Center for Family Philanthropy: Healthy Multi-Generational Communication with Dr. Stephen Treat, DMin, MFT
Thursday, September 17 | 9 – 10:30 a.m.

KEY PROCESS DYNAMICS OF A FAMILY PHILANTHROPY

I. **Introduction**
   1. *Ability to process out loud*
      a) Ask process questions
      b) Process for feedback
   2. *Integrated Self*
      A. Strengths and weaknesses
      B. Humility of perception
      C. Can receive feedback without defense
   3. *Integrated Narrative*
      A. Sharing your story
      B. Create understanding and empathy
      C. Curious about others’ stories
   4. *Understanding Systemics*
      A. Reciprocal patterns
      B. You are a player (problem and solution)
      C. Reflective vs. projective family system
   5. *Self-Concept*

II. **8 Aspects of Healthy Communication**
   1. Personal Power
      A. Reflection
      B. Self-responsibility
      C. Do what you say
   2. Safety
      A. Are you safe to others?
      B. What do you do with feedback?
   3. Building Relationships
      A. Defenses against sharing and dialogue
      B. Vulnerability and wish
   4. Entering Dialogue
      A. Listen – key word questions
      B. Express directly
      C. Emotional honesty
D. Voice/Vote

5. Process and Content
   A. Tone of voice
      1. Reflection or Intrusion
   B. Attribution
   C. Positioning
   D. Body Language

6. Personalization
   A. Emotional journeys – “Buttons”
   B. Stepping out of relationships into your early history
   C. Organizing emotions
      1. Rejection
      2. Criticism
      3. Controlled
      4. Unloved
   D. Organizing thoughts
      1. I am...
         a) Being undermined
         b) Being put down
   E. Instinctual response
   F. Repetition compulsion
   G. Counter-instinctual behavior

7. Level of Differentiation
   A. Multitude of choice as a response
   B. Reaction/response
   C. Inquiring into meaning
   D. Able to ask questions
   E. Lack of drama
   F. Can hold onto oneself

8. Assertiveness
   A. Lack of triangulation
   B. Direct dialogue
I. Introduction
1. Ability to process out loud
   A. Ask process questions
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   B. Process for feedback
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
2. Integrated Self
   A. Strengths and weaknesses
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   ____________________________________________________________
   ____________________________________________________________
   B. Humility of perception
   ____________________________________________________________
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   C. Can receive feedback without defense
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3. Integrated Narrative

A. Sharing your story

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B. Create understanding and empathy

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C. Curious about others’ stories

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4. Understanding Systemics

A. Reciprocal patterns

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B. You are a player (problem and solution)

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C. Reflective vs. projective family system

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5. **Self-Concept**

   A. Competence – built skills

   B. Relationship trust

   C. Money is not foundation on identity

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   1. Personal Power
      
      A. Reflection

      B. Self-responsibility

      C. Do what you say
2. Safety
   A. Are you safe to others?

   B. What do you do with feedback?

3. Building Relationships
   A. Defenses against sharing and dialogue

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4. Entering Dialogue
   A. Listen – key word questions

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6. Personalization
   A. Emotional journeys – “Buttons”

   B. Stepping out of relationships into your early history

C. Organizing emotions
   1. Rejection

   2. Criticism
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4. Unloved

D. Organizing thoughts

1. I am...

   a) Being undermined

   b) Being put down
E. Instinctual response

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F. Repetition compulsion

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G. Counter-instinctual behavior

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7. Level of Differentiation

A. Multitude of choice as a response

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B. Reaction/response

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C. Inquiring into meaning

D. Able to ask questions

E. Lack of drama

F. Can hold onto oneself

8. Assertiveness
A. Lack of triangulation

B. Direct dialogue

C. No coalitions

D. Multiple alignments