



ALEXIA CAMFIELD, MA - LCSW

Psychotherapist & Certified Life Coach

ELEMENTS OF HEALTHY FAMILY FUNCTIONING

1. Family Team Spirit - A shared sense of pride in being connected. Sharing a sense of values and convictions.
2. Putting Family First - Consideration of how each individual's decisions impact other members of the family. Concern about each other's welfare and happiness.
3. Family Involvement - Emotional availability, companionship or information offered to each family member.
4. Established Routines and Meaningful Traditions.
5. Ability to Have Fun and Play Together.
6. Spending Time Together.
7. Thoughtful & Well Defined Rules: Clearly stated & evenly applied, flexible and respond to new situations and changes in the family.
8. Acknowledgement of Positive Behavior and Appreciation of Each Member.
9. Clear Roles of Parents and Children - Parents are leaders yet openly accept influence and input from children.
10. Parental Alliance - Parents are mutually supportive (cooperative) even if living separately.
11. Sibling Alliance - Siblings generally supportive and caring of each other.
12. Generation Gap - Clarity in family system between generations.



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13. Respect and Support for Each Individuals' Growth / Realistic and Reasonable Expectations - Family supports each individual able to achieve goals and get needs met.
14. Healthy Family Boundaries - Individuals' rights and privacy are respected and encouraged by family members.
15. Family Communication - Belief that each person's ideas are valid. Sharing of happy news as well as concerns. Expressing & listening to each other.
16. Good Coping Skills & Adaptability - Ability to find solutions to problems and to stand together during a crisis by using effective communication skills and maintaining positive outlook.
17. Involvement with Extended Family & Community - "It takes a village". The family as a whole is connected and involved with extended family, friends and community. Each individual member of the family has at least one person outside of the family where they receive support.
18. Ability to Manage Disagreements & Conflict with Love, Caring, Trust & Concern.
19. Basic Needs of Each Individual is Being Met.
20. Any Identified Areas of Dysfunction are Actively Being Addressed - Mental and physical healthcare needs being met. Absence of substance abuse or domestic violence.