



Project HoriZen
where east meets west

Guiding questions for the CFF

- Soil represents intergenerational/ancestral trauma/experiences e.g. war, famine, genocide, historical events
 - a. Do you know about your family's (migration) history? Did your ancestors/(great) grandparents experience any major world/historical events?
- Stem represents the family/attachment system
 - a. Assess for the type of attachment e.g. secure vs insecure (anxious/avoidant)
 - b. What kind of childhood did you have?
 - c. What was the atmosphere in your home environment like?
- Leaves represents significant people in their life – would likely be a parent/caregiver/family members (as this is linked to the ancestral roots, if there are non-biologically related people you can add them to the sun as protective factors)
 - a. Who did you grow up with? Who looked after you when you were a child?
- Petals – representing a culture e.g. ethnicity, religion, sexuality, sports, work
 - a. What groups are you a part of?
 - b. Do you identify with more than one ethnicity? Would you say that this has impacted your sense of self?
 - c. What environments do you feel a sense of belonging and connection?
 - d. What are your hobbies? Do these hobbies link into a group?
- Middle of flower – pop in your schema/ACT/CBT/DBT formulation OR client's current presenting symptoms
- Sun represents protective factors e.g. good friends, good emotion regulation, self awareness
 - a. What strategies do you use to help you overcome tough situations?
 - b. What strengths do you think you have?
 - c. Do you engage in any regular activities that help you feel good mentally/physically?



Project HoriZen
where east meets west

- d. What do you do for self care?
- e. Are there people you can rely on for support?