**Chapter 10: Additional Skills for Working with Families and Groups**

[Virginia Satir on the Quest for Peace](https://www.youtube.com/watch?v=VcnW_3Z0Fm4) [Family Therapy]

Virginia Satir pioneered advances in the practice of family therapy with the belief that people are capable of continued growth, change and new understandings. Initially, her practice and writings were focused on improving relationships and communication within the family unit. This video describes the value of effective communications within family systems.

• Is conflict behavior learned? If so, how does learned conflict impact the family system?

• What family therapy metaphors does Satir use to describe family relationships? How important is individual self-worth in family dynamics?

• Describe Satir's construct on the uniqueness of the individual being within a family system. How are parent(s) considered “gardeners” in raising children?

[Post-Traumatic Stress Disorder (PTSD)](http://www.homebaseprogram.org/general-information.aspx) : Red Sox Foundation and Massachusetts General Hospital Home Base Program. This website offers resources to veterans, families, clinicians, and administrators that work with returning soldiers.

• Explore this website for issues specific to military veterans experiencing PTSD, Traumatic Brain Injury (TBI), mental health or other related issues.

• In the left navigation bar, click on What's Happening at Home Base 2014 From the War Zone to the Home Front, and register for the Free Online Series. Current EBP knowledge and treatment interventions are provided across disciplines, not just medically-driven approaches. CEU credit is available for successfully completing modules.

[Working with Urban American Indian Families with Child Protection and Substance Abuse Challenges](http://www.nrc4tribes.org/files/Urban%20Indian%20guide.pdf)

Child maltreatment and substance abuse within American Indian families is at epidemic levels in some communities. The Rocky Mountain Quality Improvement Center in Denver, Colorado "developed an intervention based on gender-specific treatment and skill-building for women with their children.”

• Why is it important to understand urban American Indian families within the child welfare system? What is the historical relationship between this population and social workers?

• Describe the multiple, complex problems and needs that the urban Americna Indian families of this community presented and why this set of interventions was introduced.

• Has the Indian Child Welfare Act (ICWA) been effective? What still needs to be done to continue serving these families? Do you think these interventions could be transferrable to reservation communities?