

Light University Online

Building a Solid Foundation

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## Module One

The concept I chose in Module One is Foundational Concepts of Marital and Family Therapy by Linda Mintle. Linda talks about how new concepts are like learning a foreign language. We need to be thinking on systems thinking in dealing with family structure and how they interact. It is not only dealing with the identified patient, but also the other systems that are affecting the family. When you are working with a person it is good to bring in family and expand the system. This gives you more information to watch and observe.

Linda talked about narrative and solution focused therapy. The family structure and what defines and makes up a family. That boundaries are needed to have healthy families. We learned about the family life cycle and how that helps us to understand an individual's development. We learned about cybernetics. How they are feed back loops both positive and negative. She taught us about circularity and how this type of questioning can help us understand a family structure better.

I chose this concept because I think it will be beneficial in dealing with an individual or couples problems. I can see how circular questioning would be very useful and helpful in trying to help an identified patient. By bringing other people in and completing the circle to gather information needed to help a patient.

## Module Two

The concept I chose in Module Two is Family Development and Conceptualization of Family Functioning by Linda Mintle. I love the way Linda opens the session talking about how God is relational. How we human beings are in union with God but are also separate, and carries over to the family. She told us that forgiveness is essential in being a Christian and also in family relationships. How that families need to be fully dependent on God and they need to be marked with integrity.

### Family Life Cycle Stages

Families are not static systems but they are always changing and moving through time. The first stage is leaving home. When a person becomes self sufficient and start establishing themselves. The second stage is forming a couple. The leaving and cleaving stage when a new system is being established. The third stage is the birth of children. Space must be made for new children into the original system. Things must be reorganized and this is most likely times of divorce. The fourth stage is launching. The empty nest has hit with children leaving home. It is time for adult relationships with adult children. The fifth stage is retirement. The roles start changing with parents stepping back and adult children stepping up. When the last parent dies there is a shift in the system.

I chose this concept because I have been through most of the stages and know them to be real. By knowing what stage a person is in will make it easier to understand a person and help them with their problem or solution.

## Module Three

The concept I chose in Module Three is the Strong Willed Child by James Dobson. I love the way Dr. Dobson starts the lecture talking about how children are on loan from God. He explained the difference in childless irresponsibility and willful defiance. Willful defiance represents sinful behavior that is inborn sin, that most children will challenge authority and will push the parent to the imaginary line or boundary. He explained that sassiness is defiant behavior.

Dr. Dobson talked about how he respected his mother but did not fear her. He could say anything to her if he said it in a respectful way. That love and control must be balanced. How every child is different from birth. He talked about how it is important to shape a child's will but not to break their will. Dr. Dobson gave us six steps in dealing with a strong willed child.

1. Define the boundaries before they can be enforced
2. When you are challenged by a defiant child to respond with confident decisiveness.
3. To know the difference in willful defiance and childless responsibility.
4. It is better to teach a child after a confrontation, that's when you can reassure and communicate with the child.
5. Avoid impossible rules or demands.
6. Let love be your guide.

I chose this topic because we had a strong willed child and now have strong willed grandchildren. By knowing this information, I will be able to apply these principles to help with our grandchildren, when asked of course.

## Module Four

The concept I chose in Module Four is Straight Talk to Men by James Dobson. Today, men are just too busy. Everyone is fatigued, its like a routine panic. The biggest threat to Christian families is over commitment. Kida are taught in bits and pieces and the father needs to be there. Values are not taught but are caught by children. Fathers hold the power to keep the family together. If America is going to survive, fathers must put their children at the top of their priorities.

Dr. Dobson talked about life being a relay race. Your father passed the baton to you, you pass it to your children. The baton is the Gospel of Jesus Christ. I chose this concept because I am a father and have sons and grandsons of my own. I can see how the baton must be passed to future generations. I can see how this concept will be useful in helping men and fathers who are to busy for their families.

## Module Five

The concept I chose in Module Five is the Seven Habits in a Healthy Marriage by Eric Scalise. Dr. Scalise starts out by talking about how it is not good for man to be alone. How our marriage can go from good to great. He gives us seven factors for a great marriage.

1. The first factor is capacity. It is our natural talent and ability. It's who is inside of us. When we are born again, we have the DNA of God in us.
2. We must be goal oriented. We must know where we are going in our marriage. We must keep our eyes on the prize.
3. The third concept is time. People who are good at what they do put in the time. They are committed.
4. Consistency- great people are consistent. They are steadfast and always show up.
5. Sacrifice- he said great is available just not free. It will cost you something. Sometimes we must be the sacrifice.
6. Accountability or coachability- most great people have a coach. We need someone we trust, who can speak into our lives.

I chose this concept because it is important to have a healthy marriage. Learning that marriage is give and take, about consistency and sacrifice. I can use this information to help others, my children and myself.