

The Reflective Team Process

Empowering families in AOD treatment

Marijana Dujmovic & Kelly Foy

Uniting AOD Family Counselling Program

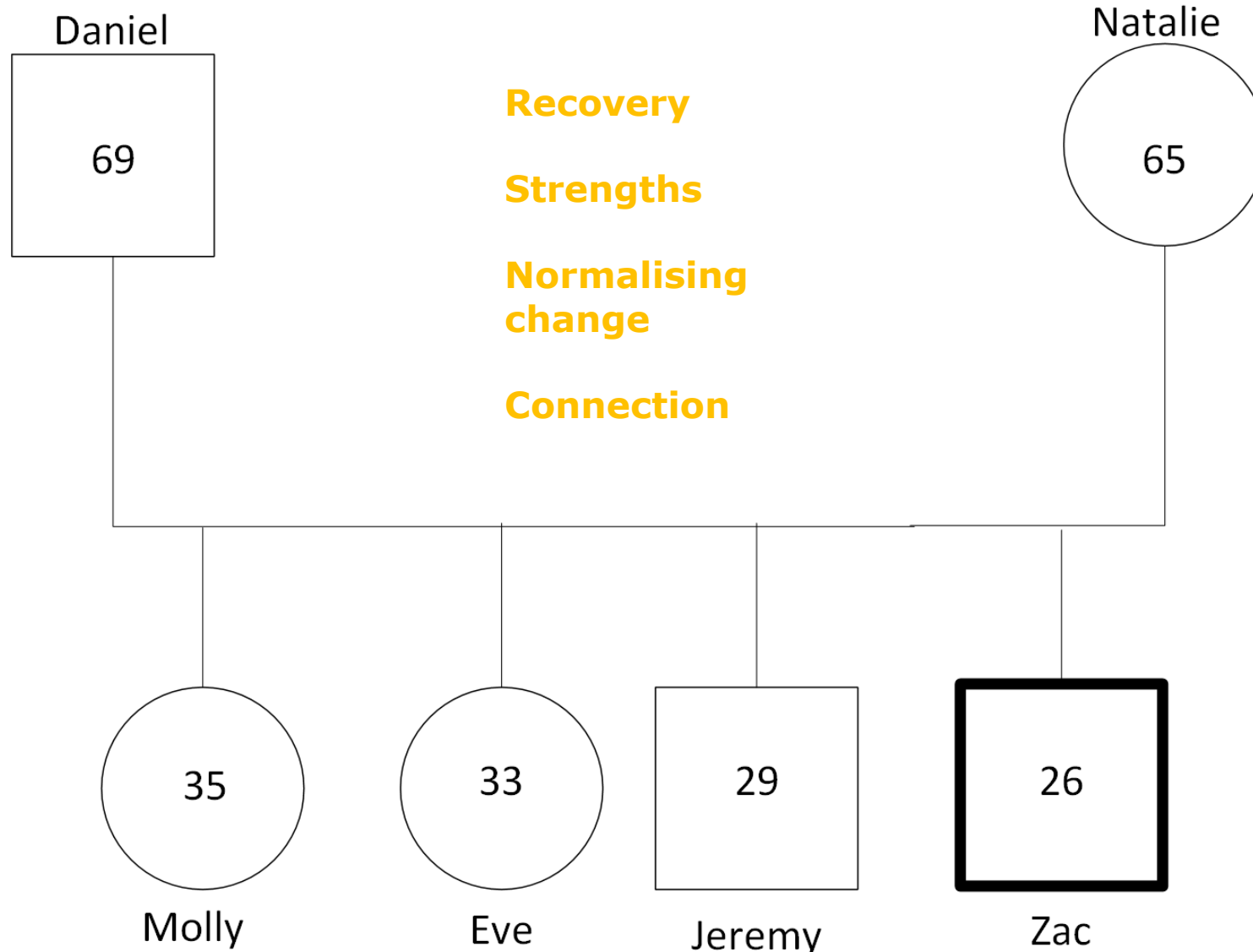
Uniting

'M' Family

Validation
Commitment
Collaboration
Self-Care

Curiosity
Empowerment
Confidence
Competence

Uniting



Recovery
Strengths
Normalising change
Connection

Equalise
Restructure
Share
Balance

Safety
Trust
Transparency
Support

References

- Armstrong, K., Underhill, J., Epstein, K., Metzler, T. J., Sendowski, T. D., O'Connor, A., Norona, J. C., & Ihle, E. C. (2019). Looking into the One-way Mirror: A Pilot Study on the Impact of Reflecting Teams on Family Members. *Family process*, 58(4), 819–831.
<https://doi.org/10.1111/famp.12386>
- Harris, R., & Crossley, J. (2021). A systematic review and meta-synthesis exploring client experience of reflecting teams in clinical practice. *Journal of Family Therapy*.
- Wulff, D., St. George, S. (2017). Reflecting Team in Couple and Family Therapy. In: Lebow, J., Chambers, A., Breunlin, D. (eds) Encyclopedia of Couple and Family Therapy. Springer, Cham. https://doi.org/10.1007/978-3-319-15877-8_324-1