

Counselling Nuclear Families with Conflicts

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Abstract

This paper explores the concept of nuclear family, sources of conflict within this family structure, and the role of counsellors in addressing these conflicts. A nuclear family, consisting of a married couple and their dependent children, is a common family structure vulnerable to conflicts. Sources of conflict in nuclear families can arise from communication breakdowns, financial stress, parenting disagreements, social media usage, health issues, among many others. Counsellors play a crucial role in helping nuclear families manage and resolve conflicts through effective communication, active listening, and conflict resolution strategies. This paper discussed various conflict resolution strategies, including showing of respect, family enrichment programme, celebrating each other's success and failure, and others. Counsellors must establish a safe and non-judgmental environment, encourage effective communication, and teach conflict resolution strategies. The counsellor's role includes identifying and challenging negative patterns and behaviours, providing emotional support and guidance, and emphasizing the importance of empathy and active listening. By providing ongoing support and guidance, counsellors can help nuclear families maintain healthy relationships and manage conflicts. This paper concludes with suggestions for counsellors working with nuclear families, emphasizing cultural sensitivity, awareness of community resources, and the importance of self-care and quality time together. Effective counseling can strengthen family relationships, promote a healthier family environment, and foster resilience in the face of conflict.

Key words: Counsellor, Counselling, Nuclear family and Conflict.

Introduction

A nuclear family is defined as a family unit consisting of two parents and their children living together. This type of family arises from the marriage of one man to one wife. It is basic unit from which other form of family is developed, and serves as

a fundamental building block of society. This family structure is important as it provides emotional support, nurtures individual identity, and fosters socialization among its members (Bengston & Allen, 2022). The nuclear family has been traditionally viewed as a pivotal structure for child development and societal stability. Within this unit, parents provide not only physical care but also emotional and psychological support. The stability offered by a nuclear family can foster a secure environment for children, allowing them to thrive academically, socially, and emotionally. Moreover, the nuclear family encourages the formation of strong bonds among family members, which are essential for developing interpersonal skills and emotional intelligence. This family structure fosters close interpersonal relationships, enabling effective communication and conflict resolution among family members, which contributes to children's social and emotional development. In the context of modern society, the nuclear family also plays a critical role in socialization. Parents act as primary educators, instilling values, beliefs, and norms that shape children's behaviours and perspectives. Research suggests that a supportive nuclear family contributes to better mental health outcomes and resilience in children (Cohen, 2023).

Furthermore, as families navigate complex social landscapes, the adaptability of the nuclear family allows for diverse parenting styles and structures, which can enrich family experiences and broaden children's worldviews. Research shows that children raised in nuclear families often exhibit better academic performance and emotional well-being, as they benefit from dedicated parental attention and guidance (Amato, 2020). Also, the nuclear family adapts more readily to changing social dynamics, allowing for greater mobility and flexibility in the workforce, which is increasingly important in today's economy. The emphasis on this family structure can also contribute to a sense of identity and belonging, reinforcing societal norms and values that can influence behaviour and community cohesion (Oghene, 2021). The nuclear family remains a foundational unit that shapes individual lives and contributes to the broader social fabric.

However, despite the numerous benefits associated with nuclear families, conflicts are prevalent and can manifest in various forms. Family conflicts are defined as disagreements or disputes arising from different opinions, values, or interests, these conflicts can emerge in various forms, including verbal disputes, emotional withdrawal, or even physical altercations. The complexity of family dynamics-shaped by cultural, social, and individual factors-can inflame these conflicts, making their resolution challenging. Understanding the roots and implications of family conflicts is crucial for promoting healthier familial relationships and enhancing individual well-being.

Concept of Nuclear Family

The nuclear family is defined as a unit consisting of two parents and their children, and serves as a fundamental social structure within many societies. This structure promotes various dynamics, roles, and functions that significantly impact the family members' development and societal integration. The nuclear family has been a subject of study in sociology and family dynamics, often characterized by its intimate nature and direct familial relationships. Robert (2021) stated that this family form is predominant in Western cultures but can be found globally, albeit with varying characteristics.

Nuclear family is composed of parents and their children. The parental roles typically include a division of labor where one or both parents may engage in external employment while managing household responsibilities (Anderson, 2022). This division reflects broader societal trends toward dual-income households, where both parents contribute economically. Children within the nuclear family structure often experience a more individualized form of upbringing, which can foster unique emotional and psychological development. Socialization within a nuclear family occurs through direct interaction and shared experiences. Parents instill values, norms, and behaviors in their children, acting as primary agents of socialization. This intimate setting allows for tailored educational experiences, where parents can

address individual needs and foster critical thinking skills. Also the emotional support provided by parents contributes to the children's mental health and resilience, equipping them to face societal challenges.

In a nuclear family, each member plays a vital role in maintaining the family's well-being and harmony. The father, typically the breadwinner, provides financial support and serves as a role model for his children (Smith & Baucom., 2020). The mother, often the primary caregiver, nurtures and supports the emotional needs of her children and manages the household. Children, in turn, bring joy and energy to the family and learn important values and skills from their parents (Taylor & Smith, 2022). Spouses support each other emotionally and work together as a team to raise their children and build a life together (Williams & Dunn, 2020). Additionally, siblings develop important social skills and learn to navigate relationships and conflict resolution. The nuclear family's economic functions are equally significant. Traditionally, the family unit has operated as an economic entity, pooling resources to ensure the wellbeing of its members. Recent economic shifts have influenced this structure, with many families adapting to rising living costs by engaging in shared financial responsibilities. This adaptation has led to discussions on the economic pressures facing modern nuclear families, including the balance of work and family life.

Conflicts in Nuclear Family

Conflict is a serious disagreement and argument about something between individuals. It is a situation in which unacceptable differences in interest, expectations, values and ideas occur between two or more people. It is always with people with opposing opinions and principles. Conflicts in nuclear families are pervasive and complex issues that affect many families worldwide. A nuclear family typically consists of two biological parents and their dependent children, and conflicts can arise due to various reasons such as differences in values, beliefs, and opinions, as well as communication breakdown and power struggles. However, Conflicts

within nuclear families are increasingly recognized as a significant area of study in family dynamics. Research indicates that approximately 70% of families experience some form of conflict, with common issues arising from communication breakdowns, financial stress, and differing parenting styles (Fischer, 2021). Conflicts are inevitable aspect of family life, and their frequency and intensity can vary greatly from one family to another. In fact, research suggests that up to 60% of families experience conflict regularly Adepoju (2019). Therefore, it is essential to examine the causes, effects, and resolution strategies of conflicts in nuclear families to promote healthy relationships and overall well-being.

These conflicts can lead to detrimental outcomes, including emotional distress and deteriorating relationships. Understanding the prevalence and nature of these conflicts is essential for developing effective intervention strategies and fostering healthier family environments. The impact of unresolved family conflicts extends beyond the immediate family unit. Psychological research indicates that chronic conflict within families can lead to various mental health issues, including anxiety, depression, and lower self-esteem (Smith & Jones, 2023). Children raised in high-conflict environments are particularly vulnerable, as they may internalize the conflict or adopt maladaptive coping strategies, which can affect their future relationships and emotional well-being. Children also experience emotional and social difficulties as a result of exposure to chronic conflicts. Recent studies have identified several factors that contribute to conflicts in nuclear families. For instance, research suggests that financial stress, lack of communication, and power struggles are common causes of conflict (Williams & Dunnl, 2020). Additionally, differences in parenting styles and expectations can also lead to conflict between parents and children.

The role of effective communication in family dynamics cannot be overstated. Research conducted by Knutson and Lutz (2023) highlights that families with open lines of communication are better equipped to manage and resolve conflicts. Their findings suggest that active listening, empathy, and the expression of feelings can

significantly reduce misunderstandings and foster a collaborative environment. Conversely, poor communication can lead to a cycle of conflict, where unresolved issues compound over time, potentially resulting in long-term relational distress.

Sources of Conflicts in Nuclear Family

There is no smoke without fire; therefore, for argument and disagreement to arise in the family, something might have caused it. The following are some of the sources of conflicts in nuclear family; -

- i. Unrealistic expectations:** - In nuclear families unrealistic expectations can lead to conflicts, as individuals may impose idealized standards on themselves and others. For example, one partner may expect perfection in household management or parenting, leading to frustration when reality falls short. This can create resentment and feelings of inadequacy, disrupting family harmony. Also, societal pressures and comparisons can amplify these expectations, resulting in emotional distance and conflict. Addressing these expectations through open communication and setting realistic goals can mitigate tensions and promote healthier family dynamics (Fischer, 2022). For example, the expectation that women should be primary caregivers and men should be breadwinners can lead to conflict when both partners work outside the home. Similarly, the expectation that children should excel academically and extra curricularly can create stress and conflict within families. Additionally, societal expectations around gender roles, sexuality, and relationship dynamics can also lead to conflict, particularly among lesbian, gay, bisexual, transgender and queer or questioning (LGBTQ) individuals and their families (Reczek, 2020). Furthermore, societal pressure to maintain a perfect family image can lead to conflict and stress, as families may feel forced to present a united front even in the face of internal conflicts.

- ii. Financial instability:** - Financial instability is one of the sources of conflict in nuclear families, leading to emotional distress, relationship strain, and even divorce. When families struggle to make ends meet, it can create an atmosphere of stress, anxiety, and tension, leading to conflicts over financial decisions, budgeting, and resource allocation. Research has shown that financial disagreements are a common predictor of divorce, with couples who disagree about finances being more likely to experience relationship dissolution. Furthermore, financial stress can also lead to decreased relationship satisfaction, increased conflict, and reduced intimacy. In today's economy, financial instability is a reality for many families, making it essential to address its impact on family dynamics and develop strategies to mitigate its effects.
- iii. Differences in values:** - This is also another common source of conflict in nuclear families. It has power to cause disagreements and tension among family members. Values are deeply held beliefs and principles that guide behavior and decision-making, and when family members have different values, it can create conflict. For instance, parents and children may have different values regarding education, career choices, religion, or social issues, leading to disagreements and conflict (Hoffmann & Hoffmann, 2020). Similarly, spouses may have different values regarding financial management, leading to conflicts over spending and budgeting. Value differences can lead to decreased relationship satisfaction and increased conflict in Families. Moreover, value differences can also lead to intergenerational conflict, as younger generations may hold different values than older generations. Understanding and respecting value differences is essential to managing conflict and maintaining healthy relationships in nuclear families.
- iv. Communication breakdown:** - When family members don't communicate effectively, they may misinterpret each other's words or actions causing misunderstanding and conflict. Bottling up emotions and not expressing them

can lead to resentment and anger which can result to conflict when finally expressed. This is because unaddressed emotions can lead to passive aggressive behaviour and emotional disconnection. According to Anyanwu (2017), assuming what others think and feel without clarifying leads to misconception, and also avoiding discussion of issue can equally compound conflict in the family. Observed by Bello (2016) overreliance on technology for communications can lead to misunderstanding. For instance, when parents and children have differing communication styles, it can lead to conflicts. Akpan (2018) stressed that parents may use a more authoritarian style, while children may prefer a more open and democratic approach. Similarly, spouses may have different communication patterns, such as one being more expressive and the other more reserved, leading to feelings of frustration and isolation.

- v. **Excessive Social media usage:** - Social media usage has become a significant source of conflict in nuclear families. Excessive social media use can lead to neglect of family responsibilities, decreased face-to-face interaction, and increased comparison and competition among family members. For instance, parents may spend more time on social media instead of having quality time with their children, leading to feelings of neglect and abandonment. Also, children can give greater attention to social media than their responsibilities at home. Similarly, social media can create unrealistic expectations and promote consumerism, materialism, and individualism, conflicting with family values and beliefs (Gershon, 2019). Moreover, social media can also facilitate infidelity, online relationships, and cyberbullying, causing trust issues and conflict within families (Reczek, 2020). It can also amplify existing conflict as family members may use social media to express frustration, share personal information or seek support from outsiders leading to increase tensions. Again disagreement over online boundaries, privacy settings and appropriate online behaviour can also bring about conflict in the family.

- vi. Health issues:** - This can bring about conflict in the family if not well managed. When a family member falls ill, it can lead to emotional, financial, and social stress, causing tension and conflict among family members. For instance, caregiving responsibilities can lead to resentment and burnout, particularly if one person bears the brunt of care (Goren & Conner, 2019). Moreover, different opinions on treatment options, medical decisions, and lifestyle changes can create conflict. Emotional toll of chronic illness can lead to irritability, anxiety, and depression, further straining family relationships. Furthermore, financial stress due to medical expenses can increase existing conflicts and create new ones
- vii. Time management:** - It can be a significant source of conflict in nuclear families. When family members have different priorities, schedules, and expectations, it can lead to conflicts over how time is allocated (Jensen & Shaw, 2022). For instance, parents may disagree on how to balance work and family responsibilities, leading to tension and stress. Moreover, conflicts can arise when family members feel that their individual needs and personal time are not being respected or prioritized. More so, the increasing demands of work and technology can lead to an encroachment on family time, causing resentment and conflict.
- viii. Unforgiveness:** - Unforgiveness is a weight that anchors us to the past, a constant reminder of the hurt and pain we have endured. It is a refusal to let go of the negative emotions that consume us, a stubborn insistence on holding onto resentment and bitterness. It is a barrier that prevents us from moving forward, a constant replaying of the hurt and wrong in our minds. We relive the pain, rehashing the details, and rekindling the anger and hurt. When family members hold onto grudges, resentments, and past hurts, it can create a toxic environment and lead to ongoing conflict. Unforgiveness according to Finkel (2020) can stem from various issues such as unresolved arguments, betrayals, or unmet expectations. When left unaddressed, these unresolved

issues can lead to emotional distance, mistrust, and tension among family members. Also, unforgiveness can lead to defensiveness, blame-shifting, and a lack of accountability, making it challenging to resolve conflicts. However effective communication, empathy, and a willingness to forgive and work towards healing are essential in mitigating conflicts arising from unforgiveness (Wade et al., 2020). Resolving and letting go of grudges, families create a more harmonious and supportive environment.

- ix. In-laws' interference:** - Interference of in-law in nuclear family can take place when in-laws overstep boundaries, offer unsolicited advice, or criticize the family members, and it can take the following shape;
- x. Career choices and decision:** - In-laws can sometimes interfere in the career choices and decisions of their family members. This can manifest in various ways, such as pressurizing them to pursue a specific career path, or even intruding in their professional decisions. Some in-laws may also compare their family member's career to others, creating undue stress. Some in-laws may exert excessive control or influence over their family member's career decisions, disregarding their autonomy and individual aspirations. They may also allow their personal biases or limited perspectives to shape their opinions and advice, which can be detrimental to their family member's career growth. However, Omosegun (2017) observed that, it is essential to establish clear boundaries and communicate openly with in-laws to prevent such interference and ensure that family members can make their own career choices and decisions without undue influence or pressure. By prioritizing respect for individual autonomy and promoting a supportive environment, family members can thrive in their chosen careers and maintain healthy relationships with their in-laws.
- xi. Childbearing and parenting:** -In-laws can interfere in childbearing and parenting in various ways, causing stress and tension within the family. In-laws may interfere in decisions related to childbearing, such as fertility

treatments, pregnancy, and birth planning. Moreover, in-laws may have different values and beliefs regarding parenting, which can lead to disagreements and criticism. They may also overstep boundaries by trying to discipline or care for the child without the parents' consent (Hall & Fincham, 2023). Furthermore, in-laws may compare their parenting style to that of their children, creating unrealistic expectations and pressure on the parents (Gilliland & Dunn, 2022). It is essential for parents to communicate their boundaries and needs clearly to their in-laws and establish a united front in parenting decisions (Williams & Dunn, 2020). By setting clear expectations and prioritizing open communication, parents can minimize interference and ensure a healthy and supportive environment for their child.

xii. Financial matters: -In-laws can interfere in the financial matters of their family members in various ways, causing stress and tension within the family. One common way is by offering unsolicited advice on financial decisions, such as investing, saving, or spending. This can lead to conflicts and undermine the financial autonomy of the individual or couple. Additionally, in-laws may also interfere in financial planning, such as retirement or estate planning. Moreover, in-laws may have different values and beliefs regarding money management, which can lead to disagreements and criticism (Taylor & Smith, 2022). They may also overstep boundaries by asking for financial information or assistance without being asked. Furthermore, in-laws may compare their financial situation to others, creating unrealistic expectations and pressure on their family members. In some cases, in-laws may even go as far as trying to control or manipulate financial decisions, leading to feelings of resentment and frustration (Williams et al., 2020). It is essential for individuals and couples to establish clear boundaries and communicate their financial needs and goals clearly to their in-laws. Setting clear expectations and prioritizing open communication, family members can minimize interference and ensure financial autonomy.

xiii. Religious and spiritual matters: - Interference of in-laws in religious and spiritual matters of the nuclear family can be a sensitive and potentially contentious issue. In-laws may have different religious or spiritual beliefs and practices than their son or daughter and their spouse, which can lead to conflicts and disagreements. For example, in-laws may try to impose their own religious or spiritual beliefs on their son or daughter and their spouse, which can be perceived as disrespectful or intrusive. They may also criticize or judge their son or daughter's religious or spiritual choices, which can lead to feelings bitterness and hurt. Furthermore, in-laws may try to control or manipulate their son or daughter's religious or spiritual practices, such as attendance at religious services or participation in religious rituals. This can be seen as an attempt to exert power and control over their son or daughter's life, which can be damaging to their relationship. Moreso, in-laws may also try to influence their grandchildren's religious or spiritual upbringing, which can be a source of conflict with their son or daughter and their spouse. They may have different beliefs about what is best for their grandchildren's spiritual development, which can lead to disagreements and tension. Overall, interference of in-laws in religious and spiritual matters can be a complex and sensitive issue that requires careful navigation and communication to avoid conflicts and maintain healthy relationships.

Counselling Nuclear Families with Conflicts

The counsellor is expected to do the following when dealing with nuclear families with conflicts. The family counsellor has to decide on the family theory to be used. This will enable the counsellor to know how to approach the issue.

Conduct an assessment: - A counsellor can conduct a thorough assessment of family dynamics and conflicts by using various techniques such interviews, observations, questionnaires among others (Smith & Harness, 2020). They will observe family

interactions, identify patterns and cycles of behavior, and explore individual perspectives and experiences (Johnson & Impett, 2021). Furthermore, the counsellor will assess family strengths, weaknesses, and communication styles to understand the underlying dynamics and conflicts (Taylor & Smith, 2022). This comprehensive assessment will help the counsellor develop a tailored approach to address the family's specific needs and conflicts. It will also help to know how the conflict started. The assessment gives room for family counsellor to identify the forces that have shaped the family, and understand some of the major stresses.

Identify and challenge negative patterns: - counsellor identifies and challenges negative patterns and dynamics in a family by first establishing a safe and non-judgmental space for each member to share their experiences and perspectives. Through active listening and observation, the counsellor then identifies harmful patterns and dynamics, such as negative communication styles, unhealthy boundaries, and power imbalances. To challenge these patterns, the counsellor uses various techniques, including reframing negative thoughts and behaviors, teaching healthy communication skills, and promoting empathy and understanding among family members. Also, the counsellor can help family members develop problem-solving and conflict resolution skills, encouraging them to take responsibility for their actions and work collaboratively towards positive change. By addressing and transforming negative patterns and dynamics, the counsellor can help the family develop a more supportive and empowering environment.

Conflict resolution strategies: - These are essential for managing and resolving disputes in a constructive and respectful manner. The counsellor teaches them active listening, which involving paying attention to the other person's perspective and repeating back what you've understood, staying calm and managing emotions, because it enables thoughtful responses and prevents escalation. Empathizing with the other person's feelings and concerns helps build trust and understanding. Clarifying the issue and identifying common goals ensures a focused and productive

conversation. Focusing on the issue at hand, rather than making personal attacks, maintains respect and promotes constructive dialogue. The counsellor can equally help them find common ground and compromise as this can lead to mutually beneficial solutions. If necessary, seeking outside help through mediation or counselling can provide additional support. Taking a break to cool down and practicing forgiveness can also help resolve conflicts. The counsellor should take them through the following strategies:

Development of empathy and understanding: - Counsellor helps family members to develop empathy and understanding for each other's perspectives by using active listening skills, reflective summarizing, and empathetic acknowledgment. Counsellor encourages each member to share their thoughts, feelings, and experiences, and then help them to understand and acknowledge the perspectives of others. The counsellor also teaches family members how to ask open-ended questions, practice non-judgmental listening, and engage in perspective-taking exercises. By doing so, family members will develop a deeper understanding of each other's needs, feelings, and concerns, fostering a more empathetic and supportive family environment.

Education on healthy communications: - Educating family members on healthy communication skills is crucial in improving their relationships and reducing conflict. The counsellor teaches active listening skills, where family members learn to fully focus on the speaker, understand their perspective, and acknowledge their emotions. The counsellor also encourages the use of statements which help family members express and communicate their beliefs, values, thoughts and feelings without blaming or accusing others. More so, the counsellor teaches family members how to identify, express, and manage their emotions in a healthy way, which is essential for effective communication. Furthermore, the counsellor promotes non-judgmental language and encourages family members to avoid criticism, blame, or put-downs, which can lead to defensiveness and conflict (Williams & Dunn, 2020). The counsellor also teaches clarifying and confirming skills, which help family members ensure they understand

each other's messages accurately. Assertiveness skills are also taught, enabling family members to express their needs and wants clearly and respectfully.

Boundary Setting: - Setting boundaries is an essential skill for maintaining healthy relationships, protecting one's time and energy, and promoting emotional well-being. To set boundaries, it is important to first identify your limits and communicate them clearly and assertively to others. The counsellor helps the family to set specific boundaries and consequences if they are not respected, this is to enable people know what they will be expecting when they cross boundaries. In setting boundaries, it is good that counsellor teaches the family members the need of being consistent in enforcing boundaries to avoid lapses or crossing of boundaries. Furthermore, documenting boundaries and communicating them proactively can help prevent conflicts and ensure respect. It is good to regularly review and adjust boundaries, this is to accommodate changes and also to maintain healthy relationships and promote emotional well-being.

Showing of respect: - Showing respect means being mindful of each other's boundaries, needs, and feelings when family members feel respected, they are more likely to compromise and find common ground. Showing of respect is a vital strategy for conflict resolution in nuclear families. When family members feel respected, they are more likely to listen to each other's perspectives, validate each other's emotions, and work towards a mutually beneficial solution. According to Taylo and Smith (2021) respectful communication is a key component of healthy family functioning. When there is respect in family, it creates a safe and supportive environment where everyone feels heard and valued. This helps to reduce defensiveness and promotes constructive dialogue.

Family enrichment programme: - This is a valuable strategy for conflict resolution in families. This programme is designed to promote healthy communication, empathy, and relationship-building skills, thereby preventing conflict and strengthening family relationships. Research has shown that families who participated

in a family enrichment programme reported significant improvements in communication, problem-solving, and relationship satisfaction (Hall & Fincham, 2023). Moreover, family enrichment programme can be particularly beneficial for families with adolescents, as they can help to improve parent-adolescent relationships and reduce conflicts. These programmes typically include a range of activities and exercises, such as communication skills training, conflict resolution skills training, parenting skills training, family activity planning, emotional intelligence training, and relationship-building exercises. By participating in these programmes, families can develop the skills and strategies they need to navigate conflicts in a healthy and constructive way. This offers a proactive and preventative approach to conflict resolution.

Keeping quality time together: - keeping company with family members is another good strategy to resolve or. Prevent conflicts in the family. Staying together promotes peace and strengthens relationship. This is because it reduces stress and tension, and also gives room for shared memories and experiences. Practically, the family members can agree on a day and time in a week or month to have quality time together. Activity that everyone can enjoy will be selected like playing games, watching movies or visiting parks. According to Reczek (2021) family members are expected to use the opportunity to bond, communicate and understand each other's perspectives. Also, the day and the time should be flexible to accommodate changes.

Celebrating and cheering each other's success and failure: - Celebrating and cheering each other's success, as well as supporting each other through failure, is a powerful way to resolve and prevent conflicts in nuclear families. When family members acknowledge and appreciate each other's achievements, it fosters a sense of unity and teamwork, creating an environment where everyone feels valued and supported (Gilliland & Dunn, 2020). This, in turn, can help prevent conflicts from arising, as individuals are more likely to feel encouraged and motivated, rather than competitive or resentful. Moreover, when family members support each other's

failures and setbacks, it helps to build trust and strengthen relationships. Acknowledging that mistakes are an essential part of growth and learning, families can work together to overcome challenges, rather than placing blame or becoming divided. Njoku (2020) suggested that when family members feel encouraged and supported, they are more likely to be resilient in the face of challenges, and better equipped to manage conflicts in a healthy and constructive way. Promotions in work place examination success, birthday, wedding anniversary, among others should be celebrated as well as examination failures, disappointment, retrenchment among others should be cheered.

Conclusion

Counselling nuclear families with conflicts require effective counselling strategies which include: active listening, open communication empathy, and identifying negative patterns and behaviors. Family therapy techniques like structural family therapy and solution-focused therapy can also be beneficial. Furthermore, teaching conflict resolution skills like de-escalation and compromise, and encouraging family togetherness and shared activities can help strengthen bonds. Celebrating successes and supporting each other through failures is also vital. More so, the ultimate of family counselling goal is to empower family members to develop healthy communication patterns, conflict resolution skills, a stronger, and more resilient family bond. With patience, empathy, and a comprehensive approach, counsellors can help nuclear families navigate conflicts and build a more harmonious and loving home environment. When this is done, families can learn to thrive and grow together, even in the face of challenges and conflicts.

Suggestions

The following suggestions are made:

1. Family counsellors should encourage the family members to prioritize self-care. This will enable them take care of their physical, emotional and mental well beings.
2. The younger family counsellors should seek help from more experienced family counsellors or other professional bodies when the conflict is beyond what he or she can handle.
3. The family counsellors should also encourage family members to express themselves openly and honestly without fear of judgment, especially in the area of domestic violence. Any members of the family that is passing through such situations should be encouraged to cry out aloud.
4. More so, family counsellors should encourage the parents to set boundaries especially when it comes to the issue of in-law interference. This will enable everyone to know their boundaries.

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