

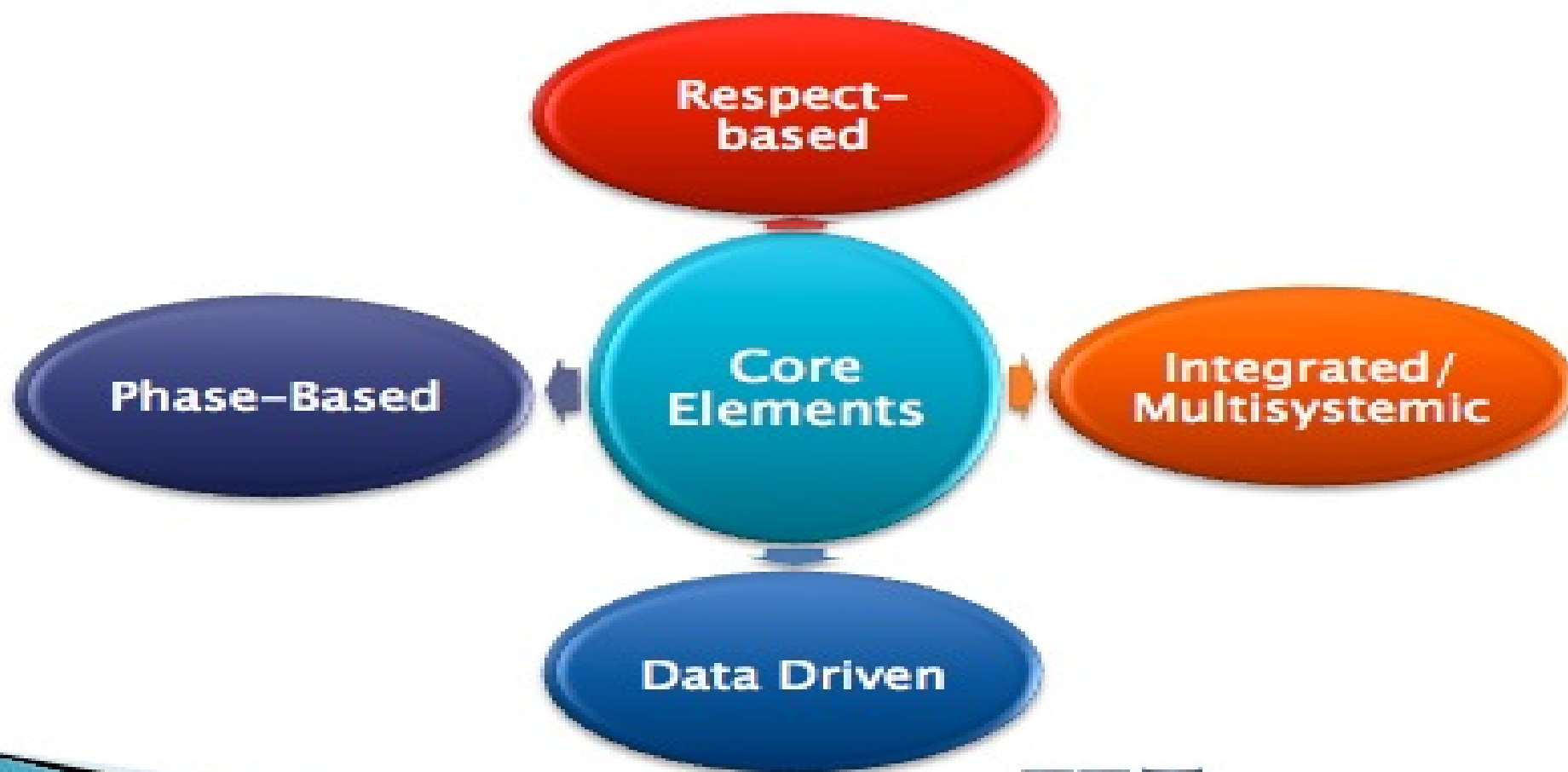


FUNCTIONAL FAMILY THERAPY CULTURAL COMPETENCY

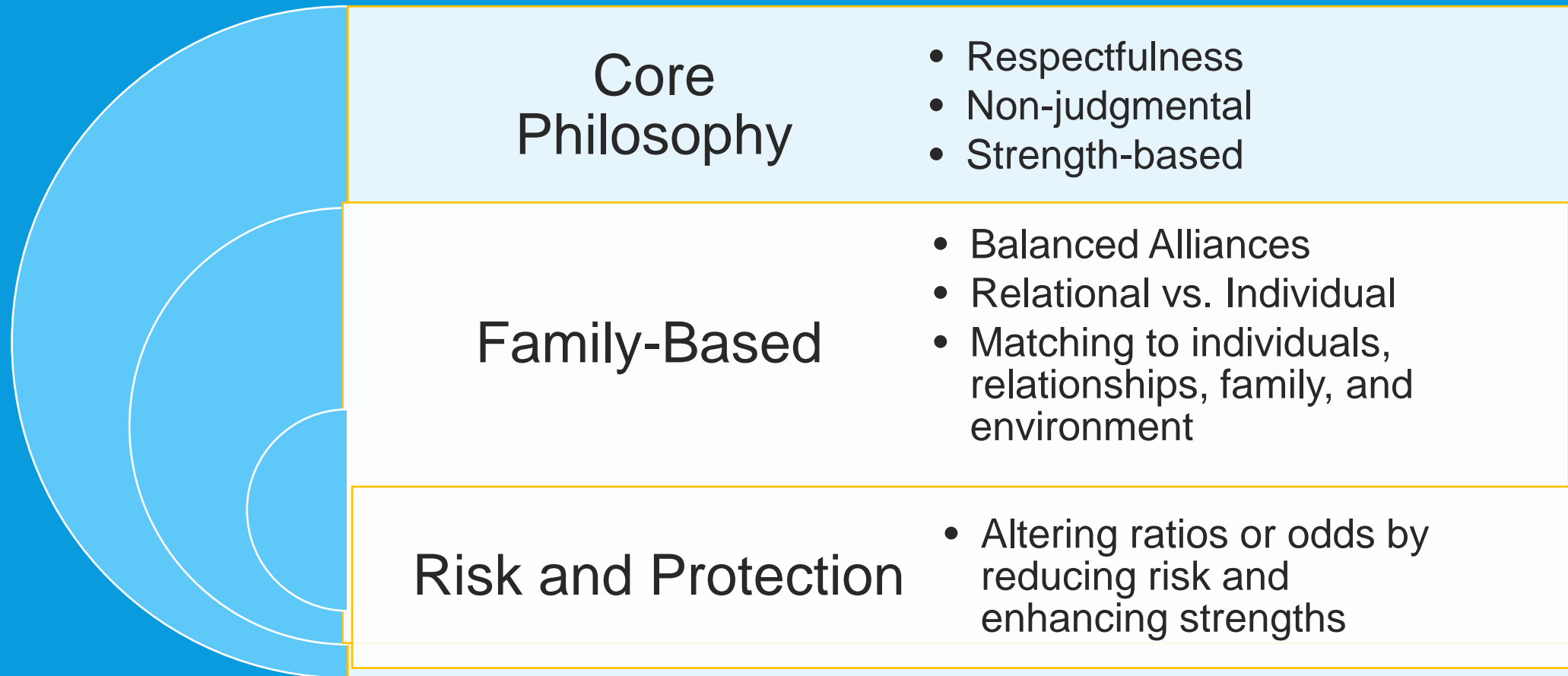
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FFT Principles



FFT CORE "ATTITUDE"





Understanding Language of Origin



Cultural Gap and Values



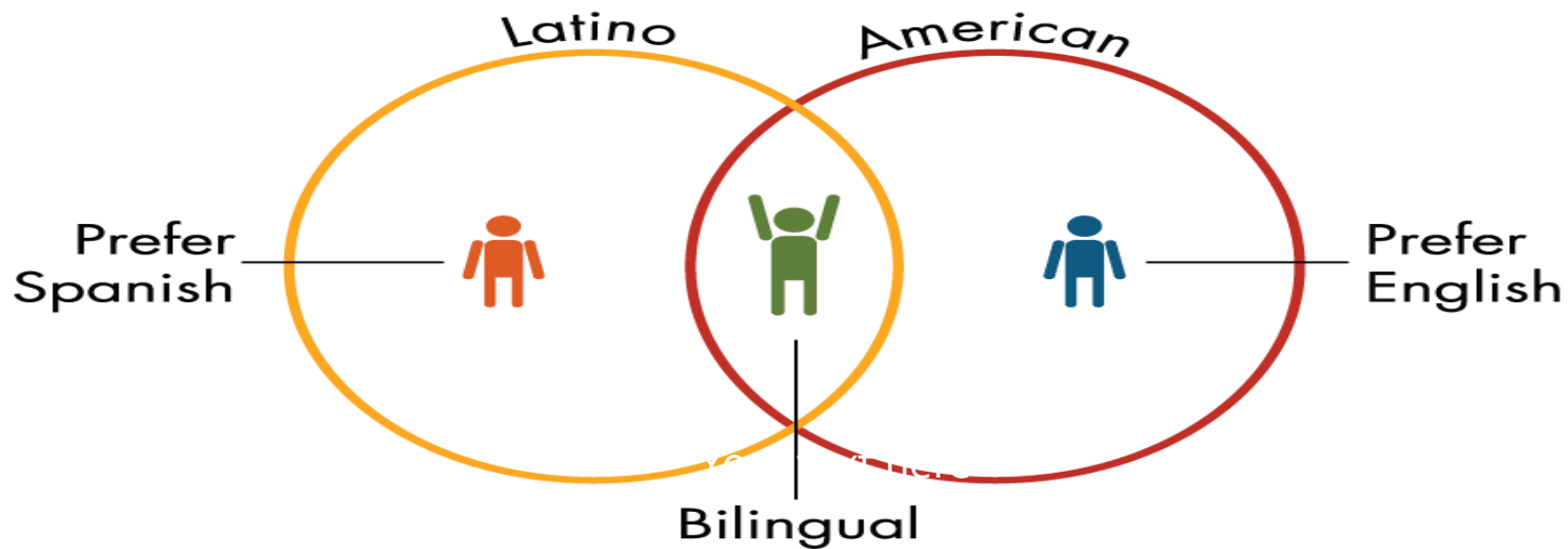
How to use culture curiosity



Strategies to engaged and maintained Latino Families in therapy

UNDERSTANDING LANGUAGE OF ORIGIN

Non Acculturated | **Semi** Acculturated | **Fully** Acculturated



- Time
- Education
- Socio-Economic Status—Home Country

TARGET LATINO 

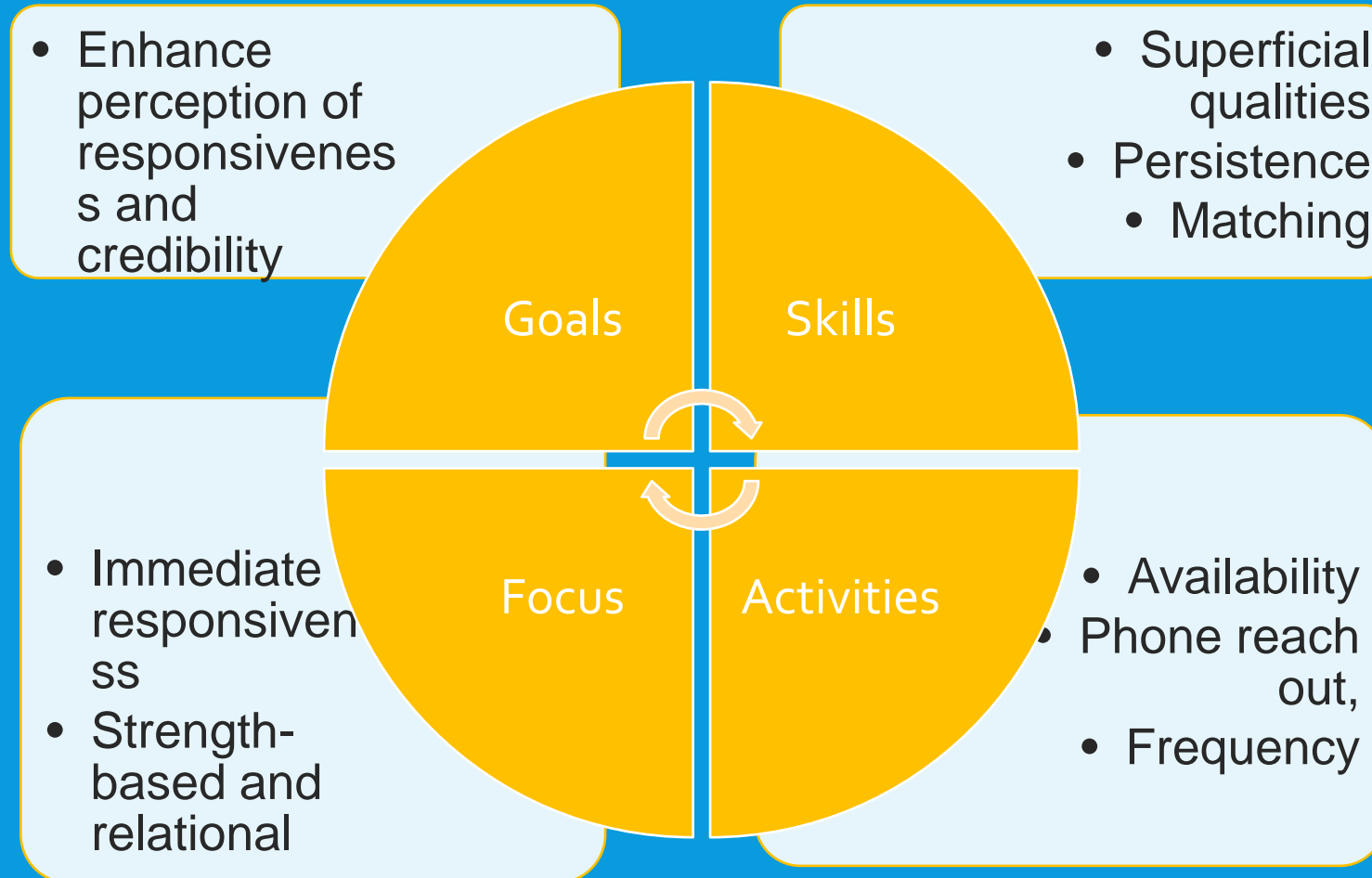
Your <http://hispanic-marketing.com/bl/hispanic-marketing/lets-talk-segmentation/>.



UNDERSTANDING LANGUAGE OF ORIGIN

- <http://www.wingclips.com/movie-clips/spanglish/no-space-between-us>

ENGAGEMENT PHASE



Techniques of the Motivation Phase

Change Focus

- Interrupt and divert
- Point process / Sequence
- Selectively attend to positive
- Strength-based, relational focus
- Do something

Change Meaning

- Theme hints / Relabels
- Reframes
- Reframe +
- Themes



ENGAGEMENT PHASE CHALLENGES WHEN WORKING WITH LATINO FAMILIES AND SPECIFIC UTILIZATION OF SKILLS

- Thinking relationally and systematic(Not just individually) about this what are your thoughts?
- Example: Language Barrier
- Example: A one up parent and submissive mother
- Example: Communication Difficulties
- How do we do it in FFT keeping and be culturally sensitive.



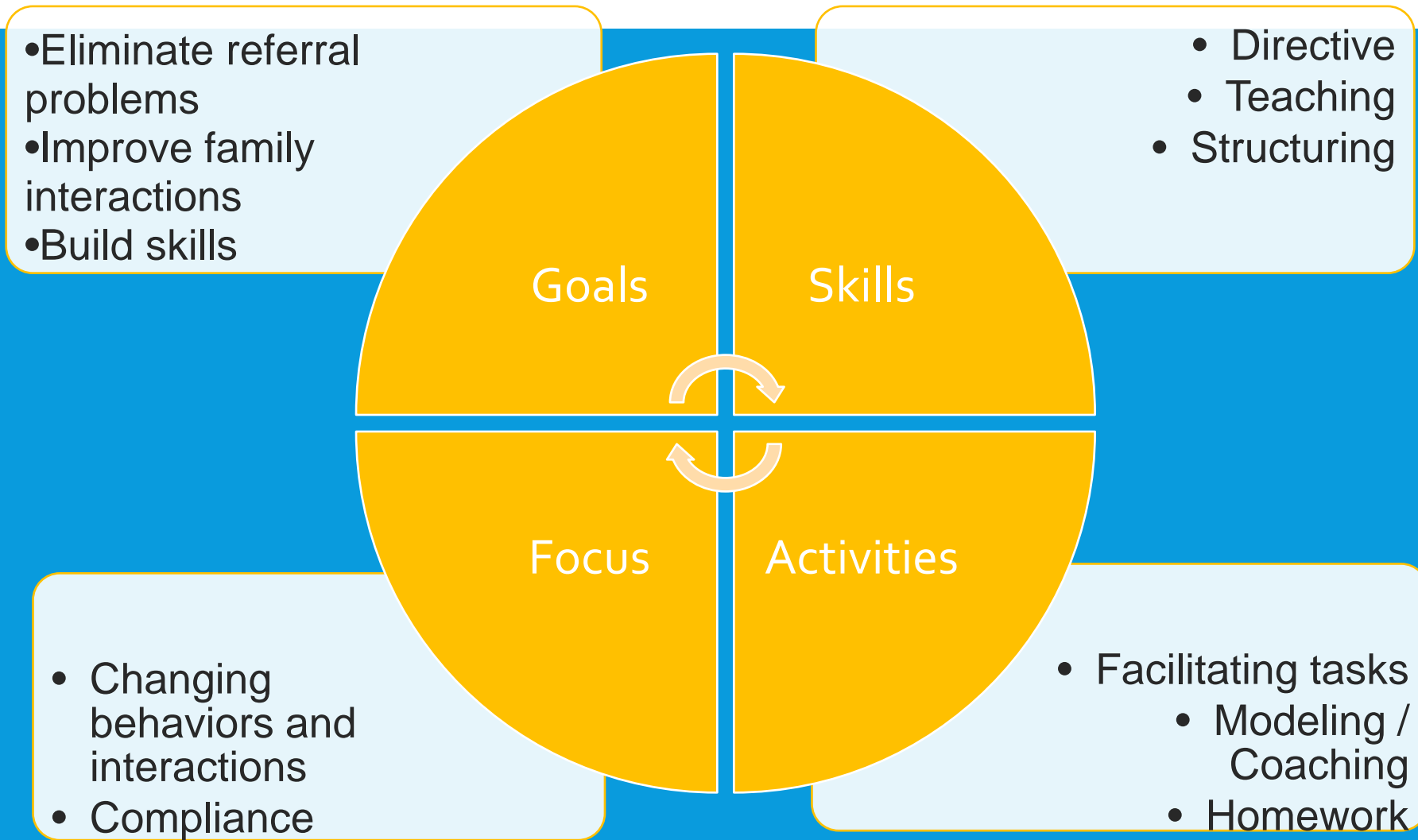
CULTURE AND VALUES

- Family values
- Family of origin
- Gender issues/ Machismo/ Marianismo
- Communication Styles
- Family Dynamics and Relational Hierarchy
- Personalismo- Personalized interaction
- Simpatía- Kindness
- Feminismo-Latino clients as a rule are closely connected to their extended family.
- Respecto- Respect
- Espiritualismo- Spirituality

RELATIONAL ASSESSMENT

1. Behavior Pattern: What are the typical behavioral interactions of the family/dyads. It is WHAT IT IS.
2. Relational Functions: Core motivators of family members
 - A. Relatedness
Contact/Midpointing/Autonomy
 - B. Hierarchy:
Power within relationship

BEHAVIOR CHANGE PHASE



CHALLENGES IN BEHAVIOR CHANGE PHASE

- Cultural Diversity/ Issues among Latino/Hispanic community with FFT Terminology, use of interventions. ..
- How do therapist deal with issues when u have entrenched/traditional/ non-traditional Latino's Family respecting family core values-but looking at the dysfunction that it brings into the relational dyad and dynamics with the family sx.
 - Example: Respect-no talking back whether is good or bad
- How to Match to Father's
 - Example: Female Therapist-single Male father
 - Example: K-Father who want to SHAKE Him up.. n do this but it took a lot of SBRS n the will of the daughter:
 - Think of Themes: what makes that father unique
 - What does he bring to the table
 - What roles does he play
 - His role has changed
 - What is his function.. From where he was to where he was place.. What were the circumstances of why he is a single parent.. what is his story... what does she value the most.

BEHAVIOR CHANGE ATTITUDE

- The Style of Therapist is equally important and at times gets in the way of what we need to do and we are not conscious of what we are doing.
 - Conscious
 - Unconscious
- How do we meet the needs of the phase, how can we do it in a way and be culturally responsible when we are integrating or navigating thru session and phases.
- Equally important as “Attitude” is in Engagement and Motivation Phases is therapist “Attitude” about the change process of Behavior Change □ The most essential therapist attitude is about respect of family structure (via relational functions) as the organizing element of all activities in Behavior Change



HOW TO USE CULTURE CURIOSITY

- Conocimiento
- Conexión
- Interpretar
- Cultura
- Health beliefs
 - Mal de ojo
 - Empacho
 - Caída de Mollera
 - Hot/cold theory

ENGAGING LATINO FAMILIES IN THERAPY

Not rushed

- Respect for cultural etiquette
- The “compromise” (commitment)
- Responsiveness “respecto
- Allowed for time
- Interpersonal Warmth
- The acculturation Gap
 - Not highly acculturated- speak when spoken approach
 - US does not Trump your culture

COMMON THEMES

- Honesto aprendiendo Fuerza de voluntad
- Confianza Silencio nunca es fácil hacer lo correcto
- Perdidas ser independiente sabotear
- Dolor comunicación Valores
- Enojo language del cuerpo patrones
- Desarrollo muy pronto interés no quiero reconocer algo Bueno que pasa
- Falta de esperanza culpa batalla
- Unidad rancor
- Miedo aptitude
- Frustración Carácter
- Preocupación angustia

DICHOS A WAY TO BUILD A RELATIONSHIP

- No hay mal que por bien no venga

- There is no bad from which good does not come

La esperanza no engorda pero mantiene

Hope does not make you fat, but it sustains you

Despues de la lluvia, sale el sol

After a rainstorm, the sun will shine

De tal palo, tal astilla

From such a stick, such a splinter

Del Dicho al hecho, hay mucho trecho

From the word to the deed, there is a great distance-it is one thing to say something will be done, and quite a different thing to get it done.

Entre broma y broma la verdad se asoma.

DICHOS A WAY TO BUILD RELATIONSHIP

- El que sabe, sabe y que no aprende
 - The one who knows, knows, and if not he learns
- Dime con que andas y te dire que eres
 - Tell me with who you are and I" tell you who you are
- Dale tiempo a l tiempo
 - Give time to time
- Nuca digas que no
 - Never say no
- Mas vale prevenir que lamenter
- Mejor sole que mal acompañado
 - Is better to be alone than in a negative relationship

Mas vale una vez Colorado que mil descolorido

better to have that to have million of fester problems. Getting issues out in the open an dealing with them rather than letting them be festser.

Engagement does not stop is continuing process