**MHW-512 Family Dynamics and Systems Worksheet 5**

As a mental health worker, it is essential to understand the family systems: Individuals and their roles and boundaries. This assignment will help you understand how to analyze a family system.

Cite three to four sources (in addition to the textbook) to support your answers.

After viewing the *What’s Eating Gilbert Grape* film and reading the “*What’s Eating Gilbert Grape* Case Study,” answer the following prompts:

|  |
| --- |
| Explain how the family of origin dynamics caused the family structure of Gilbert’s family (200-250 words). |
| Explain what the viewer doesn’t know about Gilbert’s family (200-250 words): |
| Hypothesize about what leads to the mental health/social issues in Gilbert’s family (100-150 words):  Suicide  Obesity  Poverty  Sexual promiscuity |

|  |  |
| --- | --- |
| **Using Gilbert’s family system, select three of the following of Bowen’s theories and explain how they are present in the Gilbert’s family. Provide examples (75-100 words each):** | |
| Triangles |  |
| Nuclear Family Emotional Process |  |
| Family Projection Process |  |
| Multigenerational Transmission Process |  |
| Differentiation of Self |  |
| Sibling Position |  |
| Emotional Cutoff |  |
| Emotional Process in Society |  |

|  |
| --- |
| **Lastly, imagine Gilbert Grape approached you to assist his family as their mental health worker:** |
| Explain your approach to providing treatment for this family.What preliminary steps would you take to begin your assessment of this family? Why? (400-500 words) |