

FACES IV & the Circumplex Model

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ABSTRACT

There are a variety of innovations integrated into FACES IV; first, six scales new (2 balanced and four unbalanced) were developed to assess the full dimensions of cohesion and flexibility. A revised definition of family flexibility was created to match the assessment scales. A revised Circumplex Model was created to plot the six family scales. A balanced and unbalanced ratio score was developed to assess the curvilinearity of the relationship of cohesion and flexibility to family functioning. A Profile Scoring System was developed to plot the six FACES IV scales. Using cluster analysis of the FACES IV scales, six family types were identified and they were called: Balanced, Rigidly Balanced, Midrange, Flexibly Unbalanced, Chaotically Disengaged and Unbalanced. The six types range from the most healthy to the most problematic types based on their scores on other family assessment scales. A clinical example of the use of FACES IV scores to assess and plan the treatment of a family is provided. Five parenting styles were integrated into the Circumplex Model.

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FACES IV and the Circumplex Model

The Circumplex Model of Marital and Family Systems and the Family Adaptability and Cohesion Evaluation Scales (FACES), have been used in over 1,200 research studies and have also been widely used in clinical settings over the past 25 years (Kouneski, 2002). The model and scale have also undergone frequent revisions and alterations since their initial development (Olson, Sprenkle and Russell, 1979).

This paper will describe the application of the self-report instrument called FACES IV (Olson, Gorall, and Tiesel, 2005). It contains a variety of changes and new components that have been developed related to the Circumplex Model. Changes were made in the conceptual definition for Flexibility, six new scales were developed and validated, a profile scoring system was developed, specific family types were created based on cluster analysis, and ratio scores combining balanced and unbalanced aspects of family functioning were created to assess the curvilinear aspects of the Circumplex Model.

The Circumplex Model is comprised of three key concepts for understanding family functioning. *Cohesion* is defined as *the emotional bonding that family members have toward one another*. *Flexibility* has in the past been defined as the amount of change in family leadership, role relationships and relationship rules. The new definition of family flexibility is *the quality and expression of leadership and organization, role relationships, and relationships rules and negotiations*. *Communication* is defined as *the positive communication skills utilized in the couple or family system*. The communication dimension is viewed as a facilitating dimension that helps families alter their levels of cohesion and flexibility.

The main hypothesis of the Circumplex Model is: *Balanced levels of cohesion and flexibility (low to high levels) are most conducive to healthy family functioning, while unbalanced levels of cohesion and flexibility (very low or very high levels) are associated with problematic family functioning*. This hypothesis is commonly referred to as the curvilinear hypothesis and can now be readily tested by using the ratio of balanced/unbalanced scores. The higher the ratio over 1, the more balanced the family system and the lower the ratio, the more unbalanced the system.

FACES IV provides a comprehensive assessment of family cohesion and flexibility dimensions using six scales (Olson and Gorall, 2003). Designed as a self-report assessment for the Circumplex Model of Couple and Family Systems, FACES IV taps both balanced (healthy) and unbalanced (problematic) aspects of family functioning. The two balanced FACES IV scales are balanced cohesion and the balanced flexibility. These balanced scales are very similar to cohesion and flexibility as measured by FACES II & FACES III. The new unbalanced scales are Enmeshed, Disengaged, Chaotic and Rigid. Details on the development of the instrument and the psychometric properties of FACES IV are available in Gorall, Tiesel and Olson (2006).

I. Revised Graphic of the Circumplex Model

The revised graphic representation of the Circumplex Model of Couple and Family Systems is generally called the Circumplex Model (see Figure 1). There are three scales for the Cohesion Dimension (Disengaged, Balanced Cohesion, and Enmeshed) and three scales for the Flexibility Dimension (Rigid, Balanced Flexibility and Chaotic) which can be plotted onto the Circumplex Model. Balanced cohesion and Balanced Flexibility are plotted on one of the six to the central cells (balanced) part of the Circumplex Model scores. The scores on the four Unbalanced scales are plotted at the ends of the Cohesion and Flexibility dimensions.

A. Relationship to Previous Version of FACES

Because Balanced Cohesion and Balanced Flexibility in FACES IV were derived mainly from the cohesion and flexibility scales in FACES II and III, there is a high correlation between these two scales. That means that past research using FACES II and III can be related directly to these two scales in FACES IV.

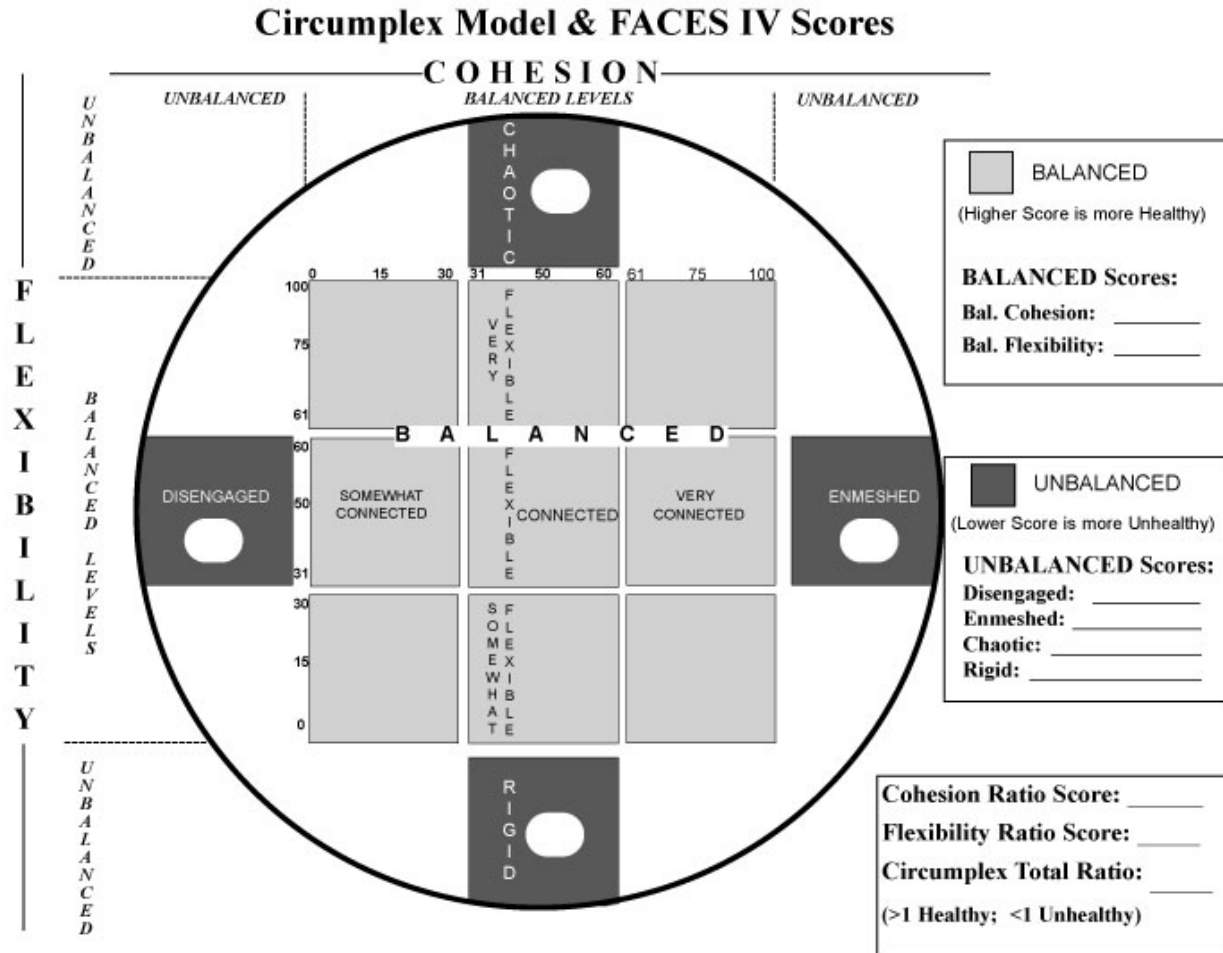
The four new Unbalanced scales in FACES IV each assess one of the four extremes of the dimension or unbalanced areas of the Cohesion and Flexibility dimensions. The combination of the six scales provides a more comprehensive assessment of family functioning.

B. Curvilinearity Assessed by Balanced/Unbalanced Ratio

A ratio score of balanced/unbalanced scales was created for both cohesion (Cohesion Ratio) and flexibility (Flexibility Ratio) and the two scales combined (Circumplex Total ratio). The two balanced scales measure more healthy functioning and the four unbalanced scales measure more problematic functioning. As a result, the higher the ratio score of balanced to unbalanced, the more healthy the family system.

The *Cohesion Ratio* score is calculated by dividing the Cohesion score by the *average* of the Disengaged and Enmeshed scores. The *Flexibility Ratio* is calculated by dividing the Flexibility score by the *average* of the Rigid and Chaotic scores. The *Circumplex Total Ratio* is designed as a summary of a family's balanced (health) and unbalanced (problem) characteristics in a single score. The total ratio was calculated by dividing the *average* of the balanced scales (Cohesion and Flexibility) by the *average* of the unbalanced scales (Rigid, Enmeshed, Chaotic and Rigid). The higher the ratio score the more balanced the family system.

Figure 1:



One of the advantages of the Balanced/Unbalanced ratio score is that it provides a methodological approach for assessing curvilinearity of cohesion and flexibility. The higher the ratio score above 1, the more balanced the system. Conversely the lower the ratio score below 1, the more unbalanced the system. This ratio score also allows for the summarizing of a families relative strength and problem areas into a single score, thus avoiding some of the complexities of the six scale scores.

C. Revised Definition of Flexibility

The conceptual definition of flexibility in the Circumplex Model was the “*amount of change in a family’s leadership, role relationships and relationship rules.*” However, few items included in the flexibility dimension of FACES IV (Rigid, Chaos and Balanced Flexibility) scales related directly to the amount of change present in the family system.

Reviewing the final items and concepts they measure in FACES IV, it was decided to change the conceptual definition of flexibility to better fit the aspects of family functioning being assessed. Flexibility will now be defined as “*the quality and expression of leadership and organization, role relationships, and relationships rules and negotiations.* This conceptual definition of flexibility is revised to more accurately reflect what is being (and has been in the past) measured by the Flexibility scale(s) in both FACES IV and the Clinical Rating Scale.

II. Six Family Types based on FACES IV

In order to determine if there are naturally occurring patterns in describing family systems across the six FACES IV scales, cluster analysis was performed. K-means cluster analysis was performed (SPSS Applications Guide, 1998), which is relevant for samples under 200. A limitation of cluster analysis is that there are only general guidelines regarding the number of clusters to be arrived at from any given the analysis. The final number of clusters is set manually, and thus is under the control of the researcher.

Cluster analysis was conducted using percentile scores for each of the six scales to address issues of differing variability and skewness of the subscales (See Figure 2). After several analyses using multiple criteria, a cluster grouping with six clusters was finally chosen (see development article for more details). This number chosen was based on the fact that there were still a sufficient number of cases were present for each cluster in order for them to be meaningful. Also, when the number of clusters was increased to seven, the additional cluster was a "shadow" cluster with values virtually identical to a previously existing cluster.

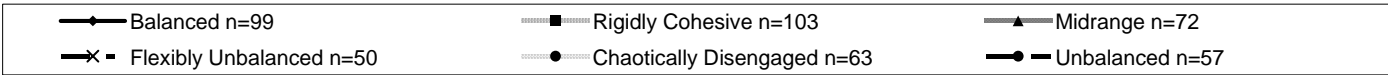
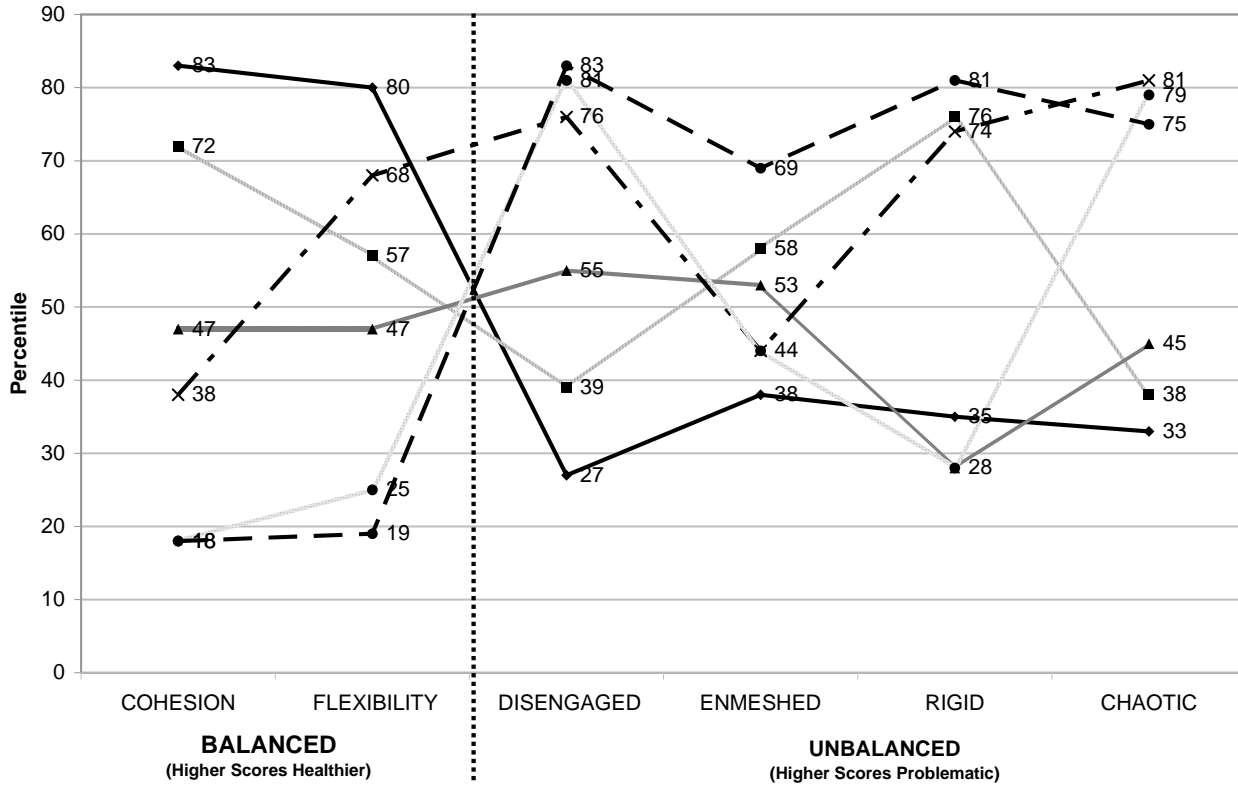
A. Description of Six Family Types

The six family types range from the most healthy and happy to the least healthy and most problematic. They are: *Balanced, Rigidly Cohesive, Midrange, Flexibly Unbalanced, Chaotically Disengaged and Unbalanced* (See Figure 2).

The development of the six family types based on scale scores provides a new family typology for studying and analyzing family relationships. The previous version of the Circumplex model allows for analysis of families who could be categorized as balanced, unbalanced or midrange. This new typology will allow for the comparison of the six different family types regarding a wide variety of criteria and variables. Individual families can be compared with these six family types and analysis can be made related to other characteristics of these six family types.

Figure 2:

FACES IV Profile: Six Family Types



Cluster 1, *Balanced*, is characterized by the highest scores on the balanced subscales of Cohesion and Flexibility, and the lowest scores on all of the unbalanced scales except rigidity, where the scores are near the lowest. This combination of high balanced and low unbalanced scores indicates a family type with high levels of healthy functioning and low levels of problematic functioning. These families are hypothesized to be able to best handle the stressors of daily living and the relational strains of changes in the family over time. This family type is the least likely to be seen in therapy.

Cluster 2, *Rigidly Cohesive*, is characterized by high closeness and rigid scores, moderate change and enmeshed scores, and low disengaged and chaos scores. This family type has as its hallmark high degrees of emotional closeness and high degrees of rigidity. This family type would be hypothesized to function well at times given their high degree of closeness. However, they may have difficulty making the changes required by situational or developmental changes due to their high rigidity.

Cluster 3, *Midrange*, is characterized by moderate scores on all of the subscales with the exception of the rigid subscale. The cluster values of the rigid scale fall into two groups, high and low, apparently due to the bi-modal distribution of the percentile values for this scale. Thus the rigid value, even for this midrange cluster, falls into either a high or low grouping. This family type would be hypothesized to function adequately, displaying neither the high levels of strength and protective factors tapped by the balanced subscales, nor the high levels of difficulties or risk factors tapped by the unbalanced subscales.

Cluster 4, *Flexibly Unbalanced*, cluster is characterized by high scores on all of the subscales other than Cohesion, where moderate to low scores are characteristic. The high scores on the unbalanced subscales combined with the low to moderate scores on Cohesion, would seem to indicate problematic functioning, however the high scores on the Flexibility subscale may indicate that these families are able to alter these problematic levels when necessary. Of all the family clusters this one is the hardest to characterize clearly.

Cluster 5, *Chaotically Disengaged*, is characterized by low scores on the balanced subscales, low scores on the enmeshed and rigid subscales, and high scores on the chaotic and disengaged subscales. These are hypothesized to be high problem families based on the lack of emotional closeness, indicated by the low closeness and high disengaged scores, and the high degree of problematic change indicated by the high chaos and low change scores. This family type may be as problematic as the unbalanced type discussed below as the two indicators of lesser problems for this type, low enmeshed and low rigid scores, are also the two subscales which are the least effective in differentiating between problem and non-problem groups.

Cluster 6, *Unbalanced*, is almost an exact mirror image of the balanced family type. The unbalanced family type is characterized by high scores on all four of the unbalanced scales, and low scores on the two balanced scales. These families are hypothesized to be the most problematic in terms of their overall functioning. They have problematic functioning, indicated by high scores on the unbalanced scales, and lack the strengths and protective factors tapped by the balanced scales. This is the family type most likely to be seen in therapy.

B. Level of Functioning of Six Family Types

In an attempt to assess the validity of the family types developed through cluster analysis, an analysis of variance with linear trend analysis was performed. The analysis examined the score trends for the validation scales--*Self Report Family Inventory (SFI)*, *Family Assessment Device (FAD)*, and the *Family Satisfaction Scale (FSS)*.

Results indicate a significant linear trend when scores are arranged in a "healthiest to most problematic" order based on level of health or problems (from Balanced to Unbalanced (see Table 1). The linear trend F value is considerably greater than the simple ANOVA between groups F value, indicating a linear trend is present in the scores of the validation scales when comparing clusters. The presence of this linear trend supports to the contention that there are indeed differences in levels of functioning across the six family types developed here.

The differences in the validation scales mirror what is predicted based on the descriptions of the individual family types outlined above. The Balanced family types were more function on the SFI, FAD and had higher family satisfaction (FSS) compared to the Unbalanced family types.

Table 1: Validation Scores for Six Family Types

FACES IV Clusters							ANOV	
Validation Scales	Balanced n = 99	Rigidly Balanced n = 103	Midrange n = 72	Flexibly Unbalanced n = 50	Chaotically Disengaged n=63	Unbalanced n=57	Between Groups F	Linear Term F
SFI	74.9 (4.7)a	71.2 (5.6)	65.9 (6.0)	59.0 (8.1)	48.0 (10.2)	46.0 (12.9)	171.6*	828.7*
FAD**	15.8 (3.0)	18.6 (3.6)	21.5 (4.4)	29.1 (6.8)	32.5 (7.6)	35.5 (9.7)	139.8*	680.1*
Family Satis- faction	43.6 (4.2)	41.4 (4.3)	37.4 (5.3)	34.1 (5.9)	28.3 (7.3)	25.8 (8.1)	112.0*	545.9*

Standard deviations are listed in parentheses.

* p < .001

** Lower scores indicate healthier functioning.

C. Ratio Scores for the Six Family Types

Cohesion Ratio, *Flexibility Ratio* and *Circumplex Total Ratio* scores were calculated for each of the six family types. The higher the ratio score above 1, the more healthy the family system and the lower the ratio below 1, the more unhealthy the family system.

The formula for creating these ratio scores are listed at the bottom of Table 2 and will now be summarized. The *Cohesion Ratio* score is calculated by dividing the Cohesion score by the *average* of the Disengaged and Enmeshed scores. The *Flexibility Ratio* is calculated by dividing the Flexibility score by the *average* of the Rigid and Chaotic scores. The *Total Ratio* is designed as a summary of a family's balanced (health) and unbalanced (problem) characteristics in a single score. The total ratio was calculated by dividing the *average* of the balanced scales (Cohesion and Flexibility) by the *average* of the unbalanced scales (Rigid, Enmeshed, Chaotic and Rigid). The higher the ratio score the more balanced the family system.

The findings are as expected with the "Balanced" family type having the highest ratio of 2.5 and, therefore, this type was the most healthy followed by the "Rigidly Balanced" which had a 1.3 ratio score. The "Unbalanced" (ratio of .24) and "Chaotically Disengaged" (ratio score of .38) were the most unhealthy types. The "Mid-Range", as the name implies was midrange between these two extreme types and it had a ratio scores near one. "Flexibly Unbalanced" was also more on the unbalanced with a .75 ratio score.

The validity of these ratio scores is also supported by the fact that they are very congruent with the scores from the other validation scales (SFI, FAD, and Family Satisfaction) that were presented in the previous section (see Table 1). As with the validation scales, there is a linear decrease in the ratio as you move from the "Balanced" to the "Unbalanced" family types.

Table 2: Six Family Types—Cohesion Ratio, Flexibility Ratio, and Circumplex Total Ratio

Family Type	Cohesion Ratio (1)		Flexibility Ratio (2)			Circumplex Total Ratio (3)	
	<i>Balanced Cohesion</i>	<i>Disengaged Enmeshed</i>	<i>Cohesion Ratio</i>	<i>Balanced Flexibility</i>	<i>Rigid / Chaotic</i>		<i>Flexibility Ratio</i>
Balanced	83	27/38	2.6	80	35/33	2.4	2.5
Rigidly Balanced	72	39/58	1.5	57	76/38	1	1.3
Mid-Range	47	55/53	.87	47	28/45	.77	.82
Flexibly Unbalanced	38	76/44	.63	68	74/81	.87	.75
Chaotically Disengaged	18	81/44	.29	25	28/79	.47	.38
Unbalanced	18	83/69	.24	19	81/75	.24	.24

FOOTNOTES:

(1) **Cohesion Ratio** = $\text{Balanced Cohesion} / (\text{Disengaged} + \text{Enmeshed} / 2)$

(2) **Flexibility Ratio** = $\text{Balanced Flexibility} / (\text{Rigid} + \text{Chaotic} / 2)$

(3) **Circumplex Total Ratio** = $\text{Cohesion Ratio} + \text{Flexibility Ratio} / 2$ or

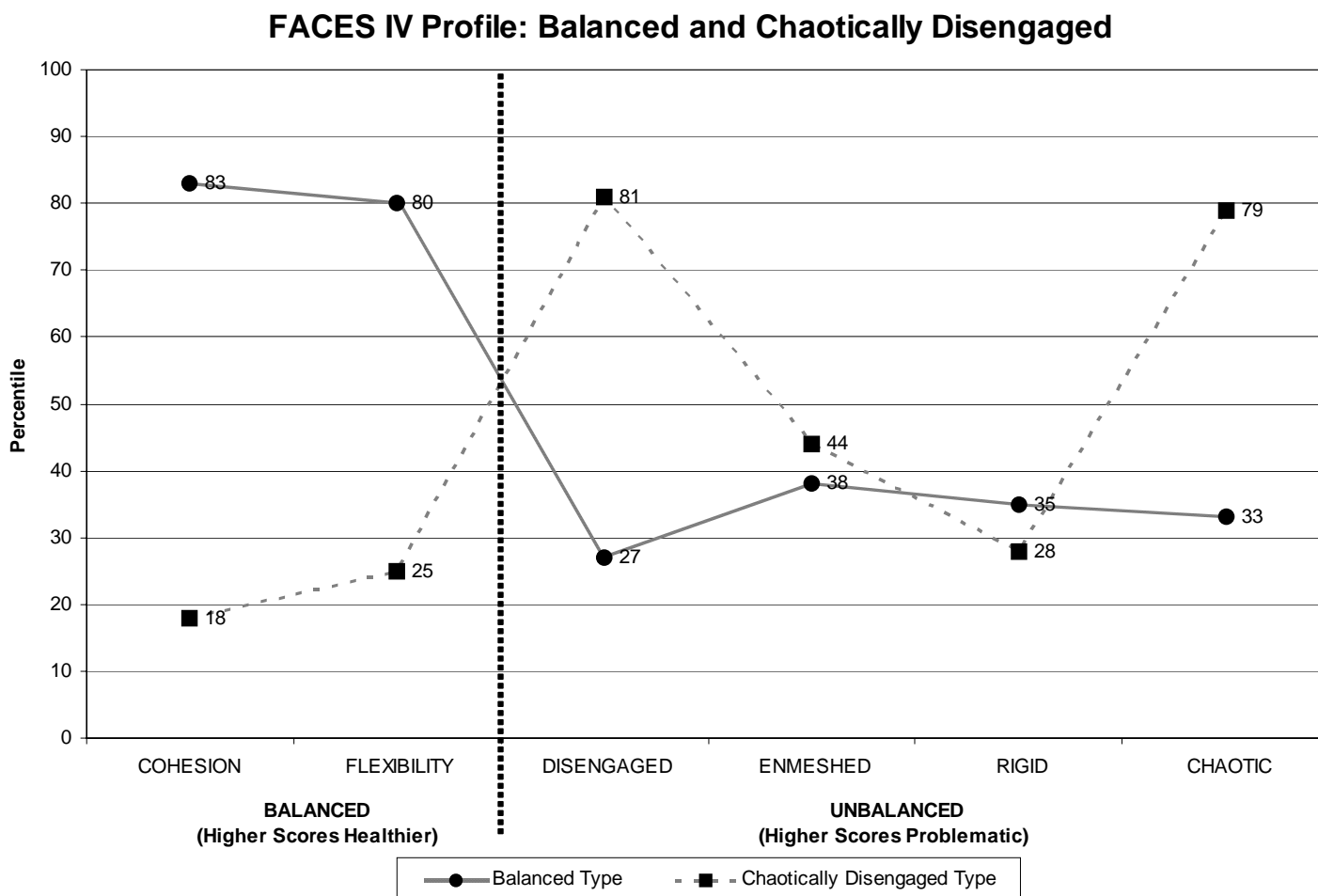
$(\text{Balanced Cohesion} + \text{Balanced Flexibility} / 2) / (\text{Disengaged} + \text{Enmeshed} + \text{Rigid} + \text{Chaotic} / 4)$

III. Balanced Family versus Chaotically Disengaged Family

A plotting of two contrasting family types is represented in the Figure 3 that contains the Balanced and Chaotically Disengaged family types which are plotted onto the FACES IV Profile. The Balanced type has high scores on Balanced Cohesion and Balanced Flexibility and low scores on all four of the Unbalanced scales. In contrast, the Chaotically Disengaged type has low scores on Balanced Cohesion and Balanced Flexibility, with high scores on the Unbalanced scales of disengaged and chaotic.

A new profile scoring system has been developed based on the six FACES IV scales. This profile scoring system allows the scale scores to be interpreted as separate assessments of distinct aspects of family functioning. At the same time, it also allows for the compilation and comparison of these scores for a given family system. It is believed that the more detailed perspective offered by the profile scoring system will be very useful in clinical setting to help guide therapeutic work. In conjunction with this profile scoring system, a family profile can be plotted against the six family types (from the cluster analysis discussed below). This profile scoring systems offers a more complex and comprehensive assessment of family functioning than the previous two scale (Cohesion and Flexibility) versions of the FACES instrument.

Figure 3:

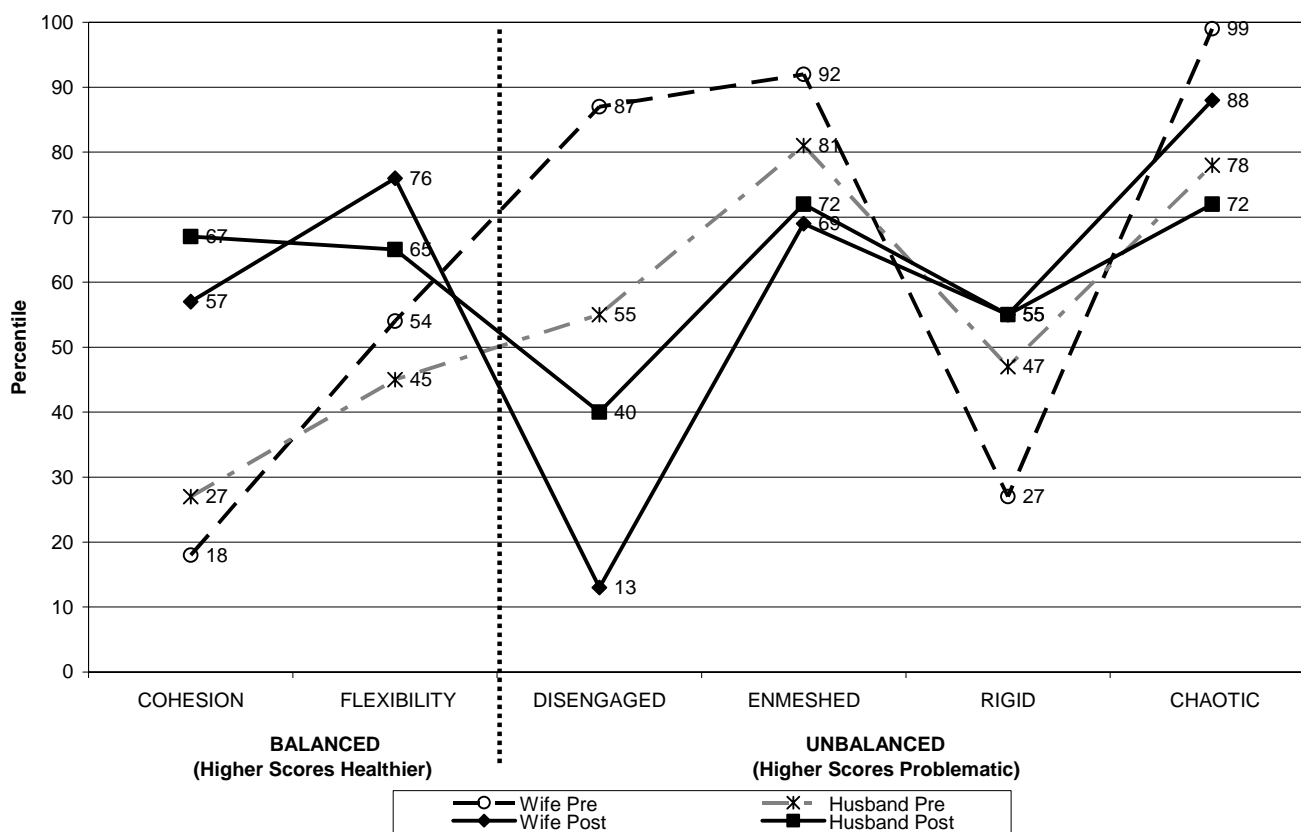


IV. Clinical Application of FACES IV

An example of use of the FACES IV instrument in a clinical application can be drawn from work done with a family where significant emotional and behavioral problems exhibited by two children in the family was the focus. Peggy and Dave are a married couple in their mid 30's who have 3 children, Alex age 10, Sam age 8, and Taylor age 3. The couple began having trouble with emotional outbursts and oppositional behavior in both of their older children from an early age. They tried every different parenting approach they could imagine and read every book on handling difficult children they could get their hands on. After getting assistance from early childhood behavioral specialists, and having their children experience difficulties remaining in daycare situations due to their behavior, Dave and Peggy sought more intensive services to assist them in handling the challenges posed by their boys.

After being seen by a child psychiatrist, both Alex and Sam were diagnosed with an early onset of bipolar disorder. Medication was prescribed to aid in reducing the turbulence of the emotions and behavioral difficulties experienced by the brothers. In conjunction with psychiatric services, intensive family therapy services were instituted to assist the parents in adapting their parenting styles and approaches. At the same time couples therapy was initiated when the therapists conducting the family therapy determined that significant couple conflict prevented the parents from cooperatively instituting any of the parenting approaches they had attempted in the past.

FACES IV instrument was administered to assess the particular strength and growth areas in the family system. Results of FACES IV can be seen in the couple's FACES IV profile plotting in Figure 4. Strength areas in the family system are a level of Flexibility that is in moderate range as described by both members of the couple.

Figure 4:**FACES IV Profile: Pre and Post Therapy Clinical Example****A. Family Before Therapy**

Areas of difficulty for the family indicated by the FACES IV include low levels of Balanced cohesion and high levels of Unbalanced Cohesion (both Disengaged and Enmeshment). (See Figure 4) On Flexibility, there were high levels of the Unbalanced area of Chaos. The high levels of Disengagement, particularly by the report of Peggy, and low levels of Balanced Cohesion indicate a lack of emotional closeness in family relationships, and thus a lack of a resource that members might rely on to deal with the difficulties they are facing.

The Enmeshment tapped by FACES IV was reflective of the large percentage of time family members spent together in near constant monitoring of the children's behavior to deal with the behavioral and emotional difficulties exhibited. This Enmeshment resulted in pressure to be together in the family, but with an emotional distance present between family members even when together (Disengaged). The lack of emotional closeness was present in certain of the parent-child relationships, and very much reflected in the couple relationship. This turned out to be a key area for therapeutic focus in the couple's therapy.

Finally, the high level of Chaos present in the family system was an indicator of problems with organization and leadership that the couple could not effectively provide due to a combination of difficulties in their couple relationship and the overwhelming task of parenting two boys who seemed to respond to none of their attempts at providing structure. As a result of

the failure of these attempts, the structure that may have been present dissipated in couple conflicts over what to do to try and parent the children and how to do it.

B. Family After Therapy

Therapeutic work with the couple and family was guided by FACES IV results and clinical observation and impressions. Work focused on increasing the emotional bond and connection in the couple relationship in an effort to enable Dave and Peggy to be able to function more effectively as a co-parenting unit. Over time as the couple relationship improved, they also improved at reducing the chaos of their parenting approach and began to work as a team. They implemented specific parenting techniques aimed at increasing structure and consistency in the home for the boys, as well as at increasing the positive emotional connections between the parents and children.

The post therapy FACES IV results reflect the significant changes made in the couple and family relationships. (See Figure 4) There were significant increases in Balanced Cohesion and decreases in Disengagement that were indicative of improvement in the emotional closeness and bonding. The transformation is particularly striking in the scores for Peggy. There was a moderate increase in Balanced Flexibility for both members of the couple, reflecting improvement in conflict resolution and negotiation in the couple relationship as well as how they handled differences in implementing a particular parenting approach.

The decreases in Enmeshed and Chaotic scores are actually more significant than may be first apparent by examining the couples FACES IV profile. These decreases reflect a decreased need to be together as intensely (Enmeshed) due to improvements in the boy's emotional and behavioral difficulties, and an improvement in the organization and leadership displayed by the parents (Chaotic). The increase in the Rigid scores of both parents, which would usually be thought of as an increase in problematic functioning, was actually a positive for the family in that it represented an increase in the discipline and control exercised by the parents.

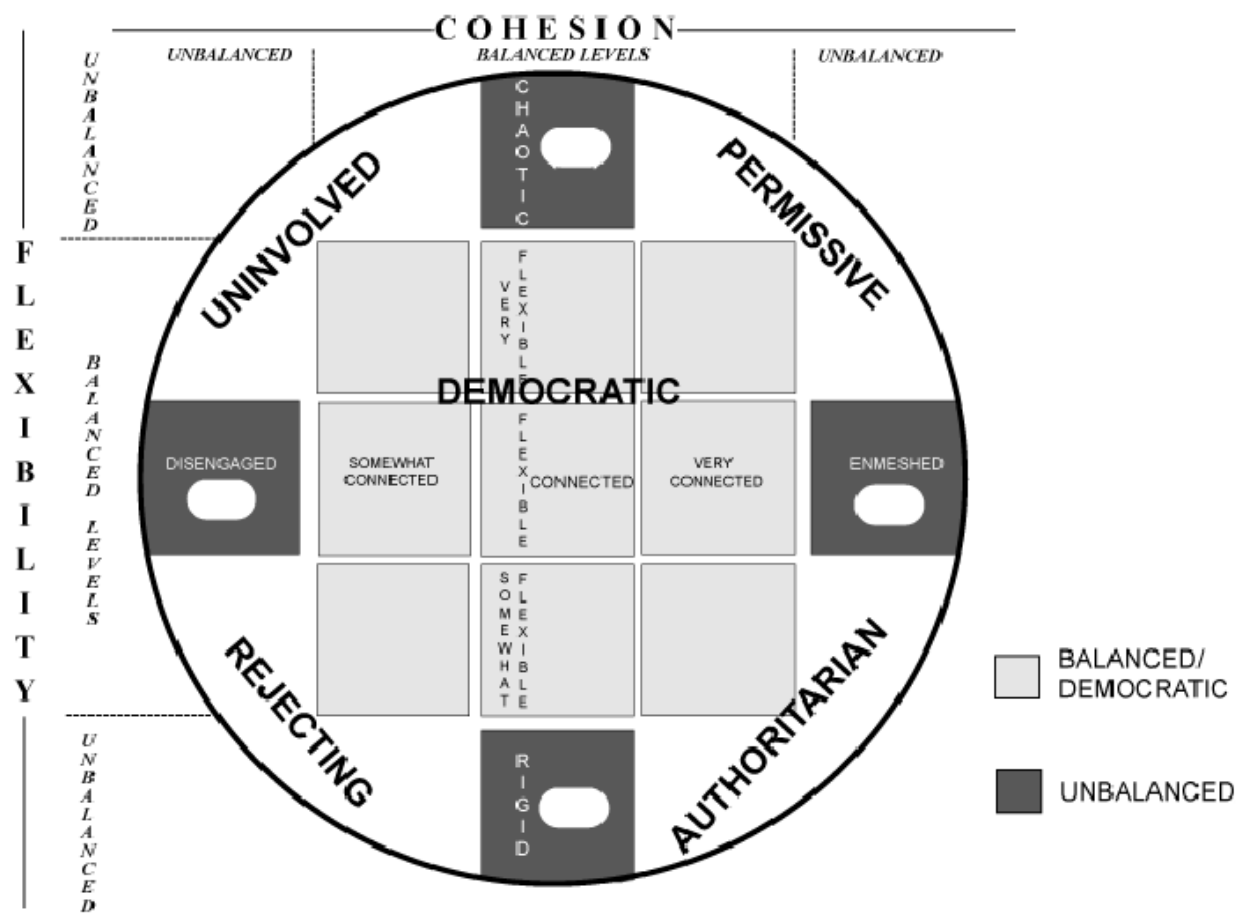
V. Parenting Styles and the Circumplex Model

Two key aspects of parenting behavior that researchers have often study are parental support and parental control (Amato & Booth, 1997). *Support* is defined as the amount of caring, closeness and affection that a parent exhibits. It is very similar to cohesion as assessed in the Circumplex Model, except that parental support is assumed to be linear. *Control* is defined as the degree of flexibility that a parent uses in enforcing rules and disciplining a child. Control is very similar to the flexibility in the Circumplex Model, but it is assumed to have a linear relationship with positive child outcomes.

Regarding curvilinearity, one of the few reviews of families more extreme in parental control, Amato and Booth (1997) found that there is a curvilinear relationship between parental control and positive outcomes in children. They reported that if parents were either too lenient (leading to a chaotic system) or too strict (leading to a rigid system), the child had more psychological problems. This supports the curvilinearity hypotheses from the Circumplex Model that more children with problems come more from unbalanced systems.

Diana Baumrind (1991, 1995) has done considerable research on parenting styles and has identified four *styles of parenting: democratic (authoritative), authoritarian, permissive, and rejecting*. After reading the descriptions of these parenting styles, which emphasized support and control, it was possible to plot the four parenting styles on the Circumplex Model. After that was completed, there was one quadrant (up left) that had no parenting style. Conceptually we then added the *uninvolved style*, which was extremely high in flexibility (chaotic) and extremely low in cohesion (disengaged) (See Figure 5).

Figure 5: Five Parenting Styles & Circumplex Model



Democratic Parenting

The democratic style is represented by the “balanced” type of system on the Circumplex Model. Democratic families, therefore, tend to range from somewhat connected to very connected on the cohesion dimension and from somewhat flexible to very flexible on the

flexibility dimension. In democratic parenting, parents establish clear rules and expectations and discuss them with the child. Although they acknowledge the child's perspective, they use both reason and power to enforce their standards.

Democratic parenting is represented by higher scores on balanced cohesion and balanced flexibility and lower scores on the four unbalanced scales. Within the Balanced area of the model, the higher the level of balanced cohesion and balanced flexibility, the more functional the family system.

Considerable research on parenting has demonstrated that more balanced families have children who are more emotionally healthy and happy and are more successful in school and life (Kouneski, 1996). Children of democratic parenting exhibit what Baumrind describes as energetic-friendly behavior. These children are very self-reliant and cheerful, they cope well with stress, and they are achievement oriented.

The other four styles of parenting tend to be more unbalanced on the Circumplex Model. They tend to have lower scores in the Balanced area (balanced cohesion and balanced flexibility) and higher scores on one or more of the Unbalanced scales.

Authoritarian Parenting

The authoritarian style is located in the lower right quadrant of the Circumplex Model, indicating high levels of rigidity and enmeshment. In authoritarian parenting, parents have more rigid rules and expectations and strictly enforce them. These parents expect and demand obedience and loyalty from their children. As the authoritarian style becomes more intense, the family moves toward the unbalanced style called "rigidly enmeshed." This type of family system is particularly problematic for adolescents, who tend to rebel against it. In Baumrind's reviews (1955), children of authoritarian-style parents are often conflicted-irritable in behavior, they tend to be moody, unhappy, vulnerable to stress, and unfriendly.

Permissive Parenting

The permissive style is located in the upper right quadrant of the Circumplex Model, indicating family high in chaos and enmeshment. In permissive parenting, parents let the child's preferences take priority over their ideals and rarely force the child to conform to their standards. The children are in control of the family rather than the parents. As the permissive style becomes more extreme, the family moves toward the "chaotic enmeshed" style. The chaotic enmeshed style is problematic for parenting because the constant change and forced togetherness is not healthy for children. Baumrind (1955) observed that children of permissive-style parents generally exhibit impulsive-aggressive behavior. These children are often rebellious, domineering, and low achievers.

Rejecting Parenting

The rejecting style is located in the lower left quadrant of the Circumplex Model, with high levels of rigidity and disengagement. In rejecting parenting, parents do not pay much attention

to their child's needs and seldom have expectations regarding how the child should behave. As the rejecting style becomes more extreme, the family moves toward the "rigidly disengaged" style. This style makes it difficult for children to feel cared for, yet they are expected to behave because there are many rules. As a result, children from these homes are often immature and have psychological problems.

Uninvolved Parenting

The uninvolved style of parenting is located in the upper left quadrant of the Circumplex Model, with high levels of chaos and disengagement. In uninvolved parenting, parents often ignore the child, letting the child's preferences prevail as long as those preferences do not interfere with the parents' activities. As the uninvolved style becomes more extreme, it moves toward the "chaotic disengaged" pattern. This pattern is problematic for children because they are left on their own without emotional support and a lack of consistent rules and expectations. The uninvolved style of parenting is not often discussed in published research, but in many instances it is combined with the rejecting style. Children of uninvolved parents are often withdrawn loners and low achievers.

Table 3 summarizes the five parenting styles and children's consequent behavior for each.

Table 3: Parenting Styles and Children's Behavior

Parenting Style Children's Behavior

<i>Democratic</i>	Energetic-friendly Self-reliant and cheerful Achievement oriented
<i>Authoritarian</i>	Unfriendly Conflicted and irritable Unhappy and unstable
<i>Permissive</i>	Impulsive and rebellious Low achieving
<i>Rejecting</i>	Immature Psychologically troubled
<i>Uninvolved</i>	Lonely and Withdrawn Low Achieving

VI. Summary

FACES IV has enabled us to achieve many of our goals for the revised instrument. Cluster analysis was conducted to reveal six family types based on the six family scales developed here. In addition to providing a basis for comparison for individual family data, the development of the six family types based on scale scores provides a new family typology for studying and analyzing family relationships.

We believe the end result is an instrument that will be useful in both research and clinical endeavors. Hypotheses can be tested that Balanced families are more healthy and functional than Unbalanced family systems using the six scales and the ratio scores. Clinicians will more likely want to explore the scales individually, utilizing the specificity offered by the combination of balanced and unbalanced scales to help plan, track and evaluate the therapy they do with families.

The previous versions of the Circumplex model allowed for analysis of families who could be categorized as balanced, unbalanced or midrange. This new typology will allow for the comparison of the six different family types regarding a wide variety of criteria and variables. Lastly, the integration of five parenting styles into the Circumplex Model will be useful for integrating findings from parenting studies.

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