



# Relationship Building

## FAMILY HANDOUTS

### what is it?

*Relationship Building* can be best defined as working to build or maintain ethical relationships or networks with people to achieve goals and establish advantages.<sup>1</sup>

### importance

- Relationship building provides an open space for families and clients to express concerns safely and confidently.
- It is also helpful in providing more effective solutions when problems arise, and improve overall cooperation.

### goals

- Trust: Freedom to share any negative emotional responses with each other.
- Care: Utilizing active listening to show full attention.
- Respect: Agreeing to opinions/views that others do not.
- Agreement: General agreement on the goals and tasks of the treatment.
- Collaboration: Shared decision-making.

### ?s to Ask

- How can we work to establish trust?
- What forms of communication will be most effective throughout treatment?
- How can I build a safe space for expressing concerns?
- How do I make sure my opinions and concerns are respected?