

Step One (Pre-Session Preparation for coaching Two)

- Indicate the top two undercurrents that relate specifically to the symptom pick **you negotiated with the family to work on first at the end of the first coaching session**. These two undercurrents (unhealthy and corresponding healthy) will then be reflected on the feedback loops as well as the contract

Clinical Example:

Since this family does not have 90% or higher unhealed wounds, we will work on Misuse of Power undercurrents first to stabilize the system and then move into wound work if the family is willing to re-contract to work on their wounds.

Misuse of Power

- Empty threats – **No empty threats**
- Caustic Communication** – **Soft Talk, Calm Voice, Praise/Appreciation**
- Lack of Consistent Discipline** – **Consistent Discipline**
- Role Confusion – **Role Clarity**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent Nurturance**
- Dance of Violence** – **De-escalation Tactics, Playfulness, Safety.**
- Boundary Violations - **Creation of Boundaries**
- Different Parent or Marital Philosophies – **Same Philosophies or Work Together**
- Lack of a Support Village – **Mobilize or Create a Village**

Unhealed Wounds

- Unresolved Grief or Loss – **Grief Education and Resolution**
- Betrayal or Abandonment – **Security, Forgiveness, Unconditional Love**
- Family Secrets – **Reveal Secrets/Safety**
- Physical or Mental Abuse – **Support, Courage to Leave, Forgive**
- Lack of Forgiveness/Bitterness – **Forgiveness**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent Nurturance**
- High Anxiety – **Safety or Security**
- High Stress – **Relaxation or Diversionary Tactics**

Physical or Mental Impairment

- Drawn Out Medical Illness – **Education, Support, Stress Management**
- Someone Seen As Patient/Mental Case – **Normality and Accountability**
- Chemical Imbalance – **Psychotropic Medications**
- Brain or Mental Impairment – **Consistent Structure, Education, Support**
- Lack of Forgiveness/Resentment - **Forgiveness**
- Lack of Consistent Nurturance – **Unconditional Love, Consistent**

Unmet Primal Needs

- Maslow's Unmet Hierachy of Needs – **Fill in "Missing" Maslow Need**
- Lack of Attachment or Bonding – **Attachment Bonds**
- Lack of Forgiveness/resentment – **Forgiveness, Prayer**
- Lack of Connection to God or Higher Power – **Connecting to God or Higher Power**
- Mind, Body and Spirit Unbalanced – **Restoring Balance**