

Gulf Coast Social Work Conference
2024

Presents

**What ever happened to daddy's
little girl? Intervention Strategies for
Daughters Impacted by Fatherlessness**

Presenter
Mark Sanders, LCSW, CADC

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Much has been written on the
father-son relationship and the
mother-daughter relationship.

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What Involved, Responsible and Committed Fathers Provide for Their Daughter Continued

- Positive impact in utero
- Greater birth weight
- Decreased risk of premature death
- Nurturing



Source: All4kids.org



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Involved, Responsible and Committed Fathers Continued


- Affirmation
- Protection
- Security
- Confidence



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Involved,
Responsible
and Committed
Fathers
Continued


- Increased probability of healthy relationships
- Attention
- Help with individuation
- Decrease in financial insecurity



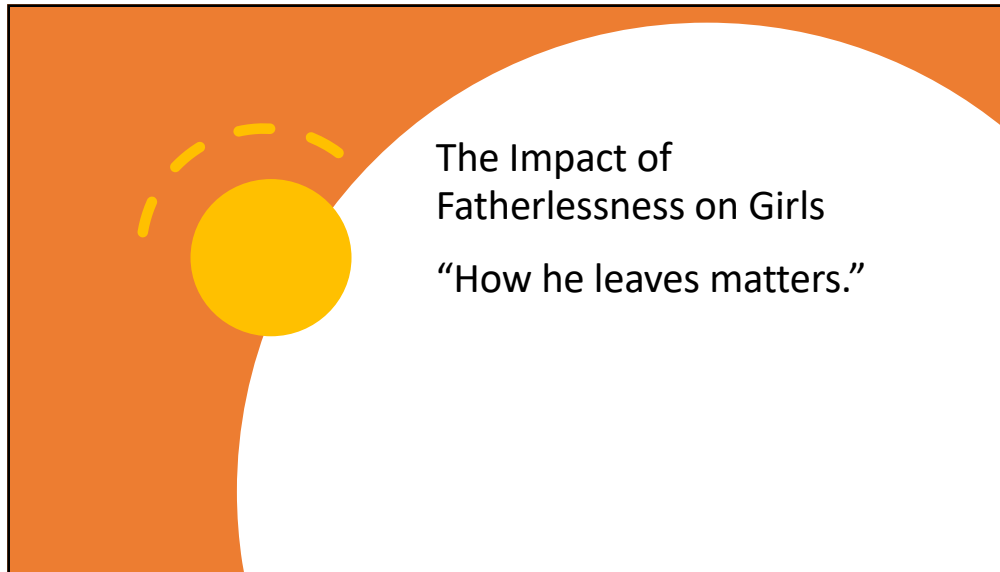
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Involved,
Responsible
and Committed
Fathers
Continued

- 'The male perspective.'
- Decreased risk of sexual abuse
- Increased probability of academic success



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The Impact of
Fatherlessness on Girls
“How he leaves matters.”

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Dr. Martin Luther King Jr. and Malcolm X.

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Three Ways Fathers Leave Their Daughters

- Death
- Desertion
- Divorce



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Impact of Fatherlessness

- The search
- Dating older partners
- Promiscuity
- Teen pregnancy
- Desperately seeking love
- A natural day of mourning
- Success



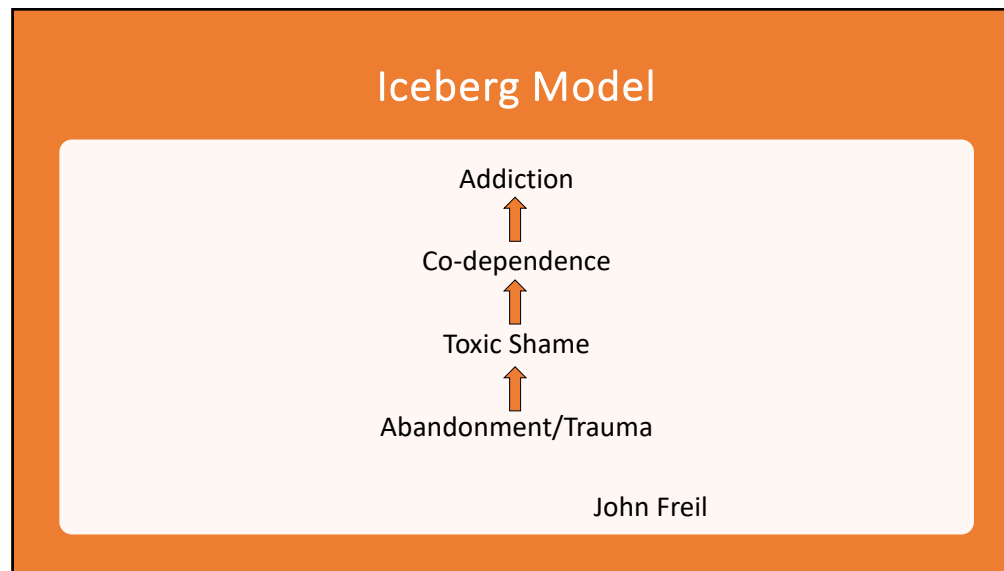
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Impact of Fatherlessness Continued

- Toxic shame and abandonment issues
- Heavy drug use
- Addictive relationship styles



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Guilt vs. Shame


<u>Guilt</u>	<u>Shame</u>
<ul style="list-style-type: none">• Behavior	<ul style="list-style-type: none">• Your being
<ul style="list-style-type: none">• “I’ve done wrong.”	<ul style="list-style-type: none">• “There is something wrong with me.”
<ul style="list-style-type: none">• “I’ve done bad.”	<ul style="list-style-type: none">• “I am bad.”
<ul style="list-style-type: none">• “I made a mistake.”	<ul style="list-style-type: none">• “I am a mistake.”

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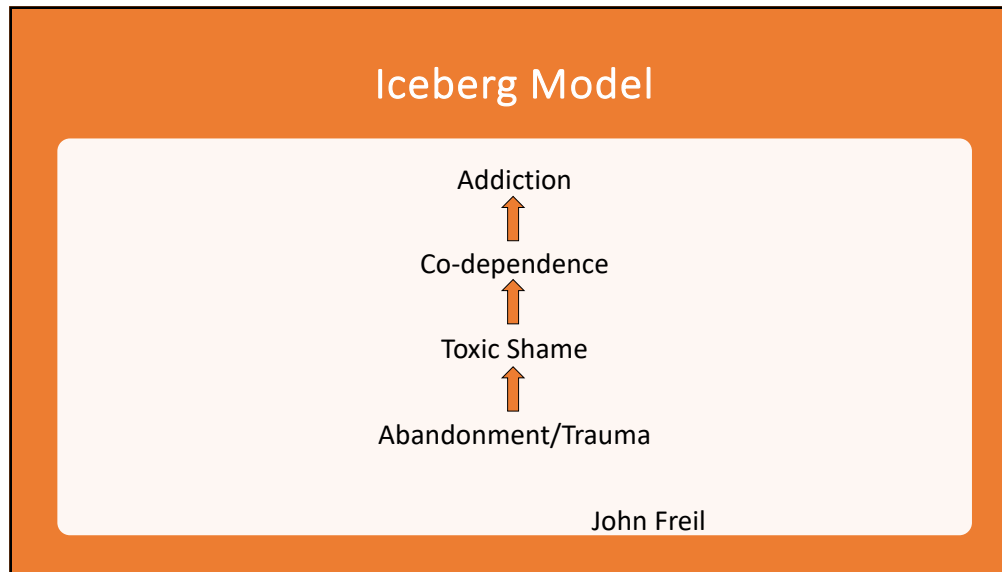
Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.



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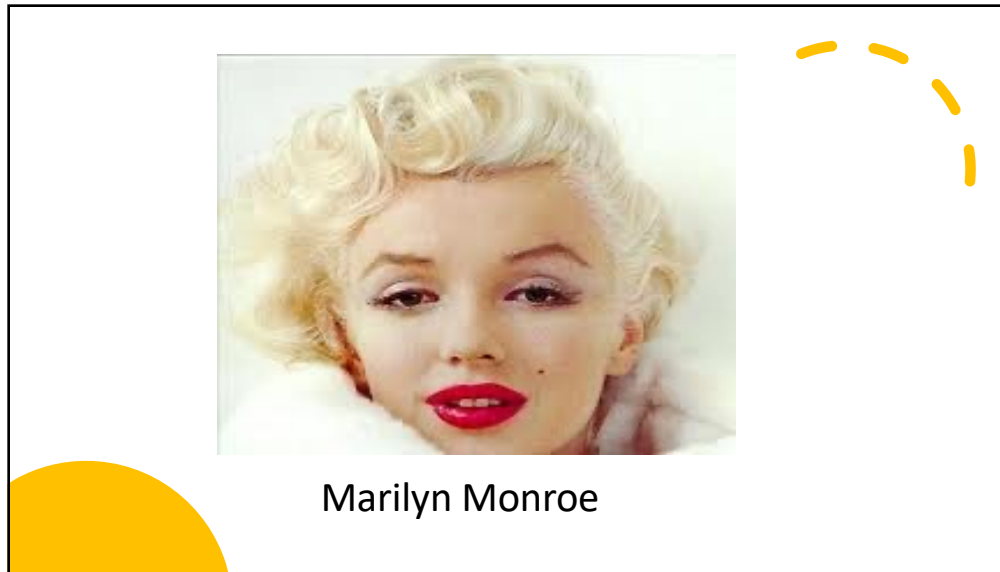
Co-dependence

An over involvement with things outside of us and an under involvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel

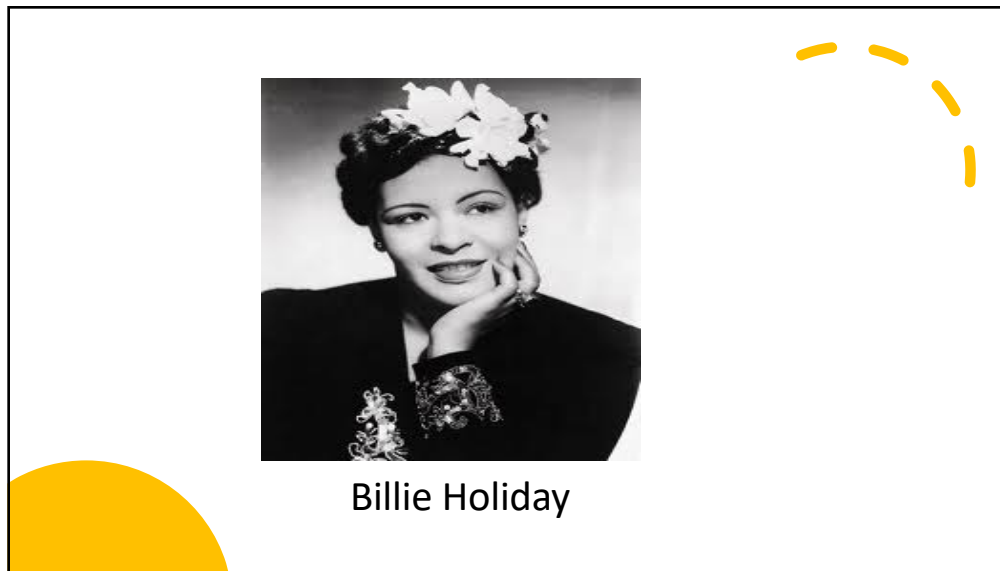
The slide has a white background with an orange vertical bar on the left side. The title "Co-dependence" is written in white on the orange bar. The main text is in black, and the name "John Friel" is in the bottom right. A yellow dashed curved line is located in the bottom right corner of the white area.

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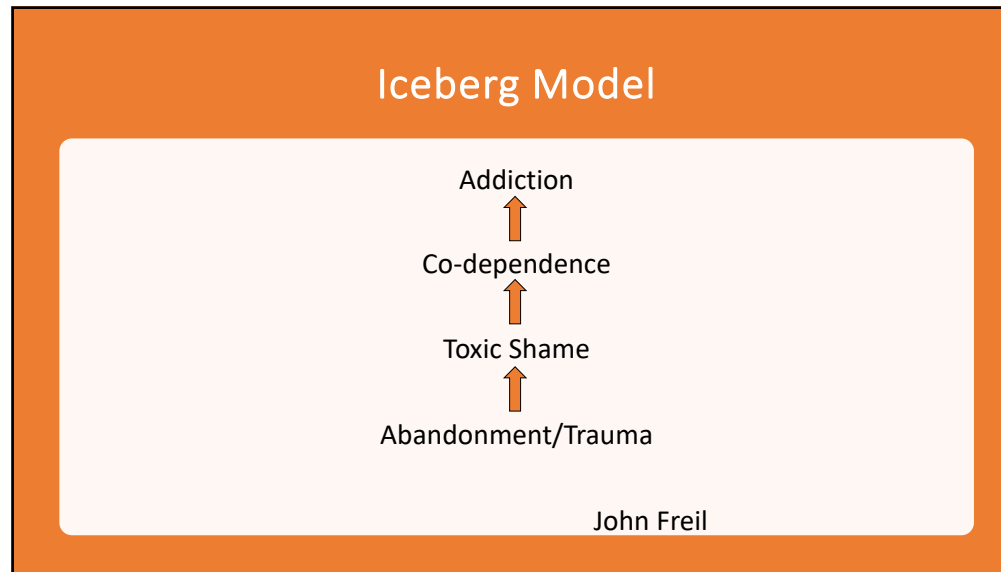
Marilyn Monroe

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Billie Holiday

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Characteristics of Addictive Relationships

1. Lots of drama
2. Smothering
3. Extreme jealousy
4. The relationship is primarily based upon romantic fantasies rather than reality.
5. You abandon friends and relatives whenever you're in a relationship.
6. You tend to stay in relationships despite major consequences.
7. Abuse
8. When you leave one unhealthy relationship you enter another.

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Characteristics of Healthy Relationships

1. Both individuals in the relationship are whole
2. Each partner is growing and encouraging the other to grow
3. Each has a separate life outside the relationship.
4. The relationship does not have too much jealousy.
5. The couple is able to argue in the present.
6. The absence of all abuse.
7. Giving without ulterior motives
8. The relationship is primarily based in reality not just romantic fantasies.

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Impact of Fatherlessness Continued

- Depression
- Increase in violence
- Gang affiliation
- Emotional intelligence impacted

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Impact of Fatherlessness Continued

- Unresolved grief
- Self-image
- Rift with her mother
- Trust issues
- Self-harm behavior
- Spiritual distress



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Intervention Strategies

How do you help heal the father-daughter relationship?

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Intervention Strategies for the Father-Daughter Relationship

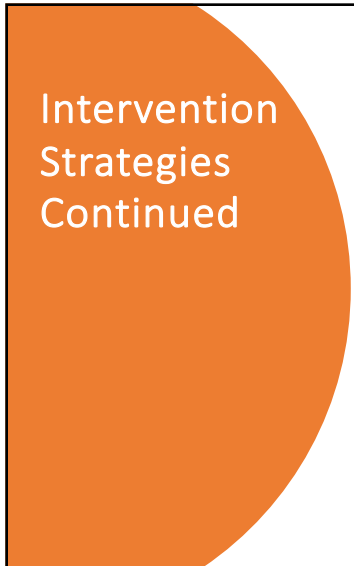
- Talk therapy
- Grief work
- Reading – successful women who dealt with fatherlessness
- Gestalt Therapy
- Trauma work

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Intervention Strategies Continued


- Treat coping mechanisms
- Involve grandfathers and uncles
- Rally the extended family
- Journaling

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Intervention Strategies Continued

- Activities which increase confidence
- Sports
- Affirmations
- Help with the search




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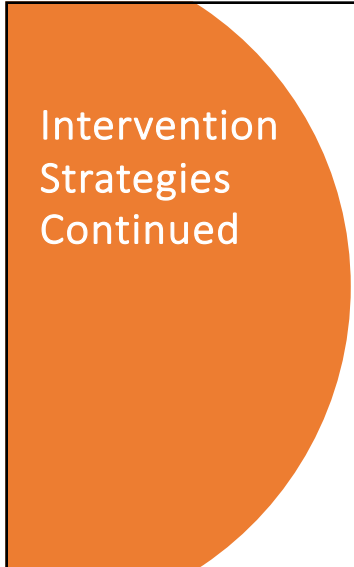
Intervention Strategies Continued

Who was my father? Ask

- Mom
- Grandparents
- Older siblings
- Aunts and uncles
- Yearbook
- Facebook
- Godparents
- Father's family
- Photo albums




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Intervention Strategies Continued

- Network Mentoring
Dr. Jean Rhodes
- Provide support for single parents of teen girls



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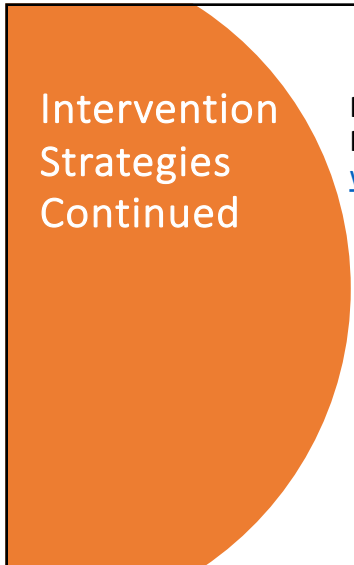
Intervention Strategies Continued

Coach fathers on how to be dads.

- Examine the impact of how your father parented you
- You're important
- It's okay not to be perfect
- Stay involved with the school
- Attend her events
- Go to dinner together
- Respect your daughter's mother
- Become the on-call parent
- Listen to your daughter
- Side-by-side time
- Keep lines of communication open
- Take your daughter to school and work




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Intervention Strategies Continued

Provide resources – National Fatherhood Initiative
www.fatherhood.com

- 24/7 Dad’s curriculum
- Inside out program for incarcerated dads
- Dad email – weekly tips
- Dad’s Club




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Intervention Strategies Continued

Helping dads with reconciliation

- A. Assess insights into pain caused
- B. Prepare amends
- C. Make amends
- D. Expect rejection
- E. Move at your daughter’s pace
- F. Be consistent
- G. Important not to let your relationship with your daughter’s mother impact co-parenting
- H. Receive support from other fathers



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Intervention Strategies Continued

- Rites of Passage