

Session 2: Learning Objectives

- ▶ Review the ABC-X model and the categories of stressor events.
- ▶ Identify resources in family life that mitigate stressful events,
- ▶ Explore family-level perceptions of stressors that balance reality and optimism,
- ▶ Recognize the influence of resources and perceptions in creating outcomes during stress.



Life in the Trenches: Foster & Adoption Stress Management

KAREN MELTON, PHD

NICOLE MCANINCH, PHD, CFLE

BAYLOR UNIVERSITY

“

Caring for Vulnerable Children
Is Beautiful & Challenging.

”

LOVE

JUSTICE

FAITHFULNESS

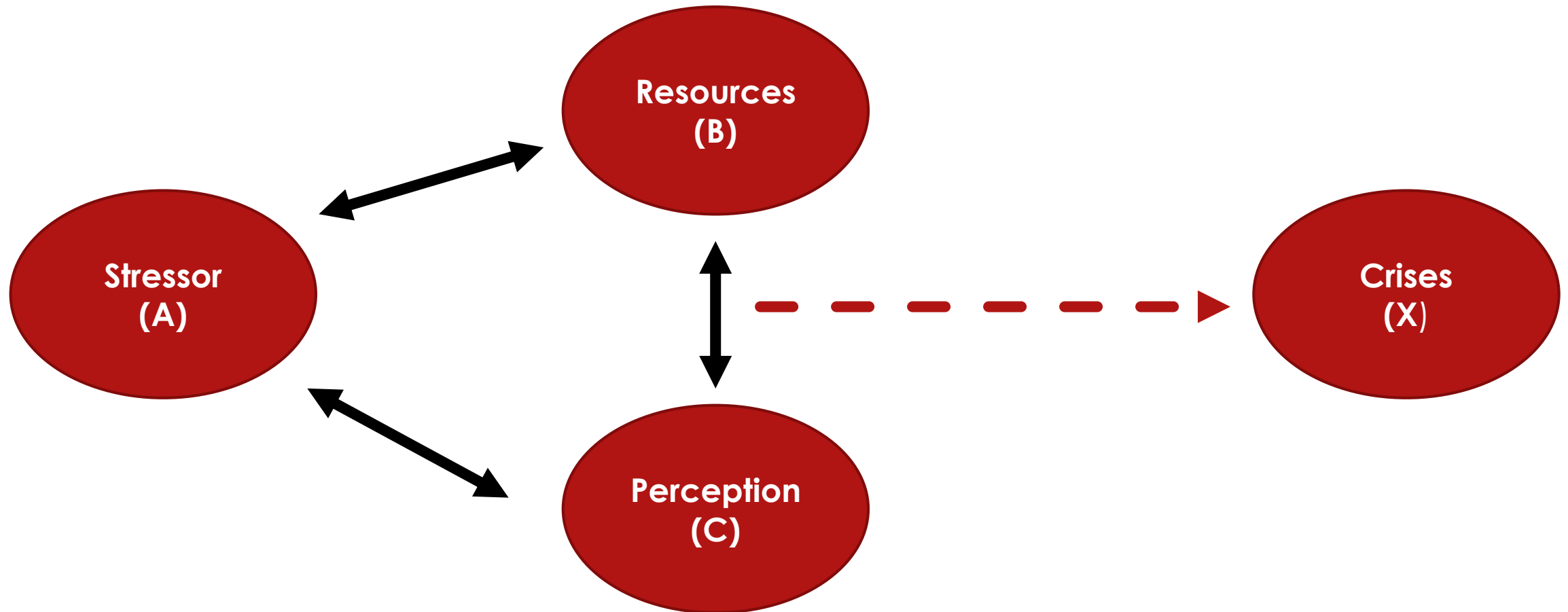


Life in the Trenches: Resources & Perceptions

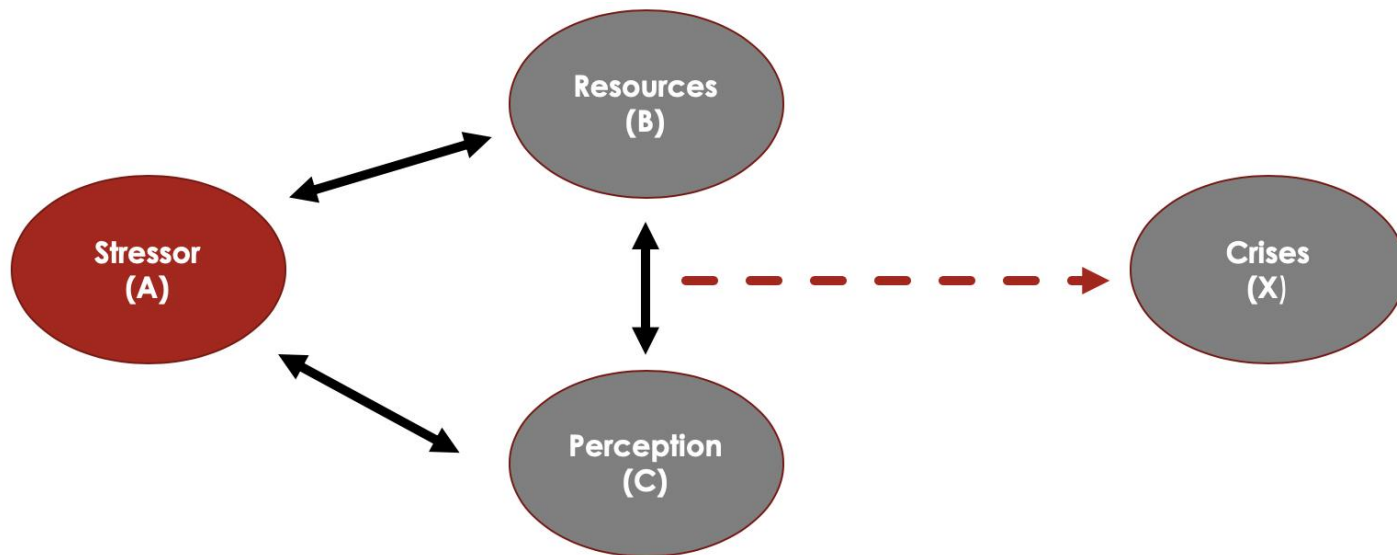
TO TRULY SERVE ADOPTIVE AND FOSTER FAMILIES,
WE MUST HONOR THE ENTIRETY OF THE JOURNEY.

- JEN R. HOOK

ABC-X model of Family Stress

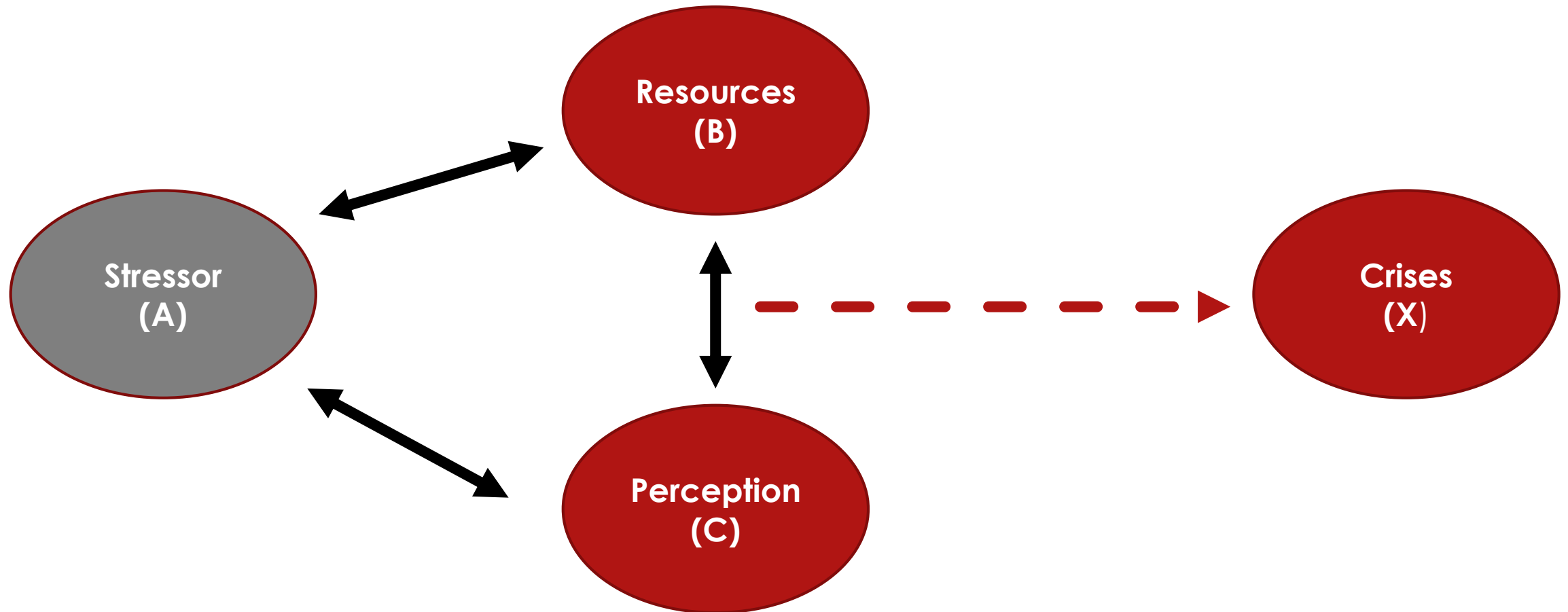


ABC-X model of Family Stress

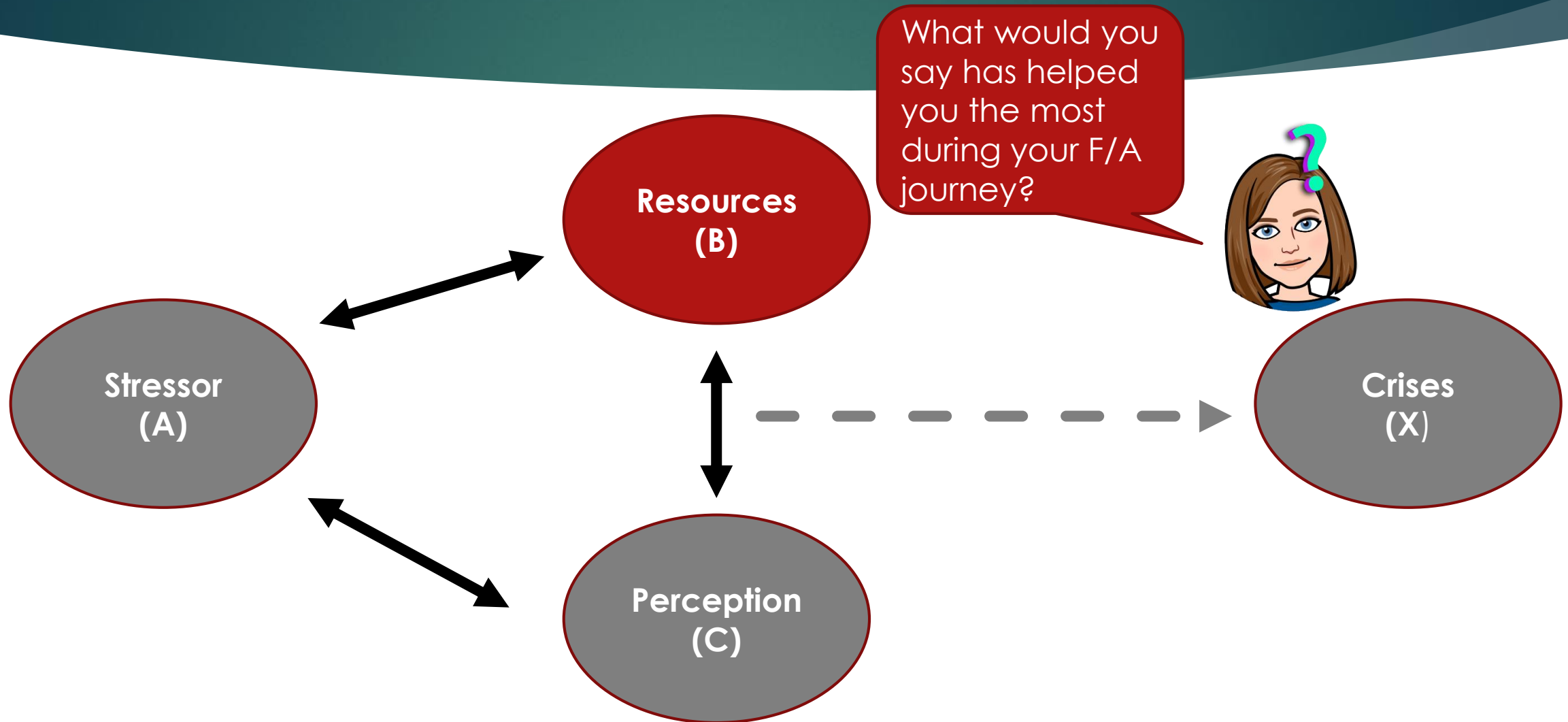


- ▶ **Source of stress**
 - ▶ Internal vs External
- ▶ **Type of stress**
 - ▶ Predictable vs Unexpected
 - ▶ Ambiguous vs Clear
 - ▶ Volitional vs Nonvolitional
- ▶ **Duration of stress**
 - ▶ Chronic vs Acute
- ▶ **Density of stress**
 - ▶ Cumulative vs Isolated

ABC-X model of Family Stress



ABC-X model of Family Stress



Types of Resources

TYPE

Instrumental

Emotional

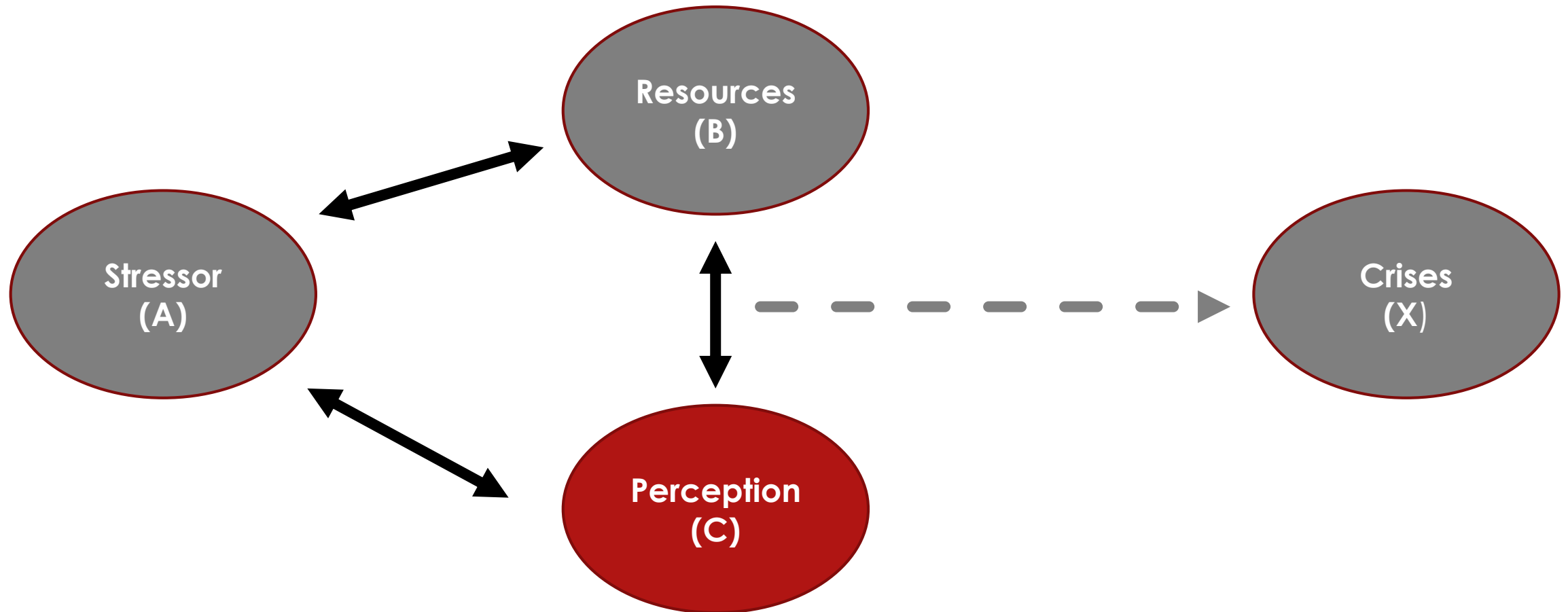
SOURCE

Personal

Family

Community

ABC-X model of Family Stress



Methods of Perception

CONTEXT

Relational

Emotional

Spiritual

COGNITION

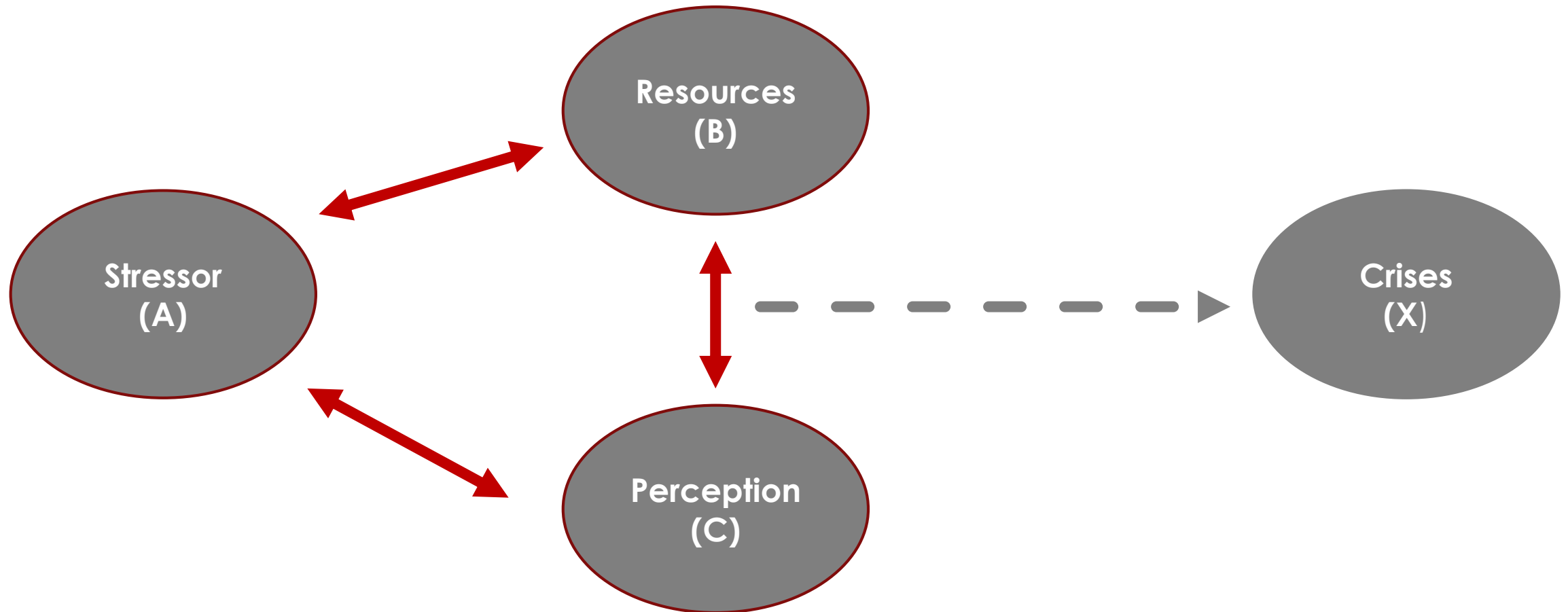
Appraisal

Outlook

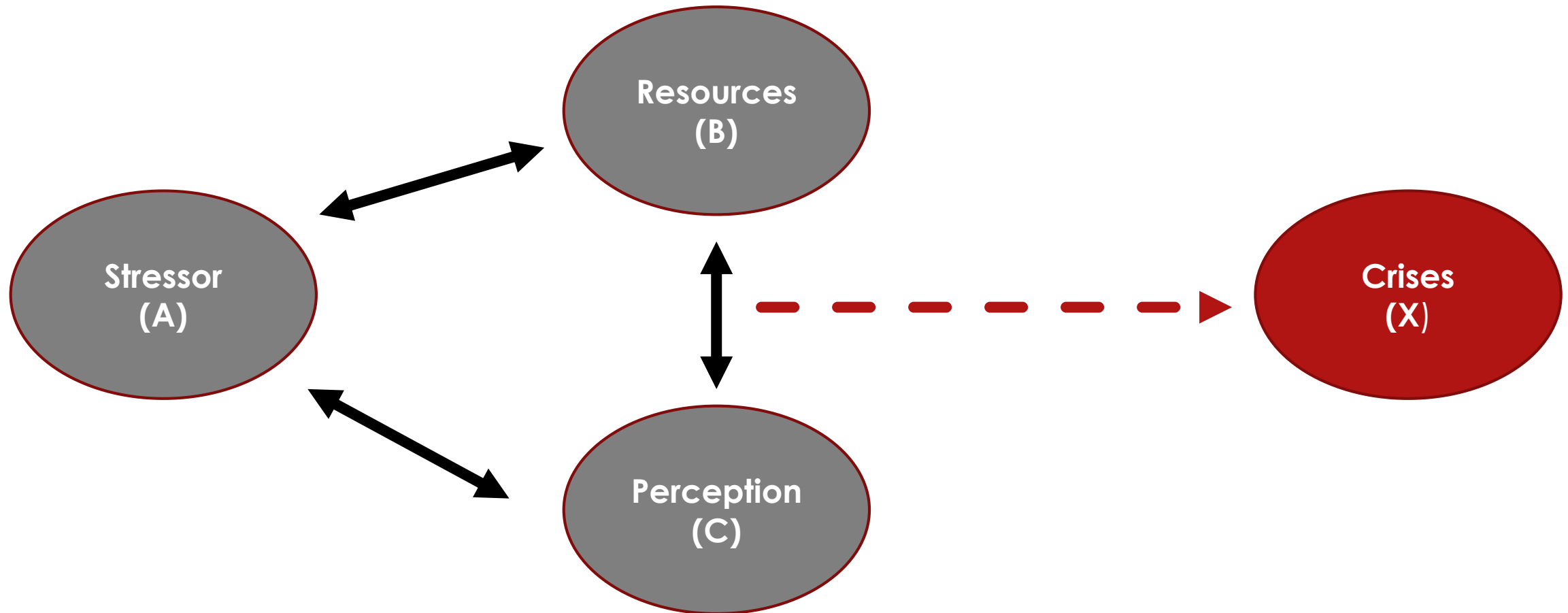
COMMUNICATION

Self-Fulfilling Prophecies

ABC-X model of Family Stress



ABC-X model of Family Stress



“

Hope for things to get better.
Hope for healing and growth.
Hope for support.

”

LOVE

JUSTICE

FAITHFULNESS

HOPE

Discussion

- ▶ What resources have you utilized during your F/A journey?
 - ▶ What resources are available to your family that you think you could probably access more?
 - ▶ What resources feel tapped out right now?
- ▶ How would you describe your overall perception of your current F/A stressor?
- ▶ Would you consider your family to be coping or in crisis?

Resources

- ▶ Hill, R. (1949). *Families under stress: Adjustment to the crisis of war separation and reunion*. Westport, CT: Greenwood.,
- ▶ Hook, J. R., Hook, J. N., & Berry, M. (2019). *Replanted: Faith-Based Support for Adoptive and Foster Families*. Templeton Foundation Press.
- ▶ Boss, P., Bryant, C. M., & Mancini, J. A. (2016). *Family stress management: A contextual approach*. Sage Publications.
- ▶ Day, R. D. (2010). *Introduction to family processes* (5th ed). Routledge Publishing.
- ▶ Smith, S. R, & Hamon, R. R. (2017). *Exploring family theories* (4th ed.). Oxford Publications