

MODULE 9
**FAMILY MEETING/
GATHERING**

MODULE 9

Theme:

Uniting the Family

Materials:

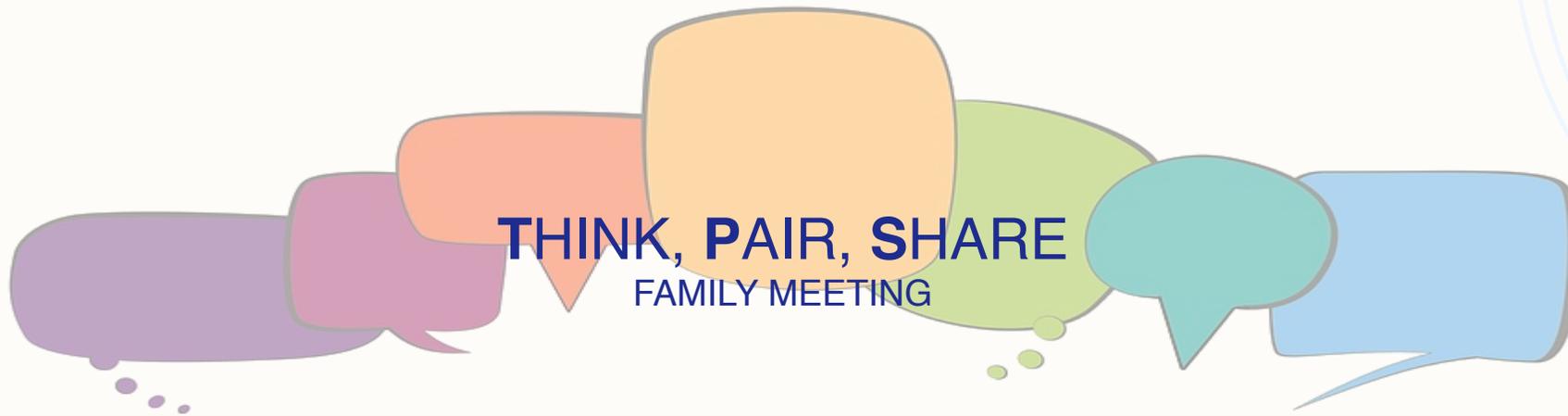
- **Interventionist Workbook** (*Module 8 Log*)
- **Interventionist Manual**
- Pens/markers
- Snacks for the family meeting





OVERVIEW: MODULE 9

- Check-In
- Beginning the Family Meeting
- Psychoeducational Review
- Sharing Individual Perspectives
- Wrap-up
- Check-Out



What is the goal(s) of the family meeting?

NOTE FOR INTERVENTIONISTS

MODULE 9

- Help the family have a successful Family Meeting so they can listen, communicate, and problem-solve for challenges.
- Families will talk about family strengths, resources, psychoeducational information review, family events, concerns about resettlement, and plans for solving problems.
- Remember these important goals:
 - Many families have moved to the US for a better future. Even though things might be hard sometimes, the family can work together to have a successful resettlement.
 - Listen to each family member's experience of resettlement.
 - Highlight the family's strengths
 - The interventionist should serve as a liaison between caregivers and children, voicing the children's concerns and experiences when necessary but also respecting confidentiality.



What challenges might there be during the family meeting? What can you do to help the family overcome these challenges?

NOTE FOR INTERVENTIONISTS

FAMILY MEETING CHALLENGES

- **If a family member is distracting and stopping you from talking about topics**

Thank the distracter for participating. Remind the family of the goals and agenda of the meeting and that the meeting isn't long so they should stay on topic.

- **If someone becomes upset (sad, angry).**

Try to understand the emotion. Provide support/empathy. Ask other family members to support this person. Ask the person what upset him/her. Give him/her time, then continue.

NOTE FOR INTERVENTIONISTS

FAMILY MEETING CHALLENGES

- **If someone will not talk.**

The Family Meeting is a new, awkward situation and it can be hard to feel comfortable and to speak. Ask the person to talk about a topic that he/she enjoys and feels safe discussing. Ask him/her to participate in the family meeting when ready.

- **If conflict starts.**

Ask that everyone stay calm so you can understand what is going on. Repeat what was said and ask the family members if you got it right. Try to find out what made them upset. Remind the family that you understand that the situation can be difficult. If the family members have calmed down, continue with the topic. If the family members cannot discuss this topic, change to a different topic, and return to the difficult topic later in a parent-only session.

OVERVIEW OF THE FAMILY MEETING

1. Beginning the Family Meeting

- a. Help family relax with a prayer or sharing a story.
- b. Have the speaker give a summary of the agenda and start the first topic.

2. The Heart of the Family Meeting

Have the speaker lead the family meeting through each topic on the agenda. Cover each topic by sharing individual perspectives and reviewing psychoeducational information.

- a. Psychoeducation Review:** Review information about resettlement related to the topic. If possible, a caregiver should do this but if caregivers want you to lead that is fine.
- b. Sharing Individual Perspectives:** In relation to each topic, caregivers and children will share their resettlement experience and its effects on the family. They can use the Family Narrative to help them share their experiences. This works best when caregivers begin and the children can add their perspectives.

3. Wrap-up

At the end of the Family Meeting, it is important to review everything that was accomplished and to encourage the family. Remind the family that you will meet with them again at a review session.



How can you provide assistance and help during the family meeting?

NOTE FOR INTERVENTIONISTS

PROVIDING ASSISTANCE

- Remind family members of topics they planned to talk about.
- Give support to each person equally. This is hard work for the family.
- Stay on topic.
- Help to explain something when the speaker gets stuck.
- Remember each person's experience during the Family Meeting. Try to give all family members the opportunity to speak.
- Help family members to ask each other questions, talk about concerns, and understand differences. This will help them move toward to a shared understanding of their experience. When you see connections between individual ideas and stories, talk about them.

FOR DISCUSSION & REFLECTION



Are there any traditional family gatherings in Afghan culture? What do they include?

ROLE PLAY FAMILY MEETING



- Role play the family meeting
 - Beginning the meeting
 - Sharing Individual perspectives
 - Wrap-up
- Offer feedback and reflect



Q & A