

Family Systems Theory

GROWTH:

Sun = Family Strengths
Growth and resilience happen within the family from energy/effort from individual family strengths

Invasive Insects/

Health & Wellbeing Challenges

Invasive insects are like health/wellbeing challenges and are not isolated to one tree/family member. They spread and affect the whole system.

When something happens to one family member all members of the family are affected

The unseen and unnoticed effects can be the most insidious on the family system. It is essential to look for and attend to all family member's needs during health & wellbeing challenges, traumas and/or deaths

Bees/Family pollinators:

When strengths are identified and used, individual "pollinators" multiply, affecting the whole family system

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Trauma/Death:

Trauma and death break down the integrated system for each family member. Restoration of health and wellbeing is unique to each family member.

Weeds/Health & Wellbeing Challenges:

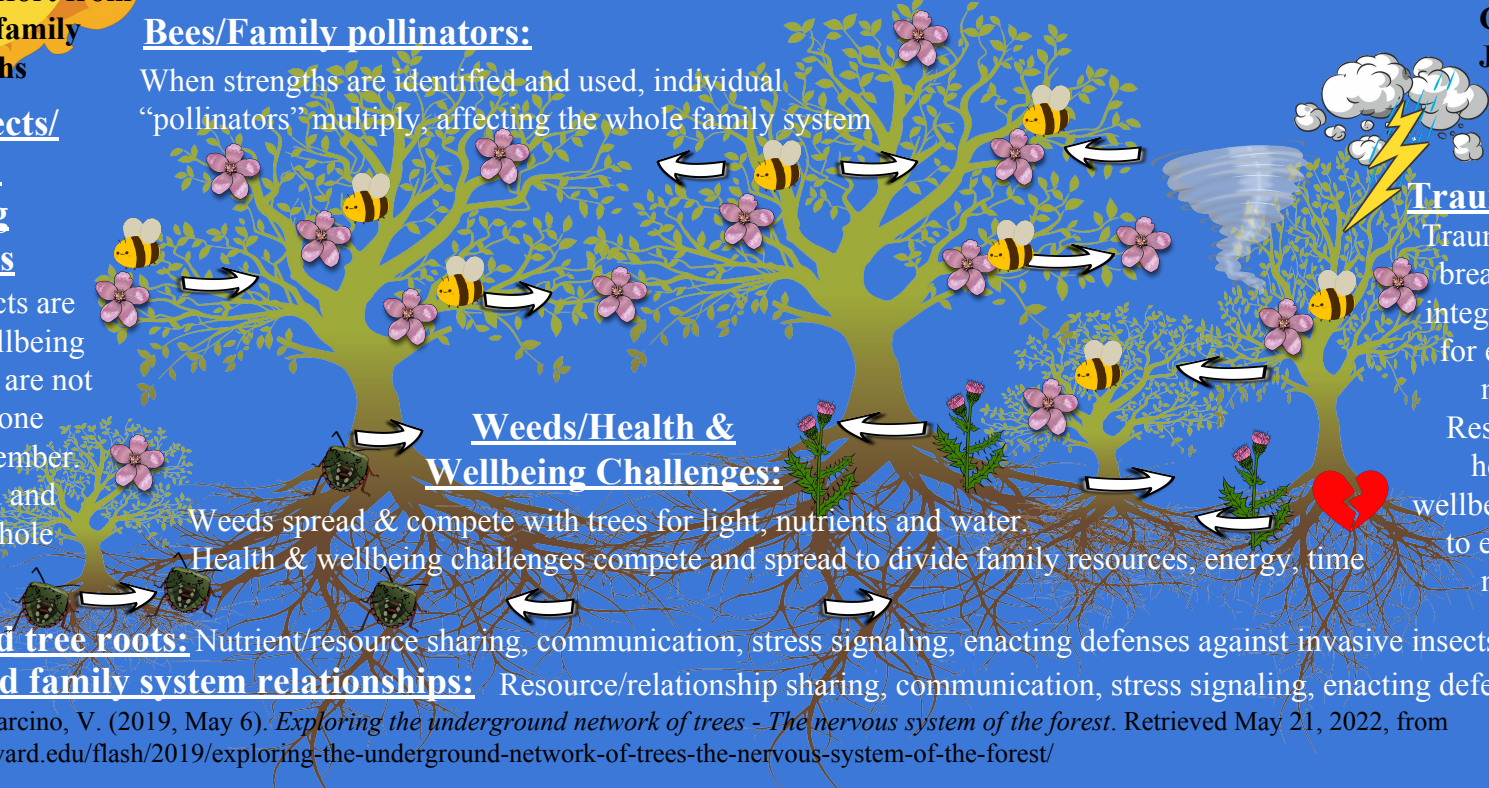
Weeds spread & compete with trees for light, nutrients and water. Health & wellbeing challenges compete and spread to divide family resources, energy, time

Interconnected tree roots: Nutrient/resource sharing, communication, stress signaling, enacting defenses against invasive insects/disease

Interconnected family system relationships: Resource/relationship sharing, communication, stress signaling, enacting defenses/coping

References: Lagomarcino, V. (2019, May 6). *Exploring the underground network of trees - The nervous system of the forest*. Retrieved May 21, 2022, from <https://sitn.hms.harvard.edu/flash/2019/exploring-the-underground-network-of-trees-the-nervous-system-of-the-forest/>

Moore, T., & Asay, S. (2008). Ch.2 Understanding Families. In *Family resource management* (pp. 42-52). Los Angeles: Sage Publications





Child Life Assessment and Care Plan Development Questions



- 1.) Who do you consider to be members of your family system and could you describe them?
- 2.) Would you describe what a whole day is like in the life of your family?
- 3.) Would you share an example of a past challenge your family faced and what each family member hung onto to, to cope and find hope in through the challenge?
- 4.) What are some of your biggest fears about facing this current challenge?
- 5.) Would you share some of your favorite family memories and things that bring your family together?
- 6.) What contributions and strengths do you believe each member brings to the family to build it up?
- 7.) What goals do you have and what do you need from the healthcare team in order for your family to be supported as a family?

