Make waves
COMMUNITY EDUCATION DAY

BREAK THE SILENCE.
Learning Objectives

1. Define Key Concepts: Culture, Family, Norms
2. Illustrate how key concepts influence social organization
3. Define Emotion-Focused family interactions, and their influence on HH organization.
4. Illustrate how Emotion-Focused Household Culture promotes trust and cooperation.
Key Terms:
Culture, Family, Norms

Culture

“All the shared products of human society, comprising its total way of life.”

- Material Products – houses, utilities, infrastructure, cities, etc.,
- Nonmaterial Products – religions, languages, customs, norms, taboo, & various trends
CULTURE (Con’t)


Social Interactions in Everyday Life,
and Cultural Conditioning

- An *act* is anything you do: sing a song, brush your teeth, stop at a stop sign, acts of kindness/resistance
- *Social Interaction* is the process by which people act toward or respond to other people
- A *symbol* is something that can meaningfully represent something else, to the extent that there is
- *Symbolic Interaction*: how we interpret and derive meaning from our daily interactions, in context of culturally conditioned categories and definitions; further…
- Cultural categories and definitions, in turn have reciprocal influence w/ symbolic interactions
- Swimme & Tucker (2011) attribute symbolic reasoning as a key factor in the unprecedented efficiency of human cultural evolution, and exponential pace of technology development

Source:

Key Term: 
Family

- Define “Family”

- *Family Interactions* are symbolic, “perpetual,” and “inter-generational.” Historically, pillars of stability and cohesion in all levels of society.

- Unprecedented Challenges: the exponential pace of technology development naturally has unintended consequences that also develop exponentially

- Example: Information overload has cultural categories and definitions in flux - diminishing cohesion, or “shared meaning” in symbolic interactions

- Diminished cohesion & shared meaning generates cognitive dissonance in and among families/communities

- “Crisis of perception” (Chopra, 1993) has reciprocal influence with cultural norms and priorities

**Sources:**


Key Term: **Norm**


*Norms* are the *unspoken* rules that condition & often habituate individual and collective behavior (e.g., stop at a stop sign)

- Norms promote whole group efficiency, stability, and cohesion at all levels of social hierarchies (e.g., Local, State, National, Global)

- Essentially, norms are geographically aggregate thoughts that are as powerful and functional as we make them; e.g., when introduced to someone new, we say “Hello” & shake hands, v. sing a show tune. *What if you did??*

- Harvard Sociologist Harold Garfinkel demonstrated the existence of norms in social experiments that intentionally violating them; e.g., barter w/ checkout clerk, face the back when riding an elevator
Household Culture:  
*Family Interactions & Social Norms*

**Family Norms**

- HH culture has the same “mechanics” as larger cultural processes: interpretation and shared meaning derive from symbolic interactions.
- Symbolic interactions have reciprocal influence with **both** HH and larger cultural categories and definitions.
- Shared meaning on HH culture categories and definitions (sans teenagers!) is often far more attainable than in larger social systems.

*What are some of your family’s norms?*

- Fun
- Communication
- Conflict
- Cooperation
Emotion-Focused Couples Therapy
Susan Johnson

The 5 Basic Moves of EFT

1. Reflect & Distill Present Process (Within Between)
2. Affect Assembly & Deepening / New Emotions
3. Turn New Experience Into New Steps / Signals to Partner / Enact
4. Explore How Each Experiences the New Steps / "How Does It Feel to Share"
5. Integrate / Validate "How Do You Feel"

Repeat these 5 moves again and again as you move through the steps and stages of EFT.

Dancing the EFT Tango
Emotion-Focused Interactions

1. Reflect and Distill the current interaction.
2. “Affect Assembly” – allow awareness, and deepen experience of current emotions. Allow time for transformations, and re-appraisal.
3. Turn new experiences into new interaction signals and behaviors toward others.
4. Explore with others how new experiences create new signals & behaviors.
5. Integrate into relationship and household culture, and validate.
Trust & Cooperation

TRUST

*Source: Gottman, J. (2012). The science of trust. New York: W.W. Norton*

• Trust reduces the complexity of all transactions
• Trust permits action with incomplete information (benefit of the doubt)
• Trust minimizes transaction costs
• Trust increases the relationship’s resilience for fitness demands as complexity naturally increases over time
Trust & Cooperation

Cooperation


*Cooperation get individuals more in their self-interests than any other style.*

- John Nash won the Nobel Peace Prize in Economics in 1996
- “Nash Equilibrium” cooperative framework rooted in Game Theory; The film. “A Beautiful Mind” depicted his life
- John Gottman integrated Game Theory into his CT model to establish how cooperation sustains trust; “trust metric”
Thank you!