

Family Center Philosophy

As an individual's most important primary group, the family is the focus of services offered by the Family Center of Holy Family University. The family may constellate in many different ways, traditional or nontraditional, alternative or other. These groupings may be the biological nuclear family of mother-father-child; a blended family of multiple adults and children from different genetic backgrounds; a close-knit extended group living in close proximity; an expanded group separated by distance and characteristics; a group of self-chosen persons with some common interest; or any variation of the above. The Roy Adaptation Model serves as a useful way to structure the services addressing these various forms of family makeup and their ongoing pattern of changes as the family forms, develops, grows, and survives.

According to the Roy Adaptation Model, the family adapts to changes in the environment, changes in relationships within the family, and the changing needs of family members. In order to respond to these changes, the family engages in processes of socialization, support, and nurturing. The outcomes of the family's successful adaptation are family survival, family continuity, and family growth.

The Holy Family University Family Center, in accord with the mission and core values of the University and the Sisters of the Holy Family of Nazareth:

- Creates an environment of love where individuals and families are enabled to come to the fullness of life
- Creates communities of love and hope that celebrate the oneness of the human family
- Promotes an atmosphere of mutual concern and attention to the spiritual, intellectual, social, emotional, and physical needs of all those whom it serves
- Affirms the dignity of the human person through openness to multiple points of view, personalized attention, and collaborative dialogue
- Advocates free and conscientious pursuit of truth and the responsible use of knowledge
- Applies theory to practice and program content to serving human needs
- Strengthens ethical, logical, and creative thinking; develops effective communication skills; nurtures an aesthetic sense; and deepens global, social, and historical awareness
- Embodies Christian philosophical and theological perspectives that serve as a foundation upon which it addresses contemporary problems and builds a vision for the future

The following statements, adapted from Roy's middle range theory of the adapting family, describe what supports the philosophy of the Holy Family University Family Center.

- The family is an adaptive, dynamic relational entity.
- The adequacy of coping processes will affect adaptive processes, leading to family growth, survival, and coherence.
- Transitions, although inevitable, are particularly stressful times for families.
- The nature and perception of the changes influence adaptation within the family.
- Family nurturing, support, and socialization are relationally based.
- Family coherence is demonstrated through love, respect, and loyalty, and providing understanding and companionship.
- Family growth, survival, and coherence are related to social support, communication, sharing, planning, and unity.
- To achieve harmonious relationships within the family, behaviors, attitudes, and expectations must be adjusted.
- Adaptive processes in all spheres—physical and physiological, self-concept and group identity, interdependence and role function—are interrelated and overlap thereby working together. One sphere can compensate for ineffective coping in another.
- Age, physical health, social support, and purpose in life are predictors of the quality of life and functioning of the family.
- A disruption in relationship can lead to depression and interfere with adaptation in an individual or family.
- Services respect family boundaries and address expressed concerns of the family.
- Services link families with the community.

References

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The Value of Family



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