Questions Asked During Live Webinar Broadcast on 5/12/2023

**Family Series: Integrating Black, Indigenous, and People of Color (BIPOC) Communities and Families into Recovery Ecosystems**

**Presenter: Masica Jordan-Alston, EdD, CPRS, LCPC, RPS**

**Do you have any recommendations on literature about the family constellation theory?**

A: Adler's family constellation theory, also known as Adlerian family therapy, is a psychological framework developed by Alfred Adler, an Austrian psychiatrist and psychotherapist. It focuses on understanding and addressing the dynamics within families to promote individual and relational well-being. According to Adler, the family is a social unit in which each member's actions and interactions contribute to the overall functioning of the family system. You can find more information here: [www.adlerpedia.org](http://www.adlerpedia.org) – and type in “family constellation”

1. "The Practice of Adlerian Psychology: Theory and Application" by Jon Carlson and Michael Maniacci - This book provides a comprehensive overview of Adlerian theory, including the family constellation model. It explores the practical application of Adlerian principles in therapy, with a focus on understanding and working with families.

2. "The Family Crucible: The Intense Experience of Family Therapy" by Augustus Y. Napier and Carl Whitaker - Although not exclusively focused on Adlerian therapy, this classic book offers valuable insights into family dynamics and the therapeutic process. It explores the intricate interactions within families and the role of the therapist in facilitating change.

3. "Handbook of Family Therapy: The Science and Practice of Working with Families and Couples" edited by Thomas L. Sexton, Jay Lebow, and David S. K. Freedman - This comprehensive handbook covers various family therapy approaches, including a section on Adlerian family therapy. It provides an in-depth understanding of Adlerian concepts and their practical applications in the context of family therapy.


**Can you remind me what that equation you stated early was? Was it something like "problems+plans=success"?**

A: Pain + Practice+ Passion = Purpose. This is from The purpose Driven Equation Course at [www.jordanpeerrecoverycourses.com](http://www.jordanpeerrecoverycourses.com) [https://www.jordanpeerrecoverycourses.com/courses/the-purpose-driven-equation](https://www.jordanpeerrecoverycourses.com/courses/the-purpose-driven-equation)

**As we did not have many auditory learners here do you find that they are better test takers in any way? I sucked at tests but seeing it visually always helped me and I try to show people when teaching them. Also, I asked because in my work location I’m learning and credentialing while I’m also training them on the scope of my office and each worker is different in how they receive me. I am trying to be better.**

A: The effectiveness of auditory learning and its correlation with test-taking abilities can vary from person to person. While some individuals may excel in test-taking situations when information is presented auditorily, others
may prefer and perform better with visual or other learning styles. It is important to recognize that everyone has unique learning preferences and strengths.

It is great that you have identified your own learning style as visual and that you utilize visual aids when teaching others. Visual presentations can be highly beneficial for visual learners, as they allow for better comprehension and retention of information. By incorporating different teaching methods that cater to various learning styles, you can enhance the learning experience for individuals with different preferences.

When working with a diverse group of individuals, it's crucial to be adaptable and flexible in your approach. Here are a few strategies to consider:

1. Multimodal Approach: Use a combination of auditory, visual, and kinesthetic teaching techniques to accommodate different learning styles. Incorporate visual aids, verbal explanations, and hands-on activities to engage various senses.

2. Individualized Attention: Take the time to understand each worker's preferred learning style and adapt your teaching methods accordingly. Some may benefit from more visual representations, while others may require more verbal explanations or practical demonstrations.

3. Active Engagement: Encourage active participation by asking questions, initiating discussions, and providing opportunities for workers to apply what they've learned. This helps individuals actively engage with the material and reinforces understanding.

4. Regular Feedback: Provide constructive feedback and assess workers' progress regularly. This allows you to tailor your approach and address any challenges or gaps in understanding.

5. Flexibility and Support: Be open to adjusting your teaching strategies based on individual needs. Offer additional resources, such as written materials or online resources, to supplement the training and support workers in their learning process.

Can you expand on the idea about entertainment and how it affects bipoc. How to counter the negative images we see in media about immigrants/asylum seekers/Latinx?

A: The portrayal of BIPOC (individuals, immigrants, asylum seekers, and Latinx communities in media and entertainment can have a significant impact on public perceptions and attitudes. Negative or stereotypical representations can reinforce biases, perpetuate harmful narratives, and contribute to the marginalization and stigmatization of these communities. It is essential to actively counter these negative images and promote accurate and positive portrayals. Here are some strategies to consider:

1. Media Representation: Advocate for diverse representation in media and entertainment. Encourage the inclusion of authentic and nuanced narratives that showcase the diverse experiences, strengths, and contributions of BIPOC communities, immigrants, asylum seekers, and Latinx individuals. Support and celebrate media projects that prioritize accurate and respectful storytelling.

2. Media Literacy: Promote media literacy among individuals of all backgrounds. Encourage critical thinking and analysis of media messages. Help people understand how media can shape perceptions and challenge stereotypes. By equipping individuals with the tools to critically evaluate media content, they can better recognize and counter negative representations.

3. Amplify Authentic Voices: Support and amplify the voices of BIPOC individuals, immigrants, asylum seekers, and Latinx communities. Seek out and share stories, art, literature, and media created by members of these communities.
communities. This helps to provide diverse perspectives, challenge stereotypes, and promote a more accurate and inclusive narrative.

4. Engage in Dialogue: Initiate open and respectful conversations about media representation and its impact. Discuss the harmful effects of negative stereotypes and biases with friends, family, colleagues, and within your community. By raising awareness and engaging in dialogue, you can foster greater understanding and empathy.

5. Support Positive Media Initiatives: Contribute to or support media initiatives that aim to counter negative stereotypes and narratives. This can include funding independent media projects, supporting organizations that promote positive representation, or advocating for policies that encourage inclusive and diverse storytelling.

6. Demand Accountability: Hold media outlets and entertainment industry accountable for harmful portrayals and lack of diversity. Voice concerns, write letters, and engage in social media campaigns calling for more responsible representation. Encourage media organizations to diversify their content creation teams, decision-making processes, and casting choices.