**OHSU Family Medicine Residency**

**Behavioral Health Longitudinal Curriculum**

Behavioral Health Focused Faculty:

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**I. Goals:**

* Residents will gain an understanding of family systems theory and how to incorporate aspects of the theory into their clinical practice to enhance patient care, improve outcomes and increase effectiveness in the doctor-patient relationship.

**II. Objectives and Skills**

* Residents will learn how to develop and read a genogram and apply the knowledge to their clinical encounters.
* Residents will be able to use a trauma informed approach to identify and describe core concepts of family of origin theory and be able to describe how these concepts impact family functioning.
* Residents will learn how to elicit family of origin material during their clinical encounters and learn open ended questioning style to engage family members in clinical encounter
* Residents will learn how their own family of origin influences their work as clinicians and will be able to identify areas of reactivity in order to enhance neutrality and clinical effectiveness.

**III. Format:**

This curriculum will be facilitated at Emma Jones Hall on Wednesday mornings from 8-10am. Concepts discussed in each session will build upon concepts learned in the preceding session.

**IV. Readings & Course Materials;**

This readings and course material for each session can be found on Med Hub.

You will also be provided a reading packet with copies of each reading to complete during study sessions. You may take these with you or leave them at EJH for ready access during your study sessions.

**V. Course Requirements:**

**1.** Residents are expected to come to the facilitate course prepared to participate in the discussion, and utilize the study time to prepare and/or meet course requirements. If you are unable to attend residents should notify Rebekah or Sheldon in advance.

**2**. **Residents are expected to complete a genogram and present to the group**. Verbal presentation of genogram is optional though strongly encouraged. If a participant decides not to present their own genogram to the group, they will be asked to turn in a genogram and paper for behavioral health faculty to review.

You will be given resources to create a genogram, handouts on family systems concepts and prompt questions to get you thinking about what content you would like to cover in your presentation. Your genogram should include (if possible) at least three generations of family and be constructed by gathering family history, conducting family interviews and personal reflection. Behavioral health staff will present their family genogram first as an example.

Questions to consider for your family genogram presentation:

1. What is support like in your family? Who provides support and how do they provide it?
2. How do you see your role in your family?
3. What are the most important rules or norms in your family?
4. Tell me about a time where your family had to adapt to a change. How did that go?
5. What is communication in your family like? Open/closed? Explicit or implicit?
6. How does your family relate to health and healthcare?
7. How does your family handle conflicts?
8. How did your family affect your decision to become a physician?
9. Keeping your family of origin in mind, what kind of patients do you find the most challenging or frustrating? Who do you enjoy working with the most?

**3. FINAL PROJECT. *Application of Family Systems Theory to Patient: Genogram Presentation and Application of Theory***

 Final Project Presentations will occur during the last two sessions. Residents will sign up for presentation during the first two weeks of the curriculum.

The purpose of the final assignment is for you to demonstrate an understanding of the concepts and literature about family functioning, in particular Family of Origin theory, and how these ideas apply to your own family of origin and your clinical work. Many clinicians agree that for a health care provider to function as effectively as possible with patients and their families, one must continuously work toward a greater understanding of yourself and self in context of your own Family of Origin. This assignment gives you an opportunity to experiment with this idea.

Instructions: Select a patient who you know well, and who you will be working with over the course of this curriculum. Create their genogram, as best you can, and be prepared to discuss the following during your presentation:

* Discuss how this **patient’s presenting problems influence their family functioning** and family members. Examples of presenting problems or issues/challenges/events that impact family functioning can include: Chronic disease, death/grief, divorce, substance use, mental health issues, marriage/divorce, parenting, illness in child or family member, diaspora, immigration, institutionalized racism/classism, homophobia, sexism.
* **Choose two family of origin concepts (triangulation, emotional cut off, fusion, etc) and apply these concepts to your patient and their family**. Be prepared to discuss how you see these concepts appear in your own interactions with the patient and/or in witnessed interactions with their family members.
* Discuss your treatment and interventions with this patient and their family. **Be prepared to discuss what level (1-5 from Family Therapy and Family Medicine) of intervention you are using and why.**
* Keeping your own family of origin in mind, discuss areas for attention or reflection in your care of this patient. Are there things that are particularly easy, difficult, challenging or enjoyable about working with this patient? Why or why not? **What have you learned about your own family of origin that may improve your care of this patient?**

Final Project Evaluation:

Faculty will fill out a rubric during your presentation and return this to you for feedback. You will be evaluated based on your ability to apply these concepts clearly and to reflect on your own practice and how your family of origin influences your practice.

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**VI. Course Schedule: FOREST COHORT**

**\*Please note varying start/end times & locations**

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| **Date** | **Topic** | **Objectives** | **Handouts and Assignments** |
| **Week 1****1/31/18** | **Session 1:** Intro & Review of Syllabus/Pre-test empathy scaleDiscussion: History of Family Systems Theory and its place in family medicineFS&H Editorial and discussionBH genogram presentations: With 10 minutes for open-ended questions. | Understand family theory as it applies to family medicineUnderstand basics of genogram | **Handouts:** #1 Building Genograms handoutChapter 1 Family Therapy and Family Medicine: In search of the family in family medicine. (Doherty &Baird)FS&H Editorial (Mauksch & Fogarty)**Readings & Assignments:**Assignments for next week: Physician Ineffectiveness due to Family of Origin Issues (Mengel)Residents 1&2 prepare own genogram |
| **Week 2****2/7/18** | **Session 2**:1st /2ndResident genogram presentation:30 mins with 10 mins for questions/reflection: Discussion: Mengel ArticleLecturette: Fusion and Differentiation: Murray Bowen Concepts | Understand and apply the concept of fusion and differ.Understand how FOO can impact clinical care and neutrality | **Handouts:** #2 Differentiation vs Fusion handout#2 Observing & Assessing patients in family context**Readings & Assignments:**Residents 3&4 prepare own genogram |
| **Week 3****2/28/18** | **Session 3:** 3rd /4th Resident genogram presentation with 10 mins for questions/reflection: Discussion: Calibrating the Physician (Novack)Lecturette: Five Family oriented questions  | Understand family oriented questions and benefits of collecting psychosocial data | **Handouts:**Calibrating the physician (Novack)#3 Five family oriented questions**Readings & Assignments:**Residents 5&6 prepare own genogram |
| **Week 4****3/7/18** | **Session 4:**5th & 6th resident genogram presentationDiscussion/lecture: Family projection process | Understand family projection process and how this appears in clinical scenarios | **Handouts:**#4 Family Projection Process**Assignments:** Resident 7 prepare own genogram  |
| **Week 5****3/28/18** | **Session 5:** 7 Resident genogram presentationDiscussion: FCOF and clinical use. Discussion of multi-generational transmission process | Familiarize with the FCOF and understand the concept of multi-gen transmission in families | **Handouts:**#5 Family Centered Observation Form#6 Multigenerational transmission process**Assignments:**Resident 1 prepare patient genogram |
| **Week 6****4/4/18** | **Session 6**:1st Presents Patient GenogramDiscussion: Family stressors & Family functioningPost test Empathy | Understand how grief/loss can affect family functioning and dynamics | **Watch:** Ordinary People Part 1**Assignments:**Resident 2 prepare patient genogram |
| **Week 7****5/2/18** | **Session 7**:2nd Resident Present patient genogram  |  Identify family of origin concepts in film | **Watch**:Ordinary People Part 2**Assignments:**Resident 3 prepare patient genogram |
| **Week 8****5/23/18** | **Session 8:**3rd Resident Present patient genogram  | Understand how immigration, race, diaspora can affect family functioning | **Watch:**The Big Sick Part 1**Assignments:** Resident 4 prepare patient genogram |
| **Week 9****5/30/18** | **Session 9**4th resident presents patient genogram | Recognize the different ways families express expectations and how families communicate (implicit and explicit) | **Watch:** The Big Sick Part 2**Handouts:**#7 Nuclear Family Emotional Process**Assignments:** Resident 5&6 prepare patient genograms |
| **Week 10****6/20/18** | **Session 10**5th/6th resident present patient genogramDiscussion: The Big Sick and application of concepts | Experience co-residents demonstrating application of FOO concepts | **Readings/Assignments:**Resident 7 prepare patient genogram |
| **Week 11****6/27/18** | **Session 11**7th resident present patient genogram | Experience co-residents demonstrating application of FOO concepts | **Last Session**  |

**Appendix**:

**Books:**

Family Therapy and Family Medicine, Willian J. Doherty and Macaran A Baird

Clinical Applications of Bowen Family Systems Theory, Edited by Peter Titelman

Family Medicine: Principles and Practice: Chapter, John Saultz

**Journal Articles**:

Physician Ineffectiveness Due to Family of Origin Issues: Mengel

Family Systems & Health Editorial, Mauksch & Fogarty

Calibrating the Physician, Novack

**Films:**

Ordinary People

The Bick Sick

**Handouts:** Created by Behavioral Science Faculty, Adapted from readings

Handout1: Building Genograms

Handout 2: Fusion vs Differentiation

Handout 2: Observing & assessing patients in family context

Handout 3: Five family oriented questions

Handout 4: Family projection process

Handout 5: Family centered observation form

Handout 6: Multi-generational transmission process

Handout 7: Nuclear family emotional process