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UNDERSTANDING YOUR FAMILY DYNAMICS
(A Study of Healthy Families)

-Introduction -What is a Healthy Family?

1. The gift of relationships -no one lives alone
2. Purpose of a family
3. Tasks of a healthy family

-To Protect the Sanity and Stabilizing the Growth of the Parents Personality

1. Personal growth essential to deepening relationships
2. Power and intimacy within the marriage
3. Power in the family --who's really in charge?

-To Produce Autonomous Children with High Levels of Individuality and Healthy Self-Images

1. Enmeshed vs. disengaged families
2. Recognition and acceptance of individual differences
3. Acceptance of change and loss
4. Communication that encourages autonomy

-To Promote Intimacy and Closeness in Relationships through Enhancing Emotions

1. Parental modeling --
2. Family trust
3. Individuality with closeness
4. Empathy and the expression of feelings
5. Family moods

-To Grant Personal Freedom and Adulthood to Former Children

1. Resolution of family of origin conflicts

1. Loving and letting go -achieving peerhood
3. Transgenerational dysfunctions
4. Ways to renegotiate outdated relationships

-To Be a Perpetual Relay of Truth, Love and Lasting Values

1. Family's view of People and God

2. Fostering faith, creativity and healthy spirituality
3. Love -a stronger bond than blood