

Family Schema-Ethnic (FSCH-E)

English The Family Schema-Ethnic (FSCH-E) Index was developed by Hamilton McCubbin, Anne Thompson, Kelly Elver, and Kera Carpenter (1992) to measure the degree to which a family has cultivated a family schema, a world view which is inclusive of cultural and ethnic values, and which is an important part of the family's identity. Family schema is a generalized structure of shared values, beliefs, goals, expectations and priorities, shaped and adopted by the family unit, thus formulating a generalized informational structure against and through which information and experiences are compared, sifted, and processed. . A family schema evolves over time and serves as a dispositional world view and framework for families to evaluate crisis situations and legitimate adherence to change in, and affirmation of the family's established patterns of functioning, problem solving, and coping responses.

While fostering family problem solving and coping, and its established patterns of functioning and family paradigms for functioning (see Chapter 1), the family schema has as one of its central functions the development of family meanings. This aspect of family appraisal involves the creation of family stories or understandings shared by family members for the purpose of facilitating the family's adaptation in the crisis situation which calls for changes in the family's established patterns of functioning. These meanings transcend the immediate stressor and the situation and place the crisis in a larger context of experiences. From this perspective, the family schema facilitates the development of meaning through the processes of: classification (framing the situation in terms of shared values and expectations), spiritualization (framing the situation in context of the family's shared beliefs), temporalization (framing the situation in terms of the long view and long-term consequences as well as the positive aspects of the present), and contextualization (framing the situation in terms of nature and its order of things, as well as the community and personal relationships and the interpersonal order of things).

Example Items:

"In our family:"

- *We don't hold grudges; we forgive and move on
- *When we try to fit in, we lose our identity
- *We practice and believe in traditions and celebrations

Available in: English



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