Unhealthy Family Dynamics

Ted Chapin, Ph.D.

Licensed Clinical Psychologist
Licensed Marriage and Family Therapist
Board Certified in Neurofeedback

Lori Russell-Chapin, Ph.D.

Licensed Clinical Professional Counselor
Board Certified in Neurofeedback

Chapin & Russell Associates

"Healing Hearts, Changing Lives"

3020 W. Willow Knolls
Peoria IL 61614
309.681.5850

I. Opening Exercise: Kinetic Family Drawing

II. Basic Assumptions

1. **Unhealthy Relationships Inhibit Development**
2. **Continued Stressful Events Disrupt Children's Needs**
3. **Negative Patterns of Parental Behavior Hurt Children**
4. **Childhood Harm Impacts Later Adult Health**
5. **Parents in Crisis often Unable to Change their Behavior**

III. Unhealthy Family Dynamics

1. **Impaired Parenting and Weakened Attachment**
2. **Parentification of Children**
3. **Boundary Violations**
4. **Chronic Rejection**
5. **Traumatic Experiences**
6. **Distorted Communication**
7. **Distorted Cognitions**
8. **Parental Alienation**

IV. Consequences

1. **Children don't know what is normal?**
2. **Normal developmental trajectory is altered.**
3. **Self-worth and hope of healthy future relationships deteriorates.**
4. **Search for validation leads to future victimization.**
5. **Children prone to ineffective coping strategies.**
6. **Experience immediate and ongoing decline.**

V. Possible Interventions

1. **Supervised Parenting Time**
2. **Individual Psychological Assessment**
3. **Personal Counseling or Play Therapy**
4. **Biofeedback/Neurofeedback for Self-Regulation**
5. **Parenting Skills Training**
6. **Family Counseling**
7. **Co-parent Mediation**
8. **Mentoring Relationships**
9. **Involvement in Developmentally Appropriate**
10. **Parenting Allocation Evaluation**
11. **Ongoing Family Support Plan**
12. **Others:**

VI. Discussion

VII. Call 309.681.5850

No-Cost Telephone Consultation