

Family Psychoeducation / Joining Protocols

SESSION I

- BEGIN / 15 MINUTES SMALL TALK
- DISCUSS THE FOLLOWING
 - Details of Current Crisis
 - Precipitating Factors
 - Specific Prodromal (Warning) Signs and Symptoms
 - What has helped / not helped?
 - Coping Strategies
 - Family Member Support / Criticism
- Validate family member experience
 - Normal Response to an Abnormal Situation
 - Experience of Stigma, Embarrassment, Guilt
- Provide Overview of FPE Multifamily Problem-Solving Group
 - 5 – 8 families / natural supports persons
 - Meet 2 X month for at least one, usually more than 2 years
 - Focus on Problem Solving
- END / FIVE MINUTES SMALL TALK

SESSION II

- BEGIN / 15 MINUTES SMALL TALK
- DISCUSS THE FOLLOWING
 - Family Member Feelings, reaction to the Illness
 - Identify Social Network / Material Resources
 - Genogram
 - Past Experiences with Mental Health System
- END / 5 MINUTES SMALL TALK

SESSION III

- BEGIN / 15 MINUTES SMALL TALK
- DISCUSS THE FOLLOWING
 - Plan for near future
 - Short and Long-term Goals, Hopes
 - Participation in Ed Workshop
 - Participation in MF Problem Solving Group
 - Confidentiality
 - Performance Anxiety
 - Structure / Process
- END / 5 MINUTES SMALL TALK