



# ***Family Flexibility***

***NeurOptimal Conference  
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● [www.YourMindfulCompass.com](http://www.YourMindfulCompass.com)

● Navigating Systems DC

● The Learning Space

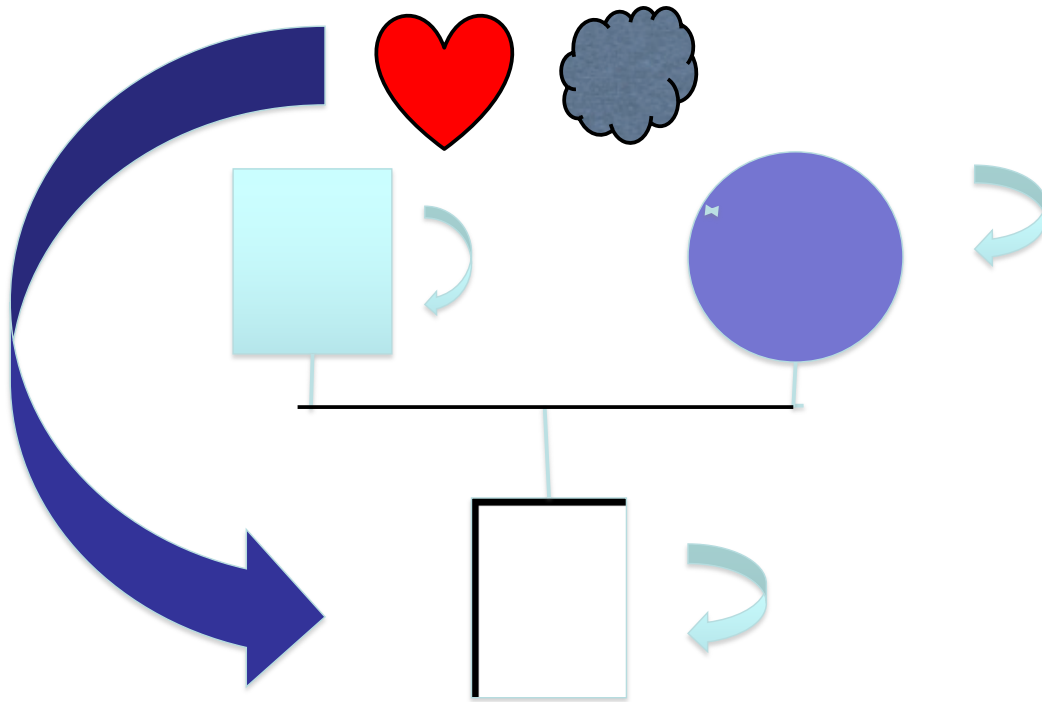
The human family distributes anxiety  
automatically (unfairly).

Can this knowledge enable us to reorganize the  
path of anxiety?

1) Describe the interactive nature of the family as a  
system.

2) How have people led by example?

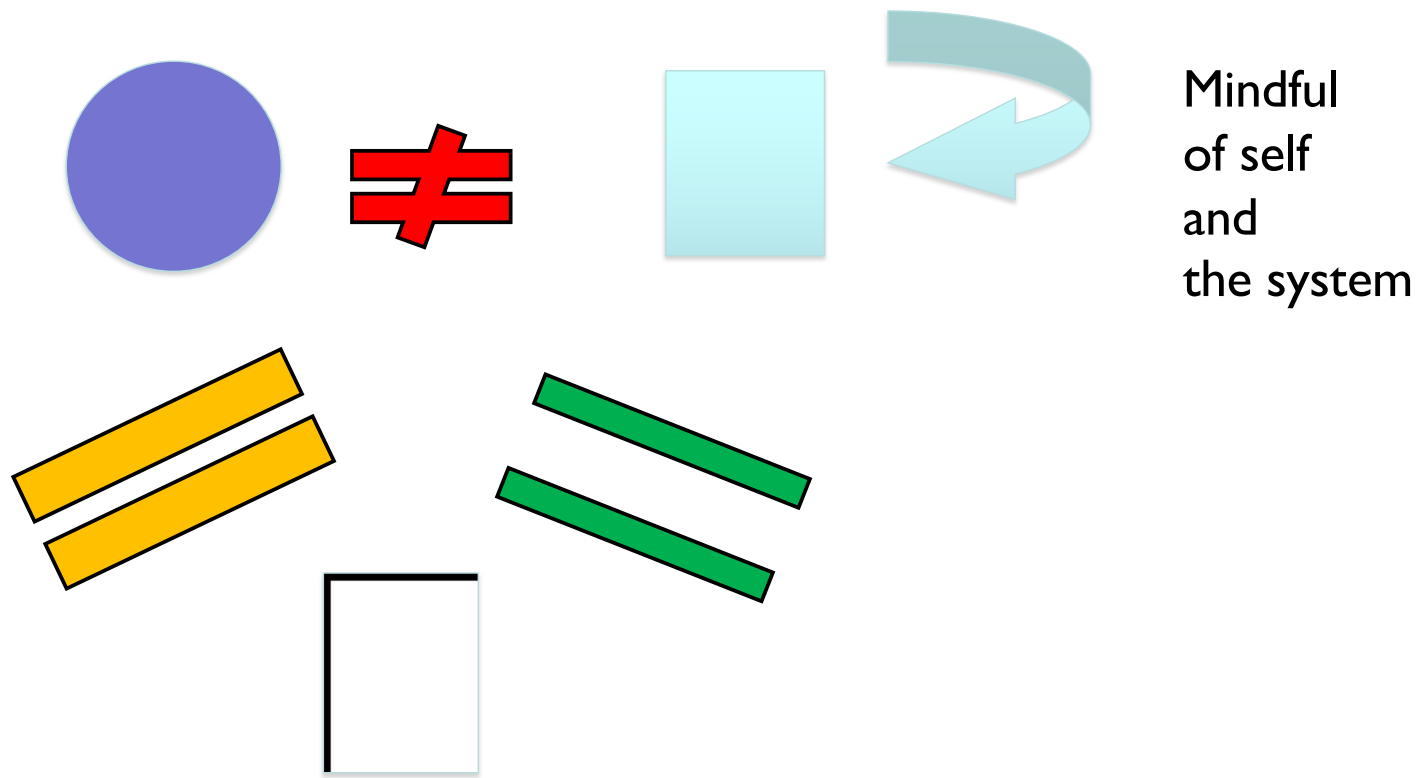
3) Interrupting cascading anxiety...  
NeurOptimal



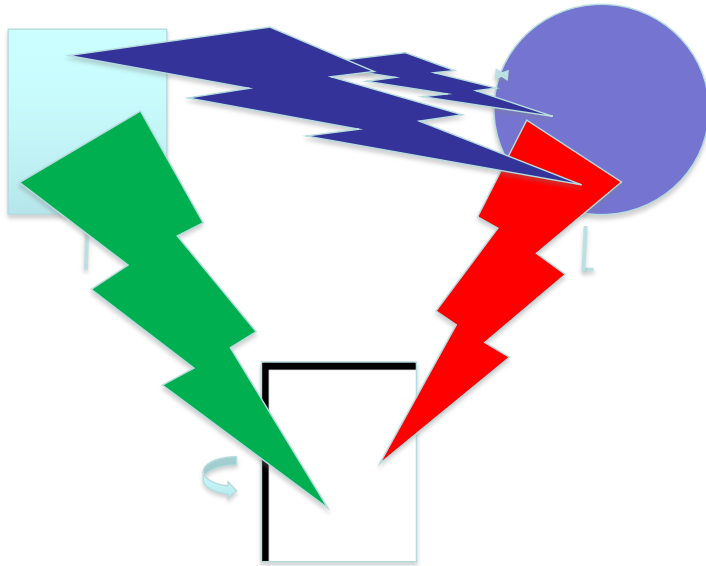
**The Family  
unit  
influences  
individual  
behavior**

- 1) “Observe” the state of the system
- 2) “Learning” to be a bit more separate from the ancient pull of the emotional system
- 3) Relate to each person in it

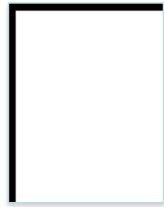
- 1) We inherit 4 mechanisms which automatically manage anxiety
- 2) Distance, conflict, reciprocal relationships and projection.
- 3) Can NeurOptimal enable us to be more mindful of the automatic nature of family emotional process?



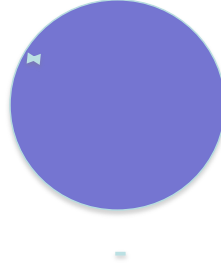
- 1) Emotional distance goes from mild to total cut off.
- 2) It can be either or physical or psychological distance.
- 3) To move through the distance one creates anxiety on both sides.



- 1) Conflict also varies in intensity and is an automatic reaction to differences.
- 2) If one person steps out of the dance the others can be confused.



Family Projection:  
“I am worried  
about  
**you....**  
**You** need to,  
must or should  
grow up the way **I**  
**need you** to grow  
up!!!”

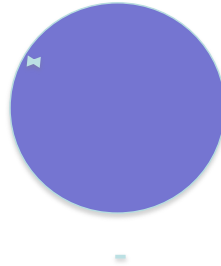


**Reciprocal  
relationships:  
the see saw**

or

**what I do influences  
or controls you!**





## **Fusion or con-fusion**

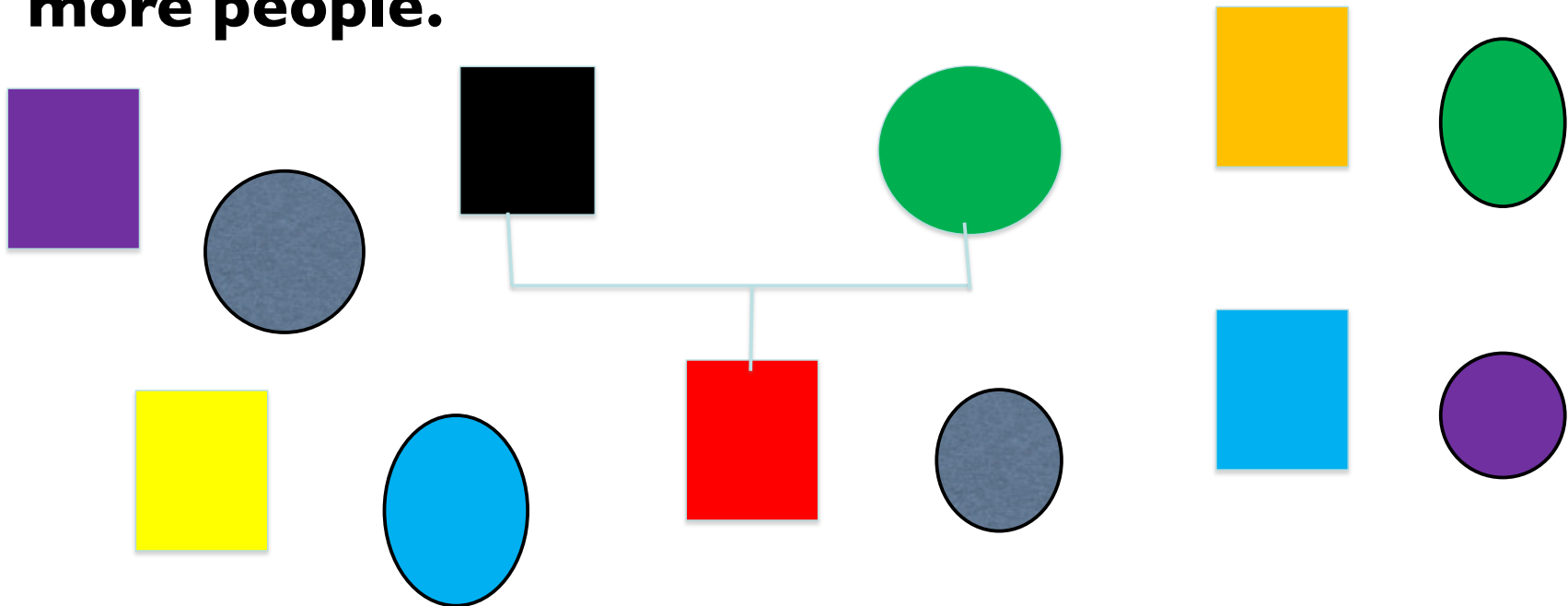
Two people lose the distinction – as to - who am I and who are you.

In an attempt to get along the two individuals merge into one.

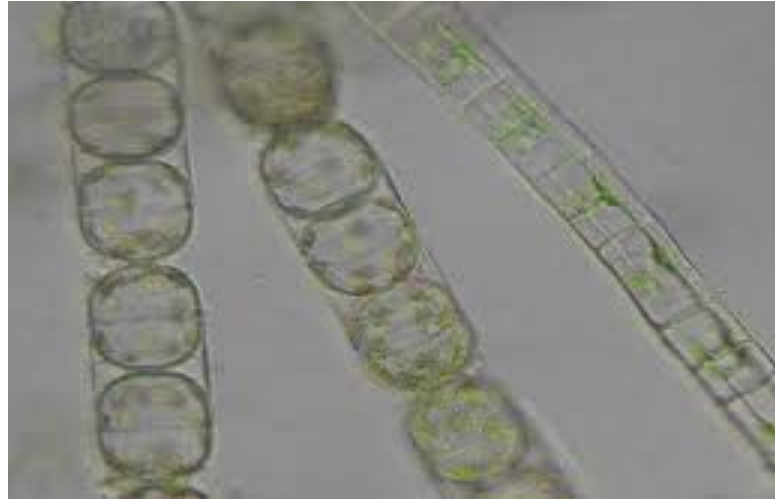
***Whose brain is in my head?***

## Changes in the system

**In small nuclear families one person can absorb a great deal of anxiety and be at high risk. If there is more contact the anxiety can be handled by more people.**



This is a detailed multi-generational pedigree chart for the Lamm family, spanning from the 18th century to the 21st century. The chart is organized into several horizontal sections representing different generations. Key individuals are labeled with names, birth and death dates, and locations. Notable events include the Lamm family's immigration to the United States, the founding of the Lamm family business, and the Lamm family's involvement in the Lamm family business. The chart also shows the Lamm family's involvement in the Lamm family business, including the Lamm family's involvement in the Lamm family business. The chart is a complex web of lines and symbols, with many individuals and their relationships clearly visible. The chart is a detailed and comprehensive record of the Lamm family's history, from its beginnings in the 18th century to its present-day status in the 21st century.



*Cells that commit to living together need a whole new set of tools. They have to come up with ways of sticking together, communicating, and sharing oxygen and food.*

*They also need a master developmental program, a way to direct specific cells to take on specialized jobs in different parts of the body.*

KAT MCGOWAN, QUANTA MAGAZINE SCIENCE

The four anxiety binders occur in all social species and help to manage stress in the group.



Social bonds are needed for health, and may be more important than diet and exercise. Friends are as closely related as 4<sup>th</sup> cousins. 29% of one's social role can be explained by genes. Christakis and Fowler, Yale.

The ripple effect: Separating a self from the social group.  
Differentiation of self demonstrate that individuals do  
make a difference in social systems.



## OBSERVATION from AIDS research 1985 -1995

When one person was more open with family, while maintaining a focus on their physiology, (hand temperature feedback) there was still an initial increase in symptoms in family members (or an emotional shock wave).

Anxiety was no longer isolated in one person, the family system began to take on more stress enabling the symptomatic person to live longer.

Over time the family members recovered and relationships became more supportive and people were more authentic.

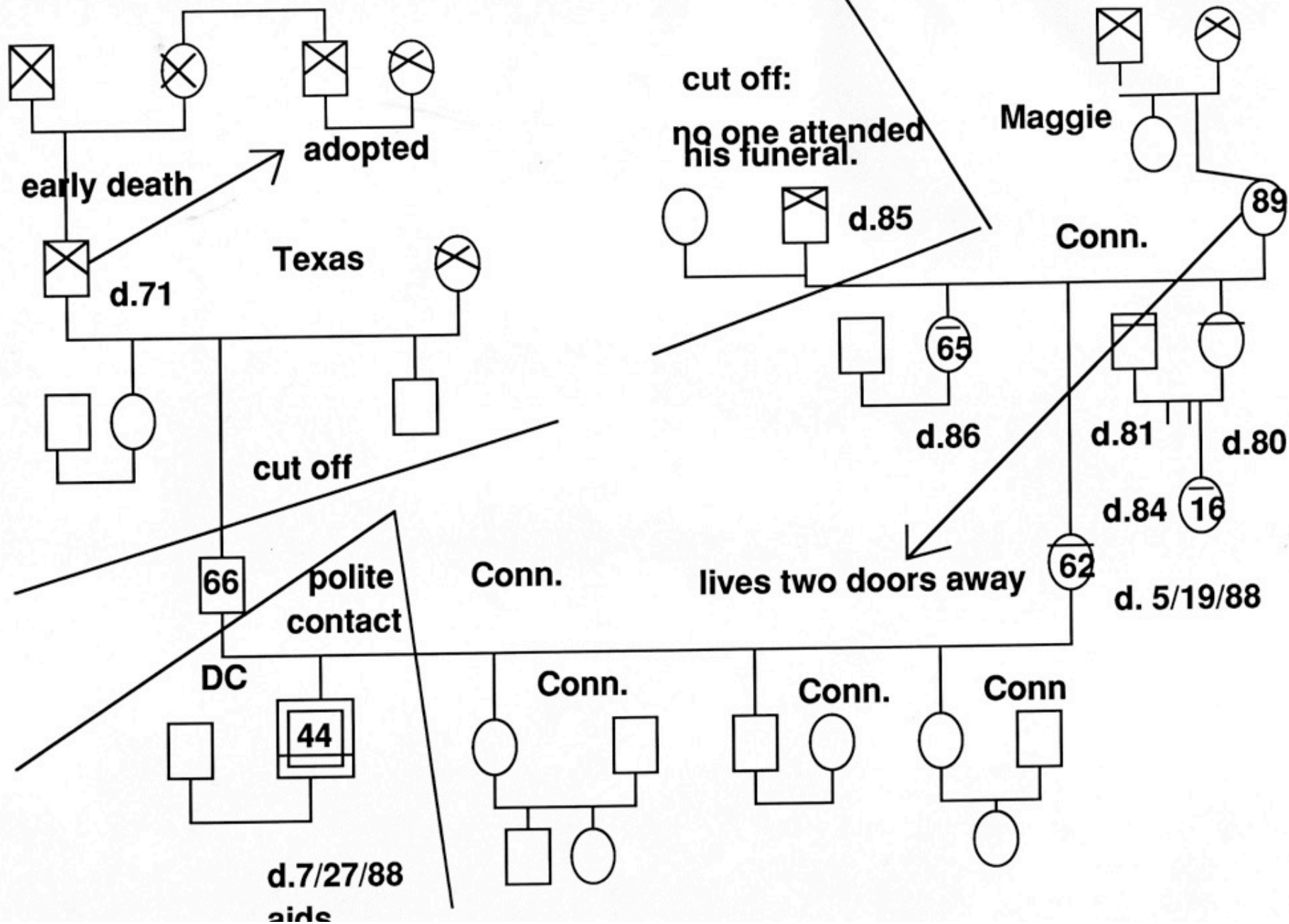
# Relationship Pressure in the Family Unit

An emotional shock wave  
is created in which the  
threat of death raises  
anxiety levels in all.

Individuals have some  
choices to make.

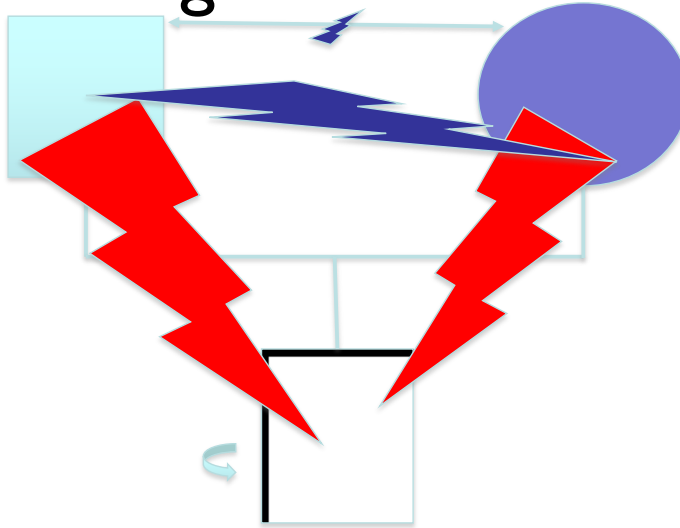
- 1) Effort to be more of a self,  
see the system, and calm the  
anxiety.
- 2) Reaction to cut off and or  
to blame others.





## Emotional cutoff

Triangles and indirect relationships.



Little awareness or freedom to separate from the emotional system until one could “see” the “system” and act for self.

WBC

11.3

10

9

8

7

6

5

4

3

2

1

2.1

One Case Example: BG

W.B.C. Normal range (3.9- 11.3)

3.1 3.5

2.7

2.5 2.7

2.2

2.2

2.1

2.1

1.7

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Dates: 1/18 1/22 1/29 2/23 2/25 2/29 3/3 3/10 3/24 3/

**1 / 2 9 / 8 8**

**TALK WITH SISTER**

**HAND TEMPETURE IN 76- 77 DEGREE RANGE**

**1 / 2 9 / 8 8**

**TALK WITH SISTER**

**HAND TEMPERATURE IN 76- 77 DEGREE RANGE**

**2 / 1 2 / 8 8**

**MOTHER'S TUMOR REAPPEARS**

**2 / 2 3 / 8 8**

**CONTACTING EXTENDED FAMILY MEMBERS**

**2 / 2 9 / 8 8**

**MOTHER HAS FURTHER RELAPSE**

**3 / 8 / 8 8**

**USING HAND WARMING TO KEEP SELF CALM.**

**HAND TEMPERATURE IN THE 90'S**

**3 / 2 4 / 8 8**

**TALKS WITH FATHER AROUND MOTHERS ILLNESS.**

**5 / 1 9 / 8 8**

**MOTHER DIED**

**7 / 2 7 / 8 8**

**BG. DIED FROM COMPLICATIONS DUE TO A LIVER BIOPSY**

# 353 Questions

Contact with nuclear and extended family:  
positive, negative, neutral

Contact with friends: positive, negative, neutral

Relationships with partner:  
positive, negative, neutral

Time spent with current partner

Relationships with health care providers:  
positive, negative, neutral

# of symptoms and deaths in the last ten years in three  
generations of family

Type of family support: personal contact, phone  
contact how often?

Finances

Geographical moves in last 5 years,

Education,

Work history,

Diet?

Do you belong to a religious organization?

Are you spiritual?

Do you belong to a support group?

Have you made plans for end of life support?

Home care or nursing home?

Have you made plans for funeral  
arrangements,



### 353 QUESTIONS

P VALUE INDICATED THE  
PROBABILITY OF THIS "x"  
OCCURRING 5 TIMES OUT OF 100.

P VALUE IS SIGNIFICANT BELOW .05

QUESTION 145.

HAS THE RELATIONSHIP CHANGED  
TO BE MORE SUPPORTIVE SINCE  
YOU WERE DIAGNOSED HIV  
POSITIVE

STAGE BY RCHPOSHI

P SIGNIFICANCE .04787

0	1
STAGE 1	26.9
STAGE 2	73.1

## SYMPTOM BY STAGE

STAGE 1: T 4 COUNT IS GREATER THAN 400

STAGE 2: T 4 COUNT IS LESS THAN 400

**P SIGNIFICANCE .00654**

STAGE ① ②

0	1
SYMPT 00	42.3
SYMPT 1.0	57.7

**THE NUMBERS OF SYMPTOMS IN A FAMILY  
DO PREDICT  
WHAT STAGE  
OF HIV/AIDS THE INDIVIDUAL IS IN.**



FRAGMENTED FAMILIES THAT HAVE BEEN ABLE TO  
COMMUNICATE THE HIV DIAGNOSIS TO FAMILY

FRAGMENTED FAMILIES: DEATH IN THE NUCLEAR FAMILY  
BEFORE THE INDIVIDUAL WAS TWENTY.

P SIGNIFICANCE .01069

COMHIV

0	1
FRAG 00	73.3
FRAG 1.0	26.7

INTACT FAMILIES APPEAR TO HAVE  
THE FAR GREATER PREDICTABILITY  
FOR THE OCCURANCE OF A SHOCK WAVE.

THEORETICAL EXPLANATIONS  
AND IMPLICATIONS FOR FURTHER RESEARCH



# Zen Farm Experiment



# John Cammack and his Extended Family System

Anxiety travels through the generations:  
Mechanisms work as some get more focus than others.  
What will you do?

