INDICATOR QUESTIONS

PURPOSE

Identifying key roles individuals play within the family unit can allow a counsellor to better identify and assist those most in need of support while also capitalizing on the increased stability and readiness of others.

Questions to help identify family members most ready for change

Which family member(s):

- Initiated reaching out for help? Organize and schedule sessions?
- Seem(s) most distressed by or vocal about current family dynamics?
- Work(s) to apply tools and strategies discussed in session outside of sessions?

Questions to help identify family members in a leadership position

Which family member(s):

- Seem(s) to have the most influence with other members?
- Appear(s) to be the most objective when conflict is present?
- Is/Are the most receptive to differing opinions and perceptions?
- Engage(s) with a healthy support network outside of the family unit?
- Tend(s) to be seen as the leader(s) or problem solver(s) in the family? (Note: these members may also be “most in need of support.”)

Questions to help identify family members in a leadership position

Which family member(s):

- Seem(s) least engaged in the process?
- Tend(s) to lose their voice or get overwhelmed during family sessions?
- Struggle(s) with stability or managing mental health, addiction, or unresolved trauma symptoms?
- Has/Have high levels of conflict (legal/relational/occupational) outside of the family dynamics?
- Tend(s) to be seen as the leader(s) or problem solver(s) in the family? (May not be receiving their own support from others in the family.)

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