The Family on Rehabilitation

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General Systems Theory (Von Bertanlaffy, 1968)

- **Family:**
  - Social group of interdependent individuals interacting one-another
- A change in a member affects all others
- A member gets sick, all suffer the illness
Family System Illness Model (Rolland, 1984-2016)

Typology of Illness

- **Onset**
  - Acute
  - Gradual
- **Course**
  - Progressive
  - Constant
  - Relapsing or episodic
- **Outcome**
  - Fatal
  - Sudden death
  - Non-fatal
- **Incapacity**
  - Non
  - Medium
  - Moderate
  - Severe

Other relevant characteristics
- Visibility
- Severity of crises
- Genetics
- Treatment regime
- Onset age

Phases

- Crisis
- Chronic
- Terminal

Family functioning
1. Structure
2. Communication patterns
3. Transgenerational History and Family Life Cycle
4. Beliefs
“Putting the illness in its place”
(González et al., 1987; Rolland, 1994 & Navarro, 2004)

- Symptoms control and Treatment
- Fluency relation with Health System
- Open communication
- Expression of fears and feelings
- Autonomy
- Prevent exhaustion
- Increase support net
- Preserve individual and group objective and identity
- NEW NORMAL... redefinition
Centripetal vs. Centrifugal
Potential Risks

- **Changes on Parenting Styles** (Torrado, 2015)
  - **Overprotection** (Méndez et al., 2004; Long & Marsland, 2011; Williams et al. 2014)
  - **Lower academic achievement** (Champaloux & Young, 2015)
    - Treatment secuelae
    - Higher absenteeism
    - Lower parental and own expectation
  - **Conflicitive siblings relations** (Torrado, 2015)
Potential Risks

- **Postraumatic Stress Symptoms**
  (Kaplan et al., 2013; Long et al. 2013; Packman et al., 2005)

- **Individual and System losses**
  (Tizón, 2004)

- **Couple relationship crisis**
  (Lavee, 2005; Lavee & Mey-Dan, 2003).
Potential strengths: Family Resilience

(McCubbin & McCubbin, 1996)

“The positive behavioral patterns and functional competencies individuals and the family unit demonstrate under stressful or adverse circumstances, which determine the family's ability to recover by maintaining its integrity as a unit while insuring, and where necessary restoring, the well-being of the family members and the family unit as a whole”.

(p.5.)
Family Resilience (Walsh, 2003)

- Organizational Patterns
  - Flexibility
  - Connectedness
  - Social and Economic Resources

- Communication/Problem-solving
  - Clarity
  - Open Emotional Expression
  - Collaborative Problem-solving

- Belief system
  - Make meaning of adversity
  - Positive Outlook
  - Trascendence and Spirituality
But... they need help!

THE INCREDIBLES
Thanks!