**Playbook to Inject the Healthy Undercurrents of**

**Safety & Peace of Mind**

*Unhealed Wound Seed*

**A Message from the Movie “Ordinary People”**

Who:

* Conrad (the Adolescent), Beth (Mom), Calvin (Dad), and Conrad’s therapist (Dr. Berger)

What:

* Scene in Movie: 1:04-1:11 Watch this selected clip from the movie Ordinary People , starring Mary Tyler Moore, Donald Sutherland, and Timothy Hutton
* Watch what happens after Mom reveals to husband in front of son the secret "that Conrad secretly quit the swim team" and how the secret opens up the unhealthy undercurrents of mom's unforgiveness toward her son.
* Watch the shift in Conrad when he finally figures out this undercurrent and forgives mom
* And how Conrad starts to feel calm and safe and at peace again

When:

* + Next Thursday during your family therapy session

Where:

* In the FST therapist’s office

How:

* Watch Scene in Movie: 1:04-1:11 and then discuss
* Discuss what action steps are now needed to reveal your family secrets in a better way than Conrad’s family did and the positive things that can happen in your family as a result of revealing long buried secrets

**Therapist’s Guide for this Playbook**

Rationale

The purpose for this playbook is to eliminate the unhealthy undercurrent of family secrets. This is done by raising the family’s awareness of the destructiveness of family secrets by increasing emotional intensity high enough so that the family’s secrets begin to come out. From watching the movie clip from Ordinary People, the goal is for the family to learn how to do a much better job of revealing secrets than the characters in the movie. This playbook is recommended for families who are currently maintaining secrets, or even better, those families who want to gain insight into how and why family secrets are so destructive and brainstorm ways on how they can safety reveal secrets. This playbook intervention also can help a family normalize shame or fear barriers to revealing secrets.

Procedure

The FST therapist will show Scene 1:04 (1 hour and 4 minutes into the movie) to 1:11 (1 hour and 11 minutes into the movie) from the film *Ordinary People* in their office or during a home visit. Before the scene is shown, the therapist instructs the family members what to watch out for:

* Watch what happens after Mom reveals to her husband in front of the son, the secret

"that Conrad secretly quit the swim team" and how the secret opens up the unhealthy undercurrents of mom's unforgiveness toward her son

* Watch the shift in Conrad when he finally figures out this undercurrent and forgives mom
* And watch how Conrad starts to feel calm, safe and at peace again
* As you watch each part ask yourself privately these questions and be ready to answer them in our post-clip discussion: (1) What can I do to help our family safely reveal or talk about our secrets in a much better way than Conrad's family did?; (2) If we did a great job of talking about our secrets with our therapist, in what ways will it help our family heal?; (3) Who will benefit most and why?; (4) Is the timing good to talk about the family secrets now? Why or Why not?

After these discussion questions are asked and answered, the family may be ready in the moment to reveal their secrets with the FST therapist as a facilitator of the process. The movie clip will be the catalyst for an enactment around family secrets that is done safely within a solution-focused framework.