

REBUILDING HEALTHY FAMILY RELATIONSHIPS

BY
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1ST PHASE

PRELUDE TO:

- Task 1. TO UNDERSTAND AND ACCEPT DRUG-USE AS A Disease - (Kid in Group and parent in New Parent Raps.)
- Task 2. GETTING IN TOUCH WITH FEELINGS - (Learning it's okay to have and express feelings.)
- Task 3. CLEARING THE BARRIERS TO RELATIONSHIP - (The amends process in "TALK")
- Task 4. THE BEGINNING OF HOPE - (Changed appearance and attitudes of kids)

2ND PHASE

OPEN MEETING → MIRACLE WEEK →

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(3-5 days)

WONDERFUL TIME OF
SHARING ALL THE
SAVED UP FEELINGS
ETC. UNTIL
THEY
ARE
SPENT!

THEN THE HARD WORK OF FAMILY REBUILDING:

- Task 1. HONESTY - (Openness, no secrets; no excuses "What I say and do matches what I think and feel.)
- Task 2. SELF-WORTH - (I am and other family members are worthwhile.)
- Task 3. COMMUNICATION: FEELING - (Dealing with each other in feeling terms.)
- Task 4. COMMUNICATION: LISTENING - (Really tuning in to each other with attentive listening.)
- Task 5. BELONGING - (Message to each member - "You really belong in this family forever.")
- Task 6. PARENT-CHILD ROLES: AUTHORITY, RESPECT, AND SUPPORT - (Parents are authority and support figures for child.)
- Task 7. GROWING AND INDIVIDUALITY - (Each member is supported to grow in individual direction.)

- Activity 1. CONTINUING AMENDS: REPAIRING THE DAMAGE
- Activity 2. SHARING SELF: GETTING TO KNOW EACH OTHER
- Activity 3. RULE BUILDING
- Activity 4. BEING TOGETHER: FUN AND ACTIVITIES
- Activity 5. COOPERATIVE CHORES
- Activity 6. KIDS HELPING PARENTS UNDERSTAND THE PROGRAM

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