



# **Reclaiming the Well Family**

**Reclaiming Youth Seminars - 2025**

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"Jennifer Herman is my favorite cartoonist."  
—Drew Carey, *Comedian of the Year* (1997)

# ADULT CHILDREN OF NORMAL PARENTS ANNUAL CONVENTION

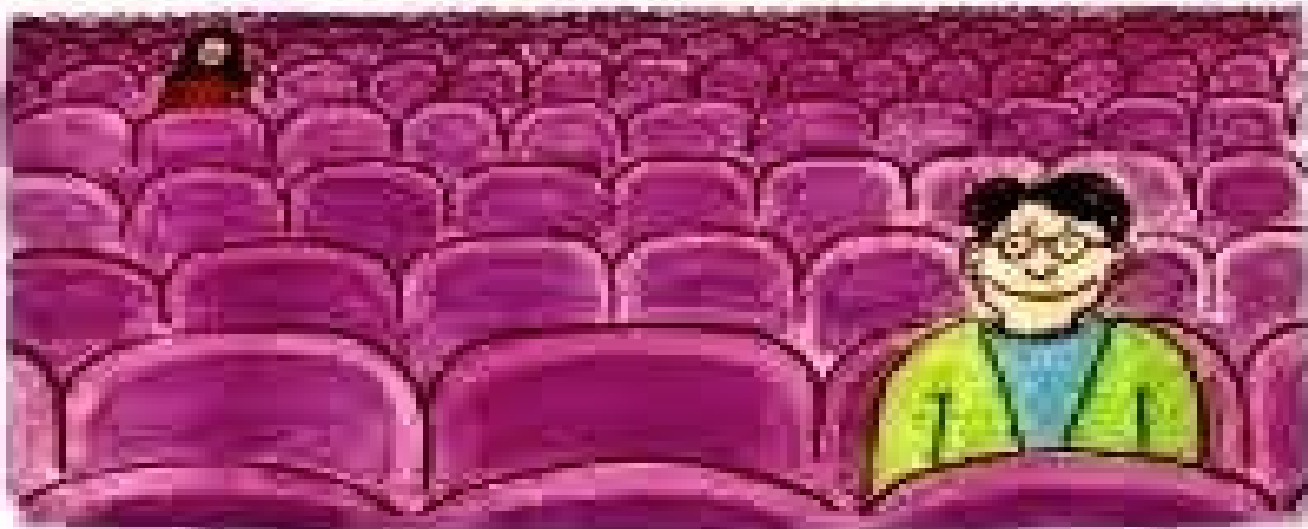


Illustration by Jennifer Herman

## The Well Family

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Family: persons united by ancestry, marriage, or adoption, living together to survive.

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Nuclear Family: a parent or parents living with their biological children.

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**Three generations of your family**

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# A Lakħóta Family

			SELF			



		Mo		Fr		
		br	SELF	sr		



A diagram showing a 4x7 grid of cells. The first row contains labels: Mo.c, Mo.s, Mo, Fr, Fr.b, and Fr.c. The second row contains labels: br, SELF, and sr. A tree structure is drawn with a root node at the intersection of the 'Mo' and 'Fr' cells. Three lines branch from this root to the 'br' cell, the 'SELF' cell, and the 'sr' cell. The 'SELF' cell is bolded. The grid has 4 rows and 7 columns.

Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
		br	<b>SELF</b>	sr		



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
		br	SELF	sr		



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	SELF	sr	br/sr	br.sr



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	SELF	sr	br/sr	br.sr
			child			



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	SELF	sr	br/sr	br.sr
/c	/c		child	c	c	c



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	SELF	sr	br/sr	br.sr
n/c	n/c	n	child	c	n/c	n/c



GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	<b>SELF</b>	sr	br/sr	br.sr
n/c	n/c	n	child	c	n/c	n/c
c	c	c		n	c	c

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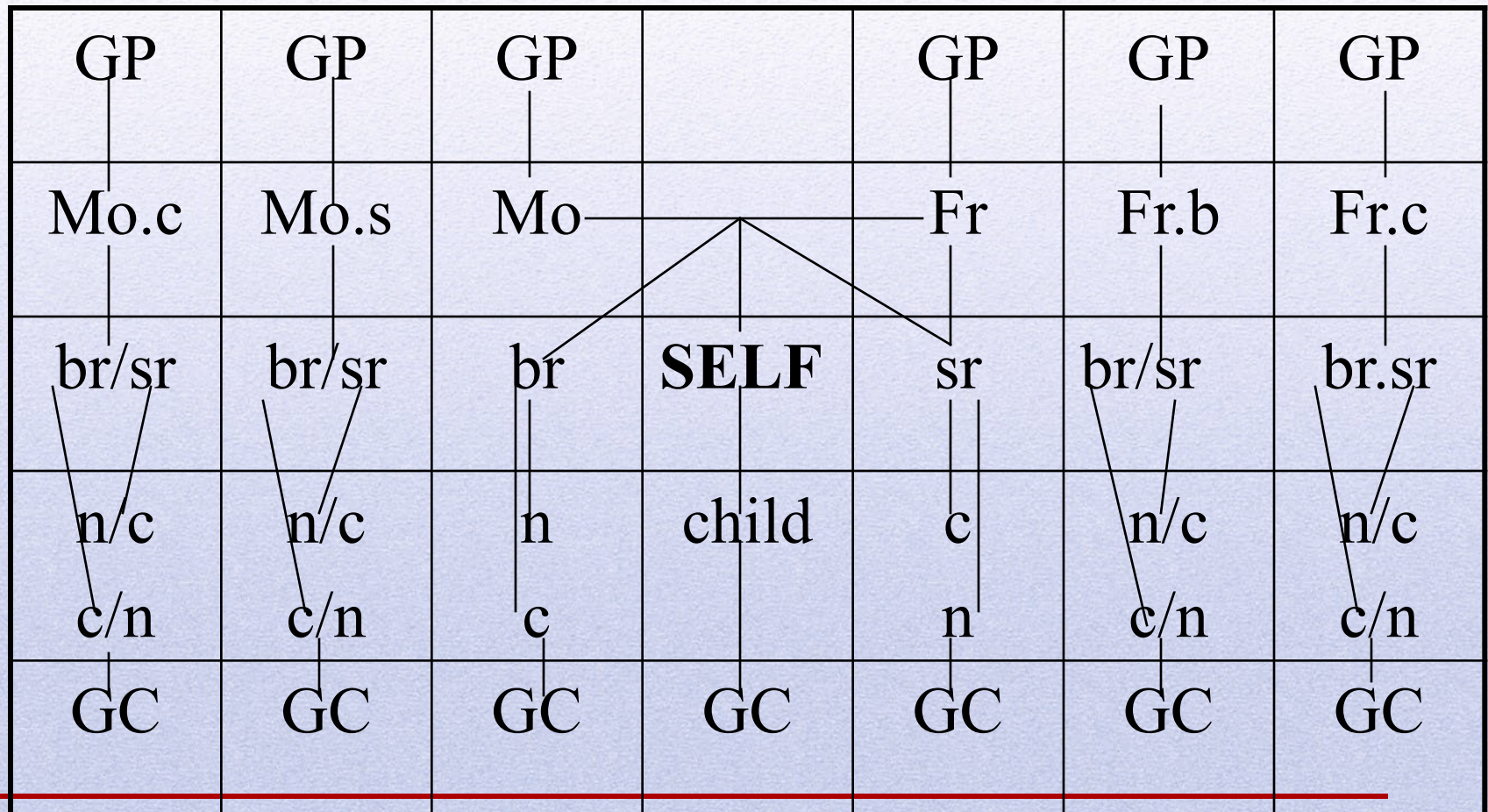


GP	GP	GP		GP	GP	GP
Mo.c	Mo.s	Mo		Fr	Fr.b	Fr.c
br/sr	br/sr	br	<b>SELF</b>	sr	br/sr	br.sr
n/c	n/c	n	child	c	n/c	n/c
c/n	c/n	c		n	c/n	c/n

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# TIOSPAYE: A FAMILY







- 1. Fundamental to all
- 2. Same as our kids
- 3. Clients grow as leaders are growing
- 4. Deepen our own knowing

# Why family?

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**Family: persons united by ancestry, marriage, or adoption, living together to survive.**

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**Relatives to:**


- 1. Persons**
- 2. Nations-  
people,  
flying,  
swimming,  
four-legged**
- 3. Earth, planets,  
winds, stars,  
stones.**
- 4. Spirit world**



**Mitákuye O'wasiñ.**

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What is considered normal is often deeply unhealthy.

Chronic issues may not be a failure of the person but of a culture that rewards disconnection, suppresses emotions, and prioritizes productivity over well-being.

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- 1. Trauma
- 2. Mind-Body Unity
- 3. Toxic Culture
- 4Addiction as coping
- 5.Authentic self or attachment
- Connection as healing

# Factors to Consider

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- 1. ACEs
- 2. Variability
- 3. Minimal Activity
- 4. Flat Emotion
- 5. Conflicting Emotion
- 6. Estrangement

# Recent Family Themes

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- 1. Not thriving
- 2. Missing for Gen-Z
- 3. Empathy reduction
- 4. Mental Load
- 5. Technology intrudes

# Issues for young adults

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- 1. Family structures
- 2. Living near family
- 3. Challenges
- 4. Disputes
- 5. Favoritism
- 6. Child outcomes

# **FAMILY VARIABLES**

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- 1. Evolving trends
- 2. Gender variables
- 3. Socioeconomics
- 4. Mental health
- 5. Conflicts
- 6. Social influence

# Future Inquiries

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**Wotákuye—Family Kinship**  
**Wotákukúya – cares and**  
**makes kinship a reality**

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