

# Family Debriefing A Passion and a Need



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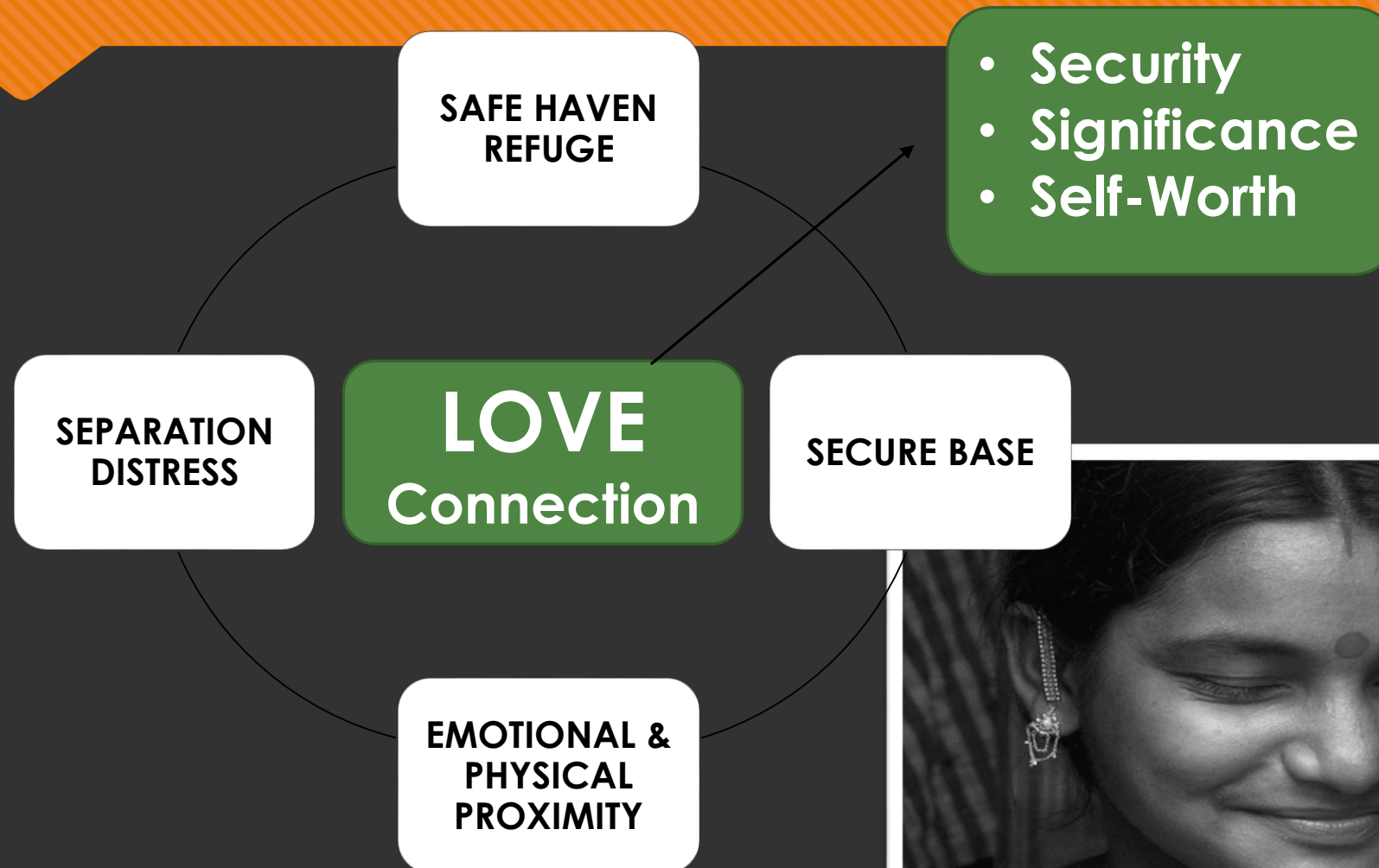


# Family Debriefing

A Passion and a Need

# A PASSION...

○ Families: God's Idea for humanity



# A NEED



- Stress symptoms
- Depression; Conflicts; Hostility; Doubts; Suffering; Powerless; Anger; Critics; Control Demands; Withdraw; Silence; Clingy; Detachment





# BENEFITS OF FAMILY DEBRIEFING

- To foster God's heart for families
- To encourage each family member to «give» their puzzle pieces to the whole in order to create «our» story
- To hear the joy and challenges from each member; how this impacts them individually and in their relationship, and how they can support one another and move forward



# CHALLENGES OF FAMILY DEBRIEFING

- Family systems / dynamics / communication / relationships / culture
- Unhelpful roles taken by certain members of the family  
(Rescuer, One speaking for others, correcting, Withdrawer, Parrot...)
- Attitudes
- \* Individual story one member doesn't want to share in the family context  
(Issue of safety when working with children; How do you encourage the person to feedback to the family if appropriate...)
- Children's age (child care) – Development stages



# LIMITATIONS OF FAMILY DEBRIEFING



- Crisis / trauma  
Parents first – then family
- Parental conflict or conflict between parent and child (dysfunctional families)
- \* Parent or child very emotional, negative, critical, depressed, disrespectful
- No will, desire...from one or more family members
- When the family is not complete (eg.one child not there)



# Considerations and Guidelines

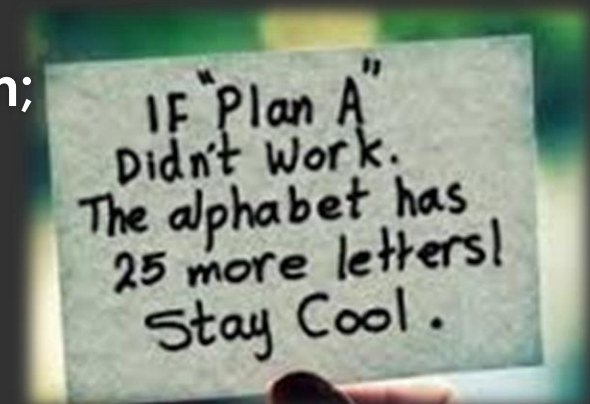
## Considerations

- \* Together; Separate; a mix of both?
- Parents first...then family?  
(time / finances...)
- Clarify expectations with parents "it is a FAMILY debriefing"



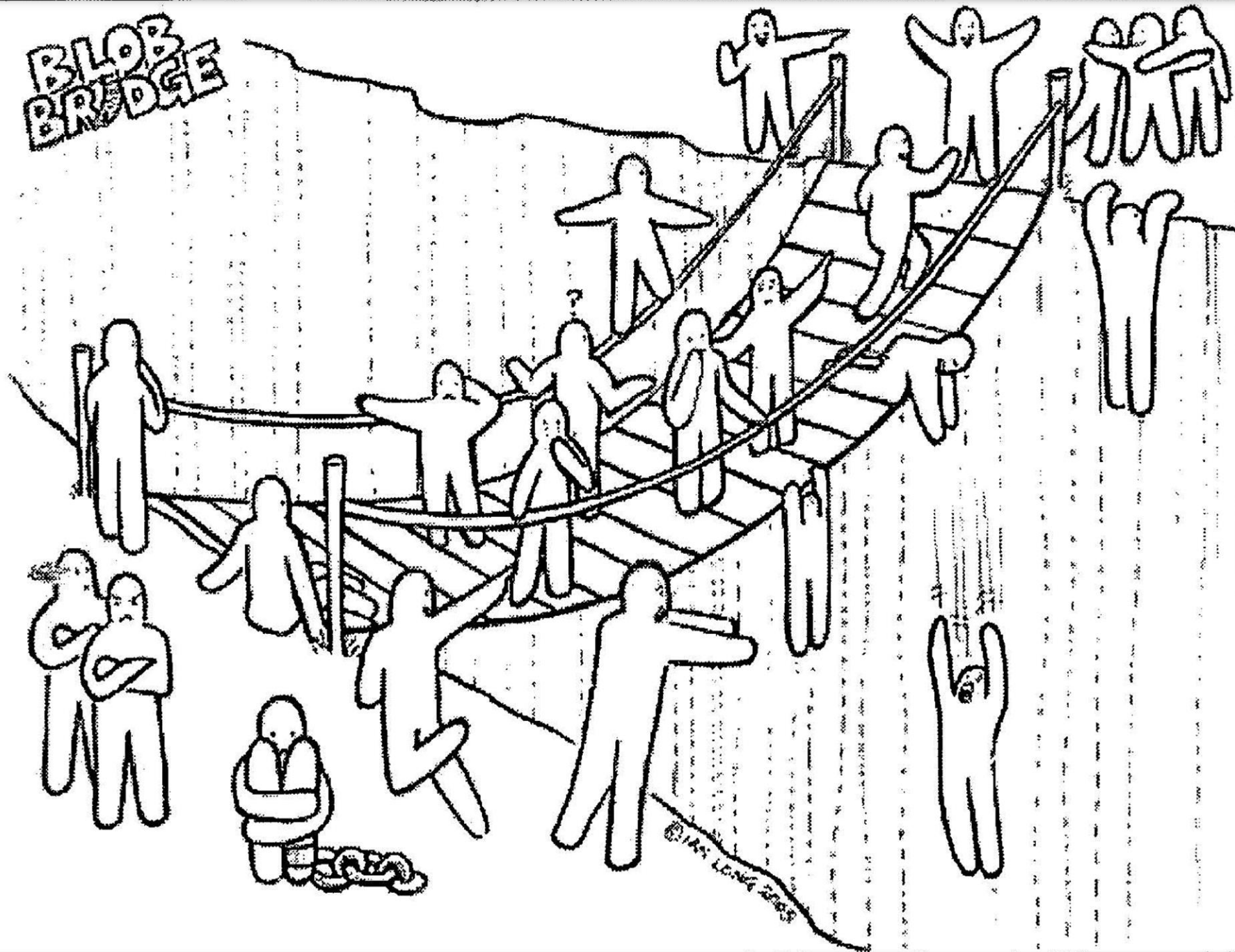
## Guidelines

- Contracting:
  - Explain the process
  - Confidentiality
  - Respect (age; story; ways of expressing...)
  - Role of MC person
  - Listen; No interruption;





# BLOB BRIDGE



# Case Study – Family with two sons (15 and 17)

Parents are from two different cultures (cold and hot culture). The family moved often and the last time was two years previous our meeting. At the first session, every one arrived separately and sat. No words were exchanged between them. As we got to check how they would prefer to work through the debriefing week, the oldest son says: *If they are sitting in this room, I am not speaking!* To which the youngest son just repeated the same.

The parents were silent. Dad was looking down and mum anxiously looking at her husband...

○ How would you deal with this situation? What would you offer?

# Role as MC people

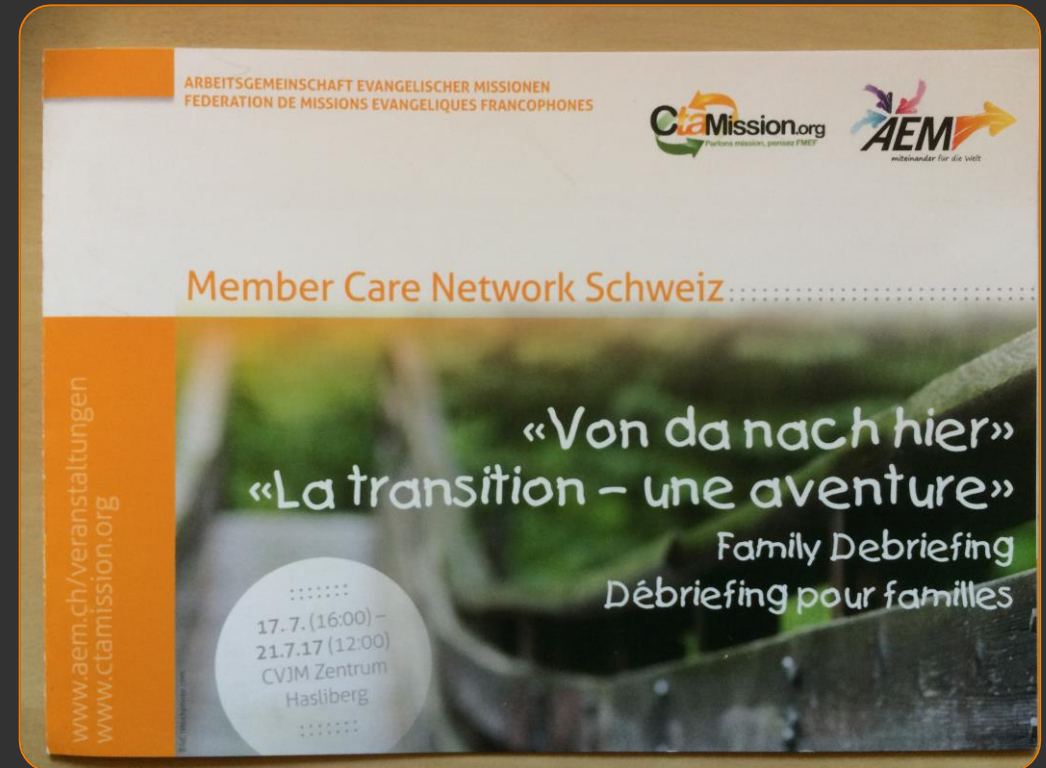


- **Facilitator**  
(You are not the problem; and you are not the solution either!)
- **Listener (active listening)**
- **Observer**
- **Acknowledge and respond to emotions**
- **Know different techniques for group discussion, process and decision-making**
- **Offer different ways / activities to help the family process (creativity)**



# Debriefing Families in a group setting

- Need a Focus (eg. Transition; re-entry)
- More teaching, more directive, less “unit” time
- Need a consequent team
- Age groups, Age appropriate programmes
- Planned times for families to share as units
- Activities as families as well as age appropriate (in groups) – may be as whole group (eg. Leaving phase)
- Sharing not only within the family, nor with a counsellor / debriefer
- Benefit: validation; normalisation; sharing with others who “have been there”
- Challenge: may not be tailored to the family’s needs



# One of the greatest reward

- To have the privilege to be witness a family sitting at the foot of the cross and God meeting with them on that “Holy Ground”.
- Witnessing God releasing healing, peace, hope, freedom, forgiveness, reconciliation...at times restoring relationships.

