

## Family-Professional Partnerships

### Family Systems Theory: Application to Families of Children with Disabilities

#### Worksheet 2.2: FAMILY SYSTEMS ANALYSIS

##### **A. Family Characteristics**

A.1 Culture—Use Figure 3.2 on p. 86 to describe your culture

A.2 Lived experience—What are the choices, events, and circumstances in your life that have profoundly influenced your personal and family identity?

##### **B. Family Interaction—Who are the members of your family and how do they interact?**

B.1 Partner

B.2 Parental

B.3 Sibling

B.4 Extended Family

##### **C. Family Functions—How does your family carry out its functions? What functions are most important and which ones get overlooked?**

C.1 Affection

C.2 Self-esteem

C.3 Spirituality

C.4 Economics

C.5 Daily care

C.6 Socialization

C.7 Recreation

C.8 Education

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**D. Family Life Span**—What are the developmental stages that have been the smoothest and the roughest and how does your family progress through transitions?

D.1 Developmental stages

D.2 Transitions

**E. Facilitators tied to your family system:** What is one element of your family system that makes it easier for you to connect with families with whom you share something of significance? For example, the fact that we are parents of a son who experienced challenging behavior facilitates our connections with other families in similar circumstances.

**F. Barriers tied to your family system:** What is one element of your family system that makes it harder for you to connect with families with whom you do not share something of significance? For example, we have limited language proficiency and only speak English; thus, we are unable to engage in conversations with families who do not speak English without an interpreter.

**G. Strengths:** What are three priority strengths of your family?

**H. Needs:** What are three priority needs of your family?

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