



The therapeutic use of Daily Life Events with families

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It has been said (Garfat, Fulcher & Digney, 2013) that we live our lives in moments which, when sequenced together, construct the stream of our experience and living. One moment flows into the next and, added together, these moments create the fabric of our lives. It is in these daily life events, what Henry Maier (2000) called the seemingly insignificant events of the everyday, that we discover our struggles and our joys, our successes and our challenges.

While it is accepted that this thinking applies to our work with children and young people, it is equally true for families as a whole, as a system of interacting individuals. Founded in the principles and practices of a CYC Approach (Garfat, Fulcher & Digney, 2013) our approach to working with families follows directly on our approach to working with individuals.

Young people live their lives in these daily life events: getting up in the morning, eating with others, interacting

with families and friends, experiencing joys and frustrations in these everyday moments. In these moments we find opportunities for intervention to help young people live their lives with less difficulty and pain and with greater feelings of accomplishment and success (Garfat, Fulcher & Digney, 2012). The same is true for families.

Families start their days, eat together (or not), engage with the community, struggle with daily events, do dishes, ensure chores are complete, handle issues that arise, find moments of laughter and joy and, quite simply, interact with each other in the everyday fabric of their lives.

In our work with families we pay close attention to these everyday interactions among family members and between family and community, for it is in these moments that we help them discover new ways of being and acting in their lives; ways that may help them find less pain and greater joy in their family life. For us, this is the key focus – it is in the everyday that we see how family members become stuck in ways of inter-

acting that perpetuate their ongoing struggles. It is also in the everyday that they may find ways to free themselves from these painful, unhealthy, and sometimes destructive ways of being and doing.

In a Transformation approach to working with families, we follow the same process we do in our interventions with young people: *Noticing, Analysis & Reflection, Preparation and Intervention* (Garfat, Fulcher & Digney, 2013) offering congruence across our practice with youth and with families.

Our lives are lived in daily life events and it is within such events that we might discover ways to be and act differently. This is not family therapy but family work in which families find new ways of being and doing things together day-to-day. In this we help them to create *Outcomes That Matter*® for themselves and their family members (Garfat, Fulcher & Digney, 2012).

More information on our approach can be found at www.transformation.com

References

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