

Critical thinking on short video summary: exploring family strengths

[Sociology](#), [Women](#)



The video on Exploring Family Strengths features families that are faced with some stressing and unique challenges. This video is a presentation of the rationale, strategies and examples of getting family members to converse openly about their problems and strengths (Staton, 2012). Recognizing family strengths such as caring for each other, helping each other, cheering each other up in times of difficulty is vital in building family partnerships. The video also demonstrates the importance of a strong belief in each family's provider in the strength within their family (Staton, 2012). It also demonstrates the importance of interventionists in helping families discover the strengths they have regardless of their cultural and economic backgrounds. This could be so even in times of stressful and difficult circumstances affecting some family members.

The video features a family of four (father, mother, a four-year old boy and a two-and-a-half year old girl. The young girl is suffering from a CHARGE-syndrome a medical condition in which a baby is born with multiple birth defects that affect major organs. As the parents of the child they have to take care of an older child (4 years old), deal with medical service providers, conflicts arise regarding treatment and diagnosis while planning about their financial future as a family (Station, 2012). In the face of such challenges, this family manages to stay united and overcome their challenges and hence their strengths as a family are enhanced.

Family therapists are also shown to be important in helping families overcome their problems. Through sharing and constant communication, the families featured are shown to become more united and devise better ways to handle their challenges.

References

Station, J. (2012) Listening to Families: Exploring Family Strengths. American Association for Marriage and Family Therapy Research and Education Foundation; Heritage, Inc., | c 1994-1995. Videocassette labels have imprints: Van Nuys, CA: Child Development Media Inc.