



Make waves

COMMUNITY EDUCATION DAY



**BREAK
THE SILENCE.**

Lindner Center
of HOPE

|  **Health.**

Emotion Focused Household Culture



Michael K. O'Hearn. MSW, LISW-S

Lindner Center of HOPE

Community Education Series

Emotion-Focused Household Culture

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

Source: Robertson, I. (1981). *Sociology, Second Edition*. NY: Worth

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)

Source: Robertson, I. (1981). Sociology, Second Edition, NY: Worth
***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:

Swimme B., & Tucker, M.E. (2011). *Journey of the universe*. New York: Yale University Press.

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:

West, B.J., & Grigolini, P. (2011). *Complex webs: Anticipating the improbable*. NY: Cambridge University Press

Chopra, D. (2015). *Quantum healing: Exploring the frontiers of mind/body medicine, (Kindle Edition)*, NY: Bantam.

Key Term:

Norm

Source: Robertson, I. (1981). Sociology, Second Edition, NY: Worth

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

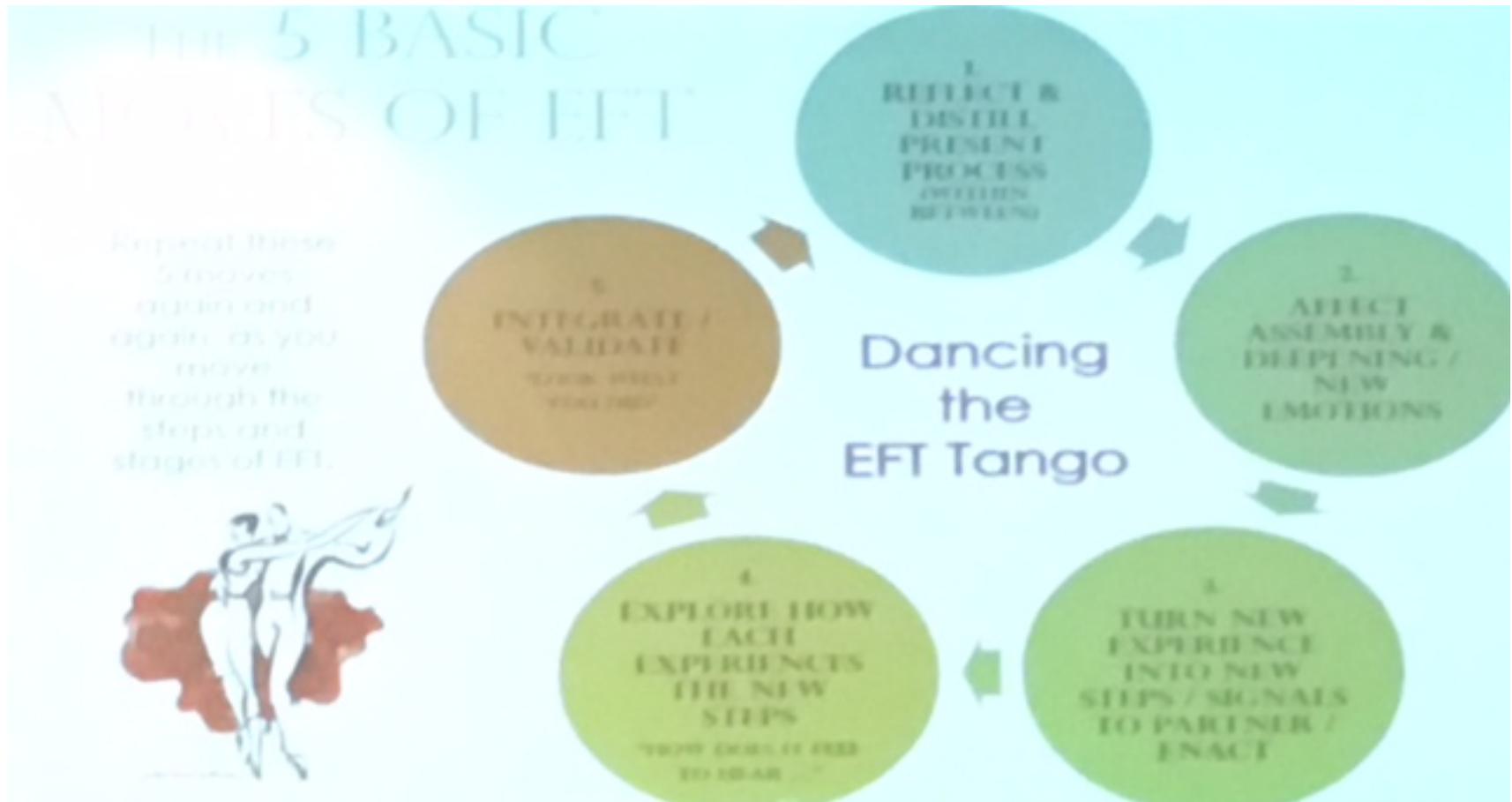
- ❖ HH culture has the same “mechanics” as larger cultural processes: interpretation and shared meaning derive from symbolic interactions
- ❖ Symbolic interactions have reciprocal influence with **both** HH and larger cultural categories and definitions.
- ❖ Shared meaning on HH culture categories and 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



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

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

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!

