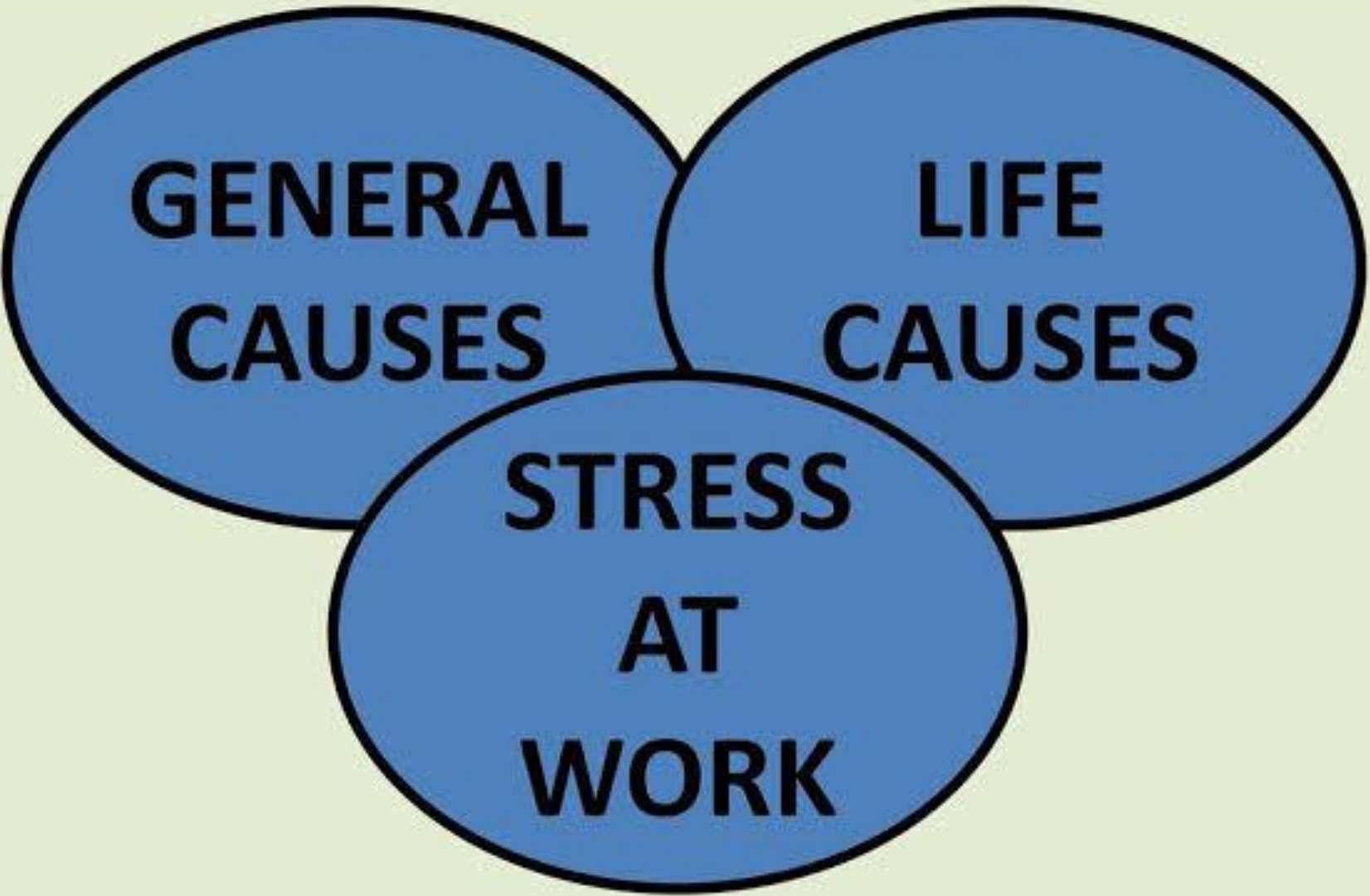


WHAT IS STRESS ??

Stress is psychological and physiological imbalance caused due to demanding circumstances and the individual's ability to meet to those needs.



CAUSES OF STRESS



**GENERAL
CAUSES**

**LIFE
CAUSES**

**STRESS
AT
WORK**

SOURCES OF STRESS



CONSEQUENCES OF STRESS



1. Physiological

- Headache
- Blood pressure
- Heart Disease



2. Psychological

- Depression
- Anxiety

**Depression is
not a sign of
weakness**

it means you have been
strong for far too long



*Anxiety does not empty tomorrow of its
sorrows, but only empties today of its
strength.*

- Charles Haddon Spurgeon

3. Behavioral

- Lesser Job Satisfaction
- Poor Productivity
- Absenteeism
- Conflicts with Team member



STRESS MANAGEMENT



dear stress,
let's break up.

WHAT IS STRESS MANAGEMENT??

- The ability to maintain control when situation, people and event make excessive demands

LIFE IS 10 PERCENT
WHAT HAPPENS TO
YOU AND 90 PERCENT
HOW YOU REACT TO IT.

STRESS REDUCTION TECHNIQUES

Exercises

Meditation

Socialize

Take a break

Healthy
Habits

Look for
Humor

Know Your
Limits

A Balanced
Schedule

Coping

- The term '**coping**' refers to adaptive or constructive coping strategies to reduce stress.
- '**Reactive coping**' - coping response to a stressor.
- '**Proactive coping**' - a coping response aims to prevent a future stressor
- **Active** coping involve an awareness of the stressor and conscious efforts to reduce the stress.
- **Avoidant** coping styles are 'ignoring' or avoiding the problem.

Types of Coping Mechanisms

- **Adaptive Coping Mechanisms** are positive and improve functioning resulting in achievement and self-fulfilment.
- **Maladaptive coping mechanisms** like escape, dissociation, unhealthy self-soothing, compulsions and risk-taking and self-harm will reduce symptoms while maintaing and strengthening the disorder.

Coping Strategies

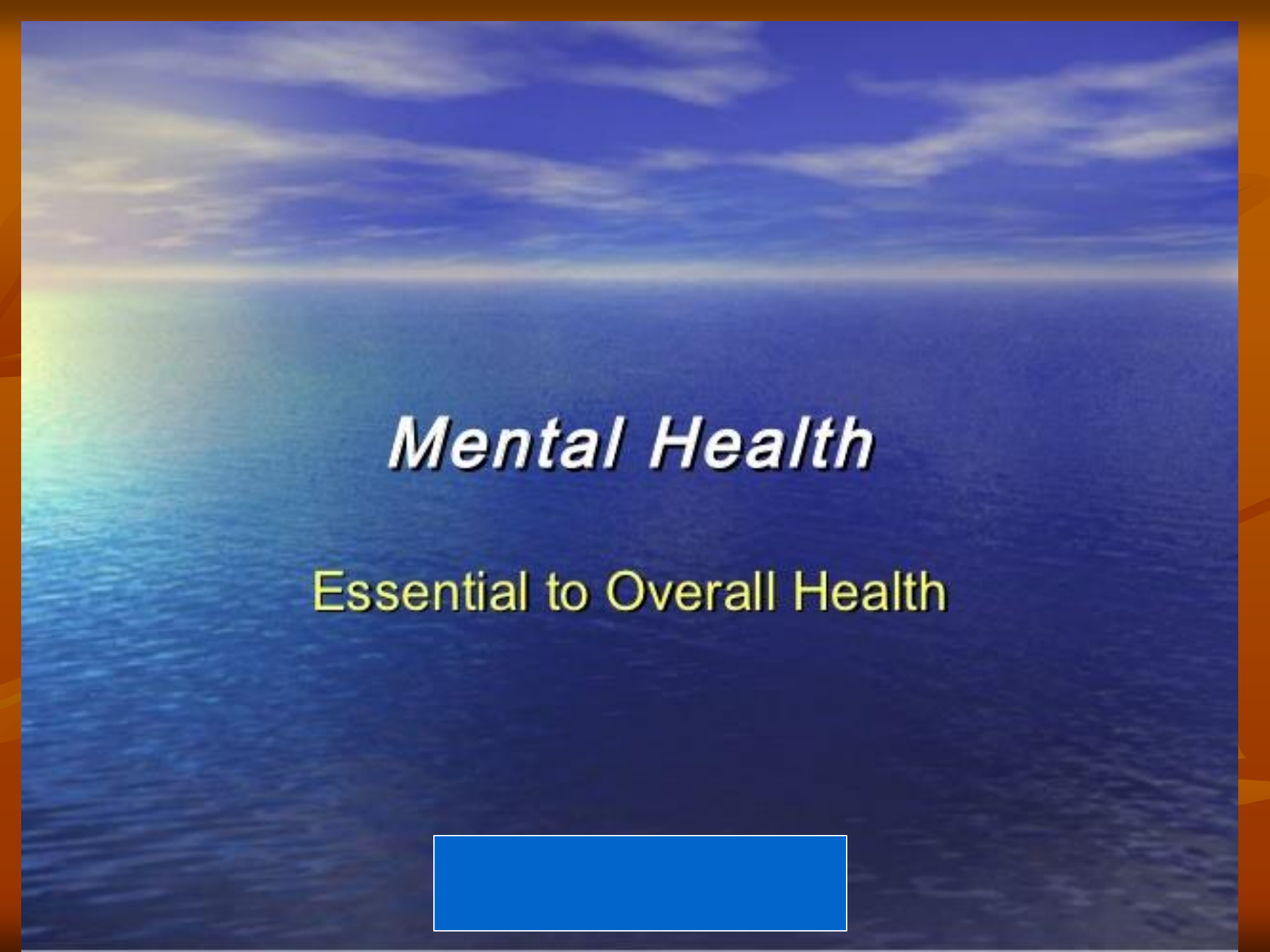
- Coping strategies can be classified as :
- **Appraisal Focused Coping** - which is adaptive cognition
- **Problem Focused Coping** - which is adaptive behavioural / conation
- **Emotion Focused Coping** - which is adaptive affection

“Stress is not necessarily something bad –
it all depends on how you take it.”



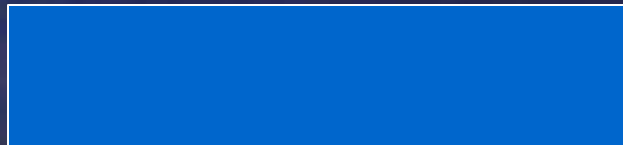


MENTAL HEALTH



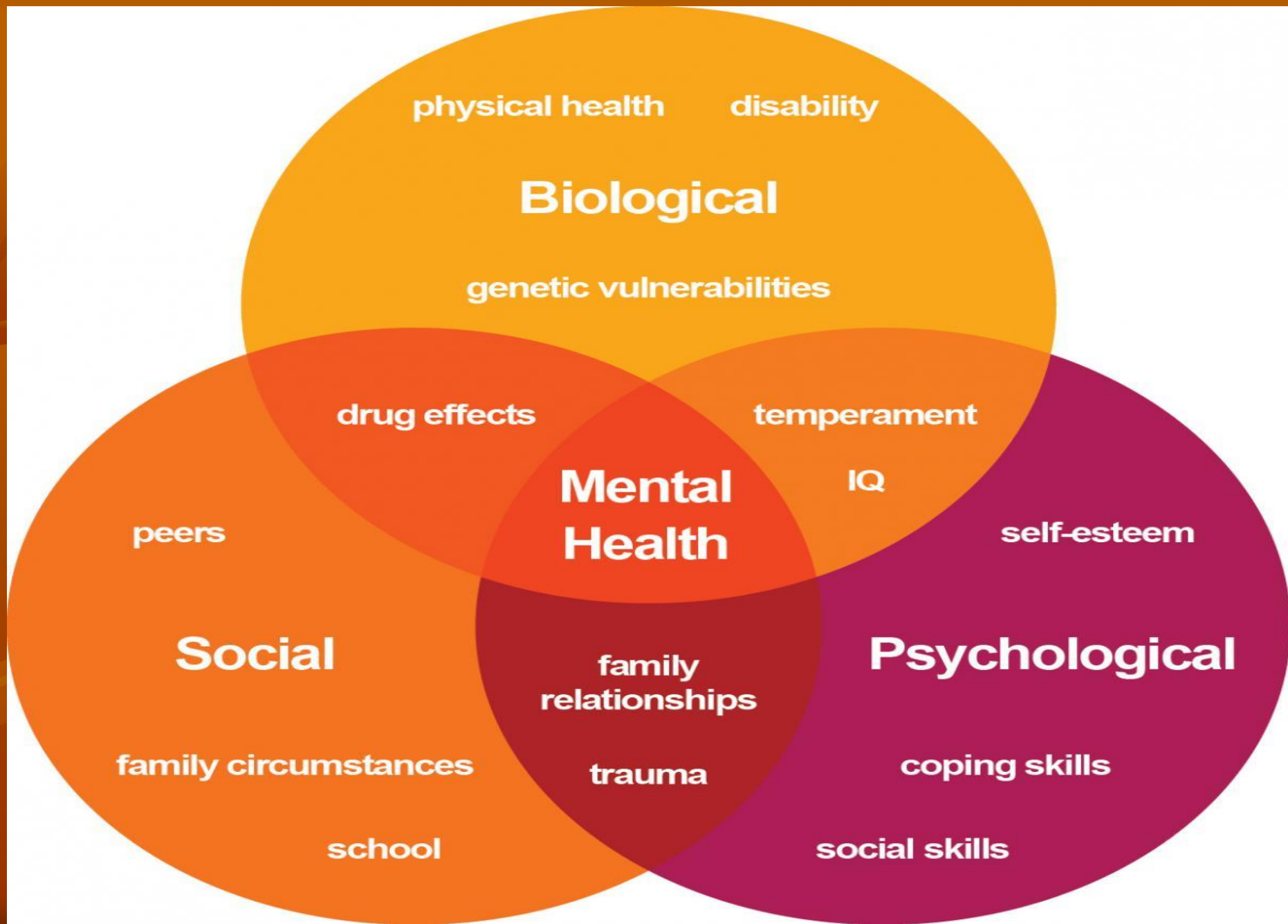
Mental Health

Essential to Overall Health



What is mental health?

- How you think, feel, and act in order to face life's situations...
 - For example, how you handle stress.
- How you look at yourself, your life and the people in your life...
 - For example, how you relate to others.
- How you evaluate your options and make choices...
 - For example: how you make decisions.



Key components of Mental Health

- ***What You Think***

- Thinking is the cognitive component of mental health.

- ***What You Feel***

- Feeling is the emotional component of mental health.

- ***How You Act***

- Action is the behavioral component of mental health.

Why is Mental Health Important?

- Mental health is important because :
- It affects your relationships with others
- Mental health problems lead to new problems with friends, family, law enforcement and officials.
- It affects how you learn:
- Your attentiveness
- Your concentration
- Your ability to organize
- Your ability to communicate

Magnitude and Burdens of the Problem

- As many as 450 million people suffer from a mental or behavioural disorder.
- Nearly 1 million people commit suicide every year.
- One in four families has at least one member with a mental disorder.
- Family members are often the primary caregivers of people with mental disorders.
- It does have a significant impact on the family's quality of life.

Understanding Mental and Emotional Health

Mental and emotional health is the ability to handle the stress and changes of everyday life in a reasonable way

Building Self-Esteem

Set realistic goals.

Focus on what your are naturally good at.

Ask for help when you need it.

Accept that no one is perfect.

Think positively.

What Are Mental and Emotional Disorders?

There are many types of **mental and emotional disorders**.

mental and emotional disorders

Illnesses that affect a person's thoughts, feelings, and behavior

What Is Suicide?

Warning Signs of Suicide

Talking about
suicide

Wanting to be
left alone

Interest in death or
violence

Engaging in risky
behavior, such as
drug use

Giving away
possessions

Saying final
goodbyes to friends
and loved ones

Treatment and Counseling

Counseling,
also called
therapy

Medication

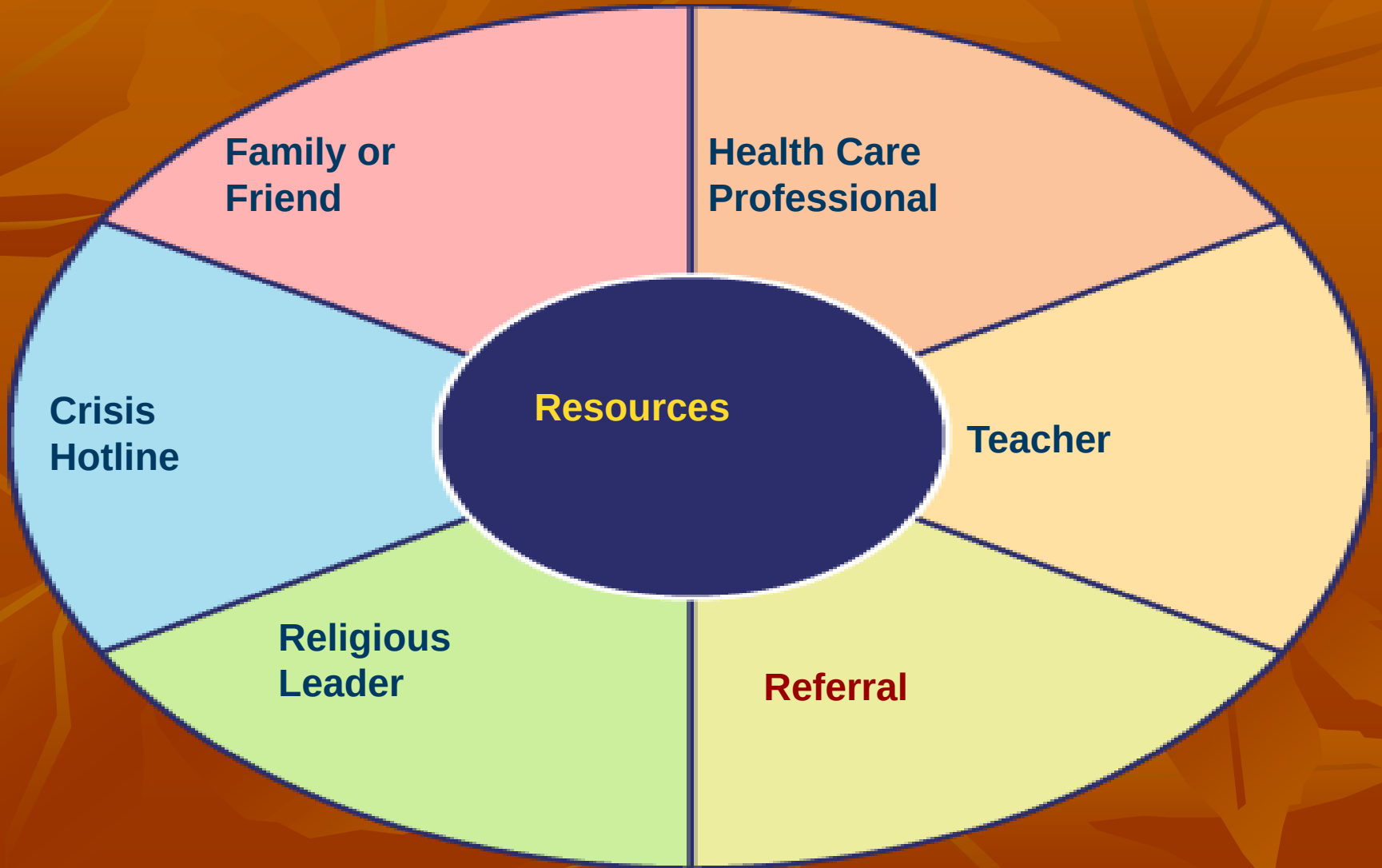
Hospitalization

Individual

Group

Family

Where to Find Help







Building Resilience

What is it and what builds it



Resilience: The ability to recover from problems or loss

How to Build Resilience

Make positive choices for yourself.

Strengthen your refusal skills.

Take part in school activities that you feel can make a difference for you or others.

Build strong relationships with family and friends.

7 C'S of Positive Mental Health

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

FAMILY STRENGTHS





Rehabilitation of Children with Special Needs into the Family

- **"Disabilities are yet another manifestation of global diversity.**
- **Let us always be committed to the fundamental principles of dignity**
- **and equality for all human beings".**

Kofi Annan

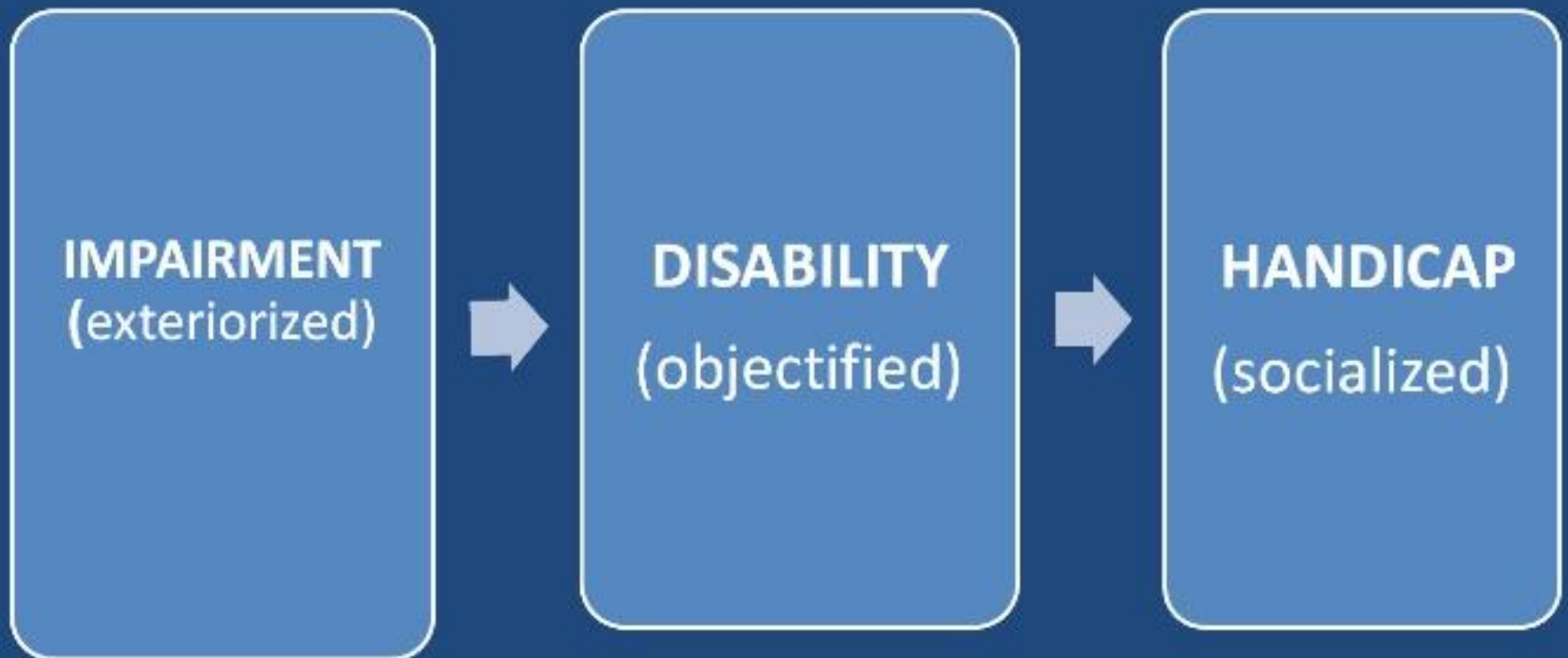
- **Disability**

- According to the World Health Organization, a disability is...

“any restriction or lack (resulting from any impairment) of ability to perform an activity in the manner or within the range considered normal for a human being”



Disease or Disorder



- **Impairment**

is any loss or abnormality of psychological, physiological, or anatomical structure or function.

- **Disabilities**

is any restriction or lack (resulting from an impairment) of ability to perform an activity in the manner or within the range considered normal for a human being.

- **Handicaps**

is a disadvantage for a given individual, resulting from an impairment or a disability, that limits or prevents the fulfillment of a "survival" role that is normal (depending on age, sex, and social and cultural factors) for that individual.



Changing Perspectives of Disability

There is a shift in understanding about the state of Disability from a condition of **“Abnormality”** to a case of **“Human Diversity”** with Equal Rights and Privileges

REHABILITATION

- Rehabilitation is process to restore or helping an individual achieve the highest level of independence and quality of life possible physically, emotionally, socially and spiritually



Special Education

- ▶ Special Education or Special Needs Education is the form of education planned for the students with Special Needs in a way that addresses the students (1) Individual Differences and (2) Needs.
- 

Goal of Special Education

To provide children with special needs appropriate educational services within the mainstream of basic education

Forms of Special Education

Specialized Teaching Techniques

Special Materials

Special Facilities



Vocational Rehabilitation, Independent Living, and Consumerism

Steffi Andrat

Independent living centres (ILCs) are -

- Consumer-controlled
- Community-based
- Cross-disability
- Nonresidential, private nonprofit agencies



Rehabilitation In India

Govt. of India has enacted the following legislations for empowering the persons with disability..

Indian Lunacy act, (1912)

Mental health act, (1987)

Rehabilitation council of India act, (1992)

Persons with disability act, (1995)

National trust act, (1999)

Right to education act, (2010)



Extensive infrastructure

Institute for the Physically Handicapped, New Delhi.

National Institute of Visually Handicapped, Dehradun

National Institute for Orthopaedically Handicapped,
Kolkata

National Institute for Mentally Handicapped,
Secunderabad.

National Institute for Hearing Handicapped, Mumbai

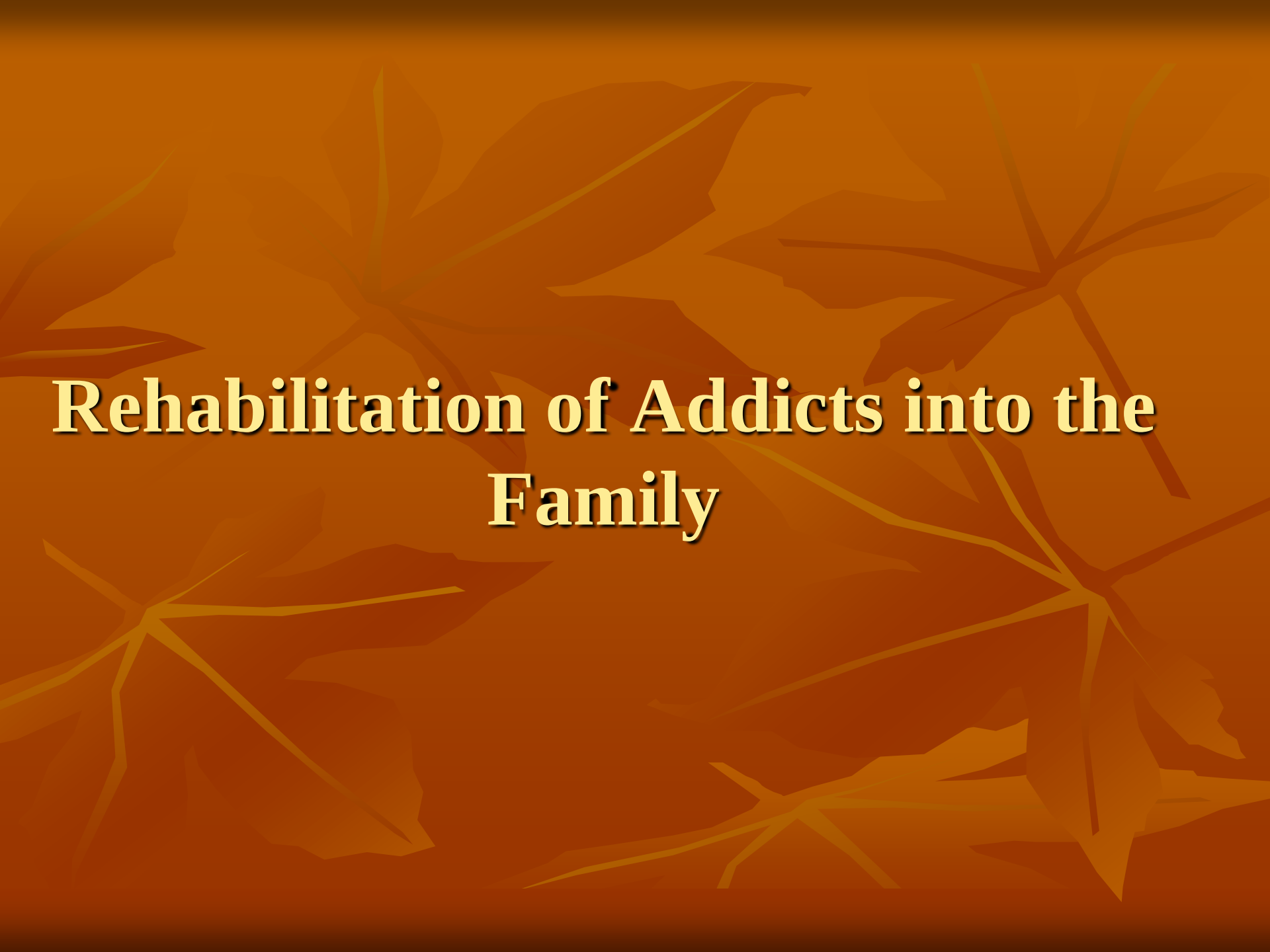
National Institute of Rehabilitation Training &
Research, Cuttack.

National Institute for Empowerment of Persons with
Multiple Disabilities, Chennai.





Livelihood Opportunities for PwDs



Rehabilitation of Addicts into the Family

What is Addiction ?

- Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequences.

People can develop an addiction

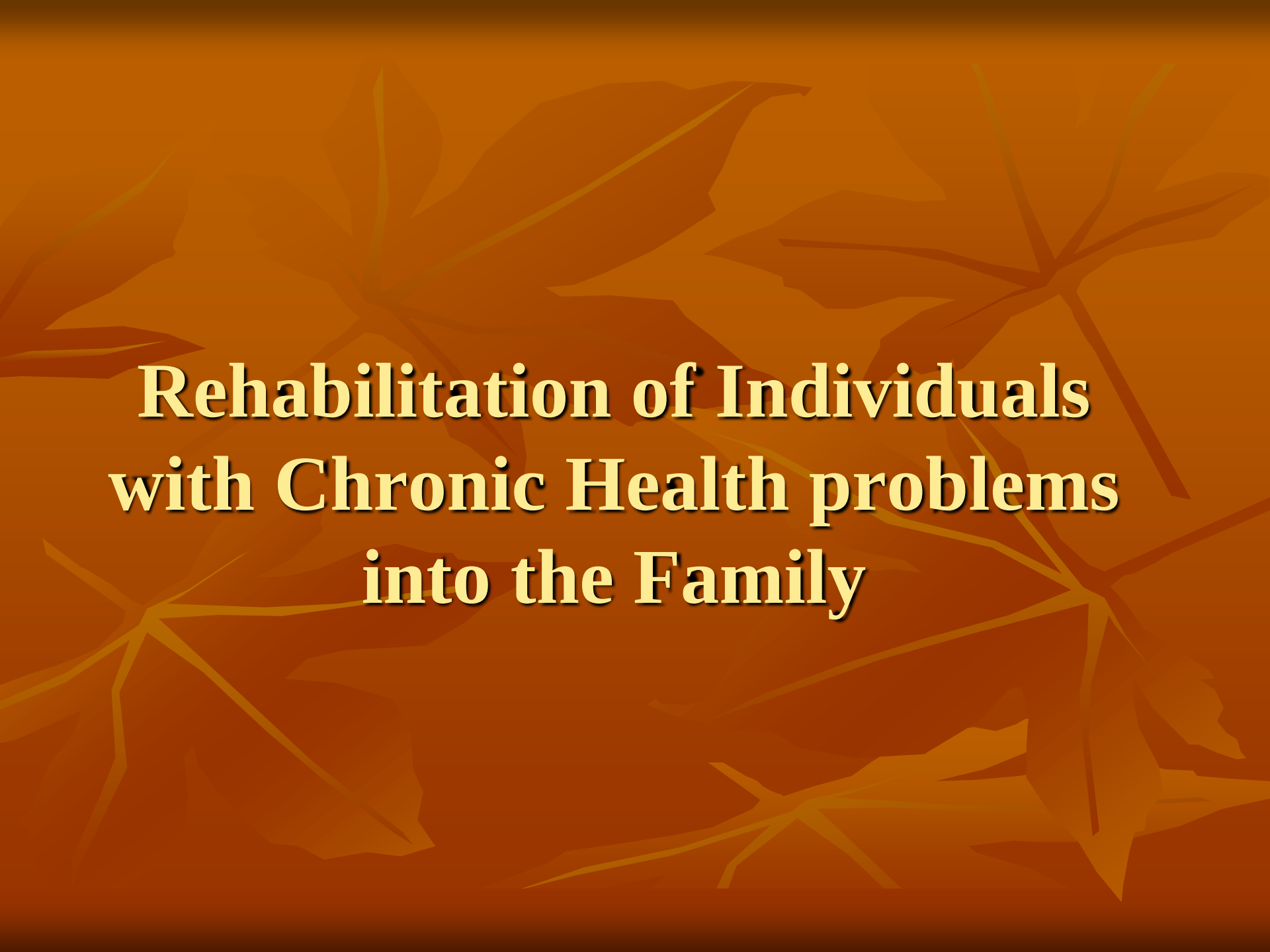
- Alcohol
- Marijuana
- PCP, LSD and other hallucinogens
- Inhalants, such as, paint thinners and glue
- Opioid pain killers, such as codeine and oxycodone, heroin
- Sedatives, hypnotics and anxiolytics
- Cocaine, methamphetamine and other stimulants
- Tobacco

Three C's of Addiction

- You did not *cause* it
- You cannot *control* it
- You cannot *cure* it

Rehabilitation of Addiction

- Learn as much as possible about addiction
- Connect with understanding peers
- Family therapy
- Psychological Therapies:
 - Behavioral Models
 - Relapse Prevention



Rehabilitation of Individuals with Chronic Health problems into the Family

What is Chronic Health Problem?

- A chronic health problem is a condition or disease that is persistent and long-lasting.
- The term chronic is often applied when the course of the disease lasts for more than three months.

Characteristics of Chronic Illnesses

- Chronic illnesses are mostly characterized by:
- complex causes
- many risk factors
- long latency periods
- a long illness
- functional impairment or disability

Effective Ways for the Whole Family to Cope

- *Communicate with each other*
- *Support each other*
- *Increase and lean on social support outside of the family*
- *Integrate tasks of illness into the family's daily routine*
- *Take care of family members' physical and psychological health*
- *Find the new normal*
- *Coping is Possible*

“**MY**
ABILITY
IS STRONGER
THAN MY
DISABILITY”

‘Theresa Sheridan, 49 Leicestershire’

Theresa lost her right hand to a car accident in 1985. She is a mother of two, a grandmother, and a volunteer for the Leicestershire and Rutland County Council.

A vibrant field of yellow tulips in full bloom, set against a clear, bright blue sky. The flowers are in sharp focus in the foreground, with their green stems and leaves visible. The background shows more tulips slightly out of focus, creating a sense of depth. The overall mood is cheerful and bright.

THANK U.....

Gratitude

