Notes Unit II:
Families and Groups
SWK 3810
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Family of origin (born or adopted)

Family of Creation (those we choose or create)

Theoretically, families satisfy our need for:

- identity
- connection
- intimacy
- personal growth

Manifest functions of family

procreation

socialization

providing food, clothing, shelter, safety

system maintenance roles

Latent functions of family

teach norms and values of the family and general society

Issues involved with defining "family"

social and personal values

social roles

access to rights and benefits

identity issues (personal and social)

The systems perspective and families

families are a system with subsystems

evaluation of boundaries and exchanges

The developmental perspective assesses family over time. What are common life cycle changes that occur for a family?

unattached young adult

separation

differentiation

development

establishment

newly married couple

re-align

include/exclude

create

family with young children

adjust

accept

re-align

include/exclude

family with adolescent children

shift

permit or limit

adjust

change

accept

launching family

accept

re-negotiate

develop

revise

family in later life

accept

support

deal

Normative stressor: typical

Non-normative stressor: atypical (disruptive)

Bowen's theory (house analogy)

Level I: basement and foundation

Level II: framing and roof

Level III: doors, windows, walls

Level IV: furnishings and decorations

What is the ABCX Model of family stress and coping about?

outcomes of a stressful event
recovery, maladaptation, or bonadaptation

What is relevant to family functioning from the conflict perspective?

- access to basic support structures
- policy impacting family

How does Maslow's "hierarchy of needs" fit into the assessment of families?

must meet needs where they are
levels must be in place for full functioning

Why is the strengths perspective important in working with families?

building upon what is working can give strength to overcome what needs to change

What are the current trends and views regarding U.S. families?

(according to PEW Research)

More Americans say having a majority nonwhite population will have a negative impact on conflicts and culture than say it will have a positive impact

% saying having a majority of the population made up of blacks, Asians, Hispanics and other racial minorities by the year 2050 …

Will lead to ___ between racial and ethnic groups

	More conflicts	Fewer conflicts	Not have much impact
All adults	49	26	23
Rep/Lean Rep	59	14	25
Dem/Lean Dem	42	36	22

Will ___ American customs and values

	Strengthen	Weaken	Not have much impact
All adults	30	38	31
Rep/Lean Rep	13	59	27
Dem/Lean Dem	42	22	33

Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. adults conducted Dec. 11-23, 2018.
"Looking to the Future, Public Sees an America in Decline on Many Fronts"

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A majority of the population being made up of blacks, Asians, Hispanics and other racial minorities by the year 2050

	Very/somewhat good	Very/somewhat bad	Neither good nor bad
All adults	35	23	42

More people of different races marrying each other

	Very/somewhat good	Very/somewhat bad	Neither good nor bad
All adults	49	11	40

The number of people in the population who are 65 or older outnumbering people younger than 18 by the year 2050

	Very/somewhat good	Very/somewhat bad	Neither good nor bad
All adults	17	56	26

Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. adults conducted Dec. 11-23, 2018.
"Looking to the Future, Public Sees an America in Decline on Many Fronts"

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Household types: Distributions change when perspective shifts

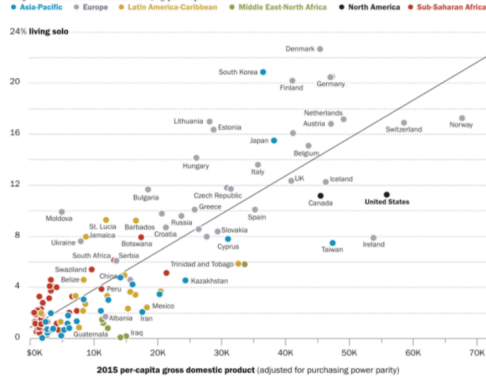% in each household type by level of analysis, all countries combined

Individuals

	Christians	Muslims	Unaffiliated	Hindus	Buddhists	Jews	All
Extended	29%	36%	37%	55%	44%	17%	38%
Two-parent	34	43	26	30	20	32	33
Couple	11	3	14	3	13	21	8
Adult child	9	6	12	8	13	12	9
Solo	7	1	7	0.9	7	10	4
Single-parent	6	3	2	3	2	4	4
Polygamous	0.8	5	<0.5	<0.5	<0.5	<0.5	2
Other	3	2	1	0.6	0.9	3	2

Households

	Christians	Muslims	Unaffiliated	Hindus	Buddhists	Jews	All
Extended	19%	27%	25%	42%	29%	11%	26%
Two-parent	24	43	21	31	16	19	27
Couple	18	8	20	8	19	28	15
Adult child	9	8	11	11	13	10	10
Solo	21	6	20	4	20	27	15
Single-parent	6	4	3	4	2	3	4
Polygamous	<0.5	2	<0.5	<0.5	<0.5	<0.5	0.5
Other	2	1	1	0.5	0.8	2	1

Source: Pew Research Center analysis of 2010-2018 census and survey data. See Methodology for details.
"Religion and Living Arrangements Around the World"

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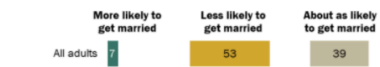## Slide 1

Living alone is more common in wealthier countries

% of individuals in solo households, by per-capita GDP

● Asia-Pacific ● Europe ● Latin America-Caribbean ● Middle East-North Africa ● North America ● Sub-Saharan Africa

24% **living solo**

Countries labeled include: Denmark, South Korea, Finland, Germany, Lithuania, Estonia, Netherlands, Austria, Switzerland, Norway, Japan, Belgium, Hungary, Italy, Iceland, Bulgaria, Czech Republic, UK, Spain, Canada, United States, Greece, Moldova, St. Lucia, Barbados, Russia, Slovakia, Jamaica, Croatia, Cyprus, Botswana, Ukraine, South Africa, Serbia, Trinidad and Tobago, Ireland, Swaziland, Chile, Taiwan, Peru, Kazakhstan, Albania, Mexico, Iran, Guatemala, Iraq

2015 per-capita gross domestic product (adjusted for purchasing power parity)

$0K   10K   20K   30K   40K   50K   60K   70K

Note: GDP data are not available for Kosovo, the Palestinian territories, Puerto Rico or Somalia.
Source: Pew Research Center analysis of 2010-2018 census and survey data. See Methodology for details. GDP data are in U.S. dollars and come from the International Monetary Fund.
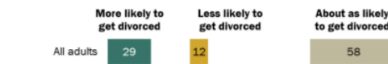"Religion and Living Arrangements Around the World"

Slide 2

A majority of Americans say people will be less likely to get married in the future; about six-in-ten expect divorce rate to stay about the same

% saying, by 2050 ...

They expect that people will be _____ than people are now

	More likely to get married	Less likely to get married	About as likely to get married
All adults	7	53	39

They expect that people who are married will be _____ than people are now

	More likely to get divorced	Less likely to get divorced	About as likely to get divorced
All adults	29	12	58

Note: Share of respondents who didn't offer an answer not shown.
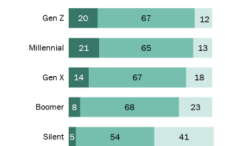Source: Survey of U.S. adults conducted Dec. 11-23, 2018.
"Looking to the Future, Public Sees an America in Decline on Many Fronts"
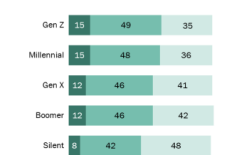
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Slide 3

Most generations are indifferent about cohabitation but have a more negative view of single motherhood

% saying couples living together without being married is a _____ for our society

■ Good thing ■ Doesn't make a difference ■ Bad thing

	Good thing	Doesn't make a difference	Bad thing
Gen Z	20	67	12
Millennial	21	65	13
Gen X	14	67	18
Boomer	8	68	23
Silent	5	54	41

% saying single women raising children on their own is a _____ for our society

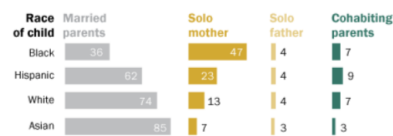|	Good thing	Doesn't make a difference	Bad thing
Gen Z	15	49	35
Millennial	15	48	36
Gen X	12	46	41
Boomer	12	46	42
Silent	8	42	48

Slide 4

Why get married?

% of the general public saying ___ is a very important reason to get married

Reason	%
Love	88%
Making a lifelong commitment	81
Companionship	76
Having children	49
A relationship recognized in a religious ceremony	30
Financial stability	28
For legal rights and benefits	23

Slide 5

About one-in-five children are living with a solo mom

% of children younger than 18 living with ...

UNMARRIED PARENTS

	Married parents	Solo mother	Solo father	Cohabiting parents
2017	69	21	4	7
1997	68	22	3	3
1968	85	12	1	

Note: Children who are not living with any parents are not shown. Data regarding cohabitation available since 1997 only.
Source: Pew Research Center analysis of Current Population Survey March Supplement (IPUMS).

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Slide 6

Nearly half of black children live with a solo mom

% of children younger than 18 living with ...

Race of child	Married parents	Solo mother	Solo father	Cohabiting parents
Black	36	47	4	7
Hispanic	62	23	4	9
White	74	13	4	7
Asian	85	7	3	3

Note: Children who are not living with any parents are not shown.
Source: Pew Research Center analysis of 2017 Current Population Survey March Supplement (IPUMS).

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What rights / benefits does an individual receive from marriage?

decisions

inheritance

guardianship

How does marital status and family composition impact family functioning?

- stress level
- access to services and support
- functioning level

How can diversity impact family functioning?

- culture and socialization
- access to opportunities
- history with policies
- who is included in the processes

What are the social implications?

- feminization of poverty
- stress impacts outcomes
- need to address disparity
- income security
- need policies to protect families

Arguably the most common family issue in the U.S. is divorce, what are the statistics on divorce in the U.S.?

There are some higher risk years for divorce

How you fight in a relationship is more important than what you fight about or how often fighting occurs. Why?

People may have vulnerabilities they are unaware of from their family of origin or past

Many successful couples do not solve their problems, they out last them - this is called the "endurance ethic"

Additional things to consider include:

- skill building and improved communication
- the use of good intervention tools (genograms, ecomaps, assessment scales, gestalt methods)
- keeping each family member involved

What are the implications for social work practice with families?

- need understanding of family
- assess system and subsystem functions
- focus on strengths
- empowerment of members and whole family

What is a small group?

Loneliness is a major health concern - why?

"Feelings of loneliness depend on one's aspiration for contact, perception of contact, and evaluation of social ties" Magnhild Nicolaisen & Kirsten Thorsen

Our assessment of social interactions may change over time (impacting the feeling of loneliness - quantity vs. quality)
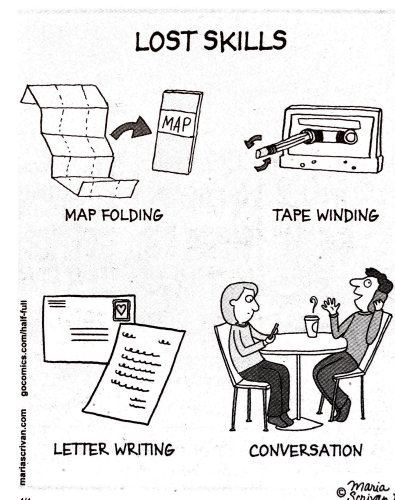
Common benefits of group include:

- A sense of belonging
- A means of empowerment
- A source of mutual aid
- A chance for reality testing

Strengths of a fully functioning or integrated person

- "fully functioning" or "integrated" are relative concepts
- identify a person's potential and strive to achieve needed changes

To assist in full functioning it is relevant to address:

- Openness to experience
- Inner-directedness
- Accuracy of perception
- Deep interpersonal relations
- Sensory awareness and peak experiences
- Spontaneity, autonomy, and creativity

How can involvement in a group be empowering?

- not alone
- reflect and broaden
- take action
- receive feedback
- evaluate action
- gain perspective
- gain confidence
- take ownership

How is group work relevant to practice?

- group membership is influential in access to opportunities
- people learn more in a group context

What is a therapy group?

- intensive group format
- focus on emotional and behavioral issues
- 6 or less members is optimal
- professionally led
- can be long in duration (months to years)

What is a mutual aid group?

- group formed to support encourage, and provide feedback (common problems)

- professional or trained layperson leading

- size and duration of group may vary

What is a psycho-educational group?

- group used to convey information or support regarding a specific area

- one session or series of sessions

- professionally led

Self-help groups

- group for people with common life situations

- often used as supplement to treatment

- ongoing duration (as-needed)

- layperson led (occasionally a professional)
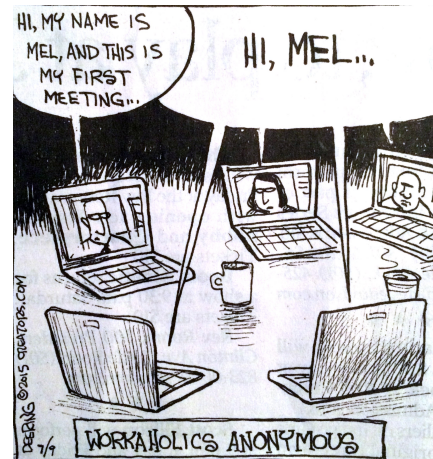
Task groups

- group created to accomplish a specific task

- often used to advocate change and implement policy

- leadership is often appointed or elected

- agency affiliation or knowledge may be a factor in membership

A group often develops unique dynamics that can be influenced by the worker. Group dynamics may appear in somewhat predictable stages (the number of stages vary depending on which theorist you follow…)

According to van Wormer, Besthorn and Keefe (2007), there are 5 stages of group development

Stage 1: "orientation"

members determine if they can identify with one another

Stage 2: "mutuality"

patterns of communication, alliances, roles, etc. emerge
testing of hierarchy and status

Stage 3: "drama"

old patterns of behavior are tested
rivalry / competition between members for attention
acting out and transference

Stage 4: "love ties"

acceptance of one another despite issues
development of mutual ties

Stage 5: "blossoming"

members grow and change due to interactions
may achieve without group support

Approach versus avoidance

Dependence versus independence

What can a worker do to ensure success of a group?

- Plan (in detail): client needs, environment, expectations, interactions and goals

- Norms: create cohesion with implicit and explicit norms for the group

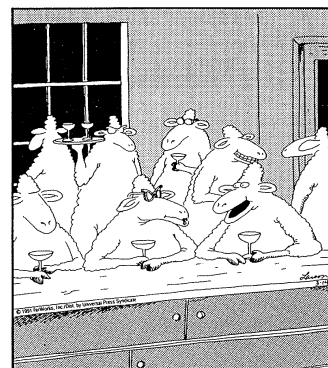# Skills needed for leadership in a group:

- planning, guiding and monitoring

- management of power and conflict

- set, clarify and revise goals

- model respect and openness

- be direct, honest and sensitive

Functions/roles of an effective group leader:

catalyst

guide

consolidator

facilitator

supporter

confronter

THE FAR SIDE   By GARY LARSON

"Well, what d'ya know! . . . I'm a follower, too!"

What are the general leadership styles?
(How do they relate to group interactions?)

- Autocratic (Authoritarian)

- Laissez-faire

- Democratic (Authoritative)

Impact of physical environment on group processes:

- attitudes and activities
- comfort level of participation

Practice implications for group work

- determine goals and outcomes
- build on strengths, values and needs
- work through conflict
- provide support for change
- focus on esteem and confidence