

# The Untapped Power of Siblings in Therapy:

Integrating sibling issues into therapy with children, adolescents, and adults



**wisemind.com**  
BRILLIANT MENTAL HEALTH

Dr. Avidan Milevsky  
**Workbook**



## Biography

**Dr. Avidan Milevsky** is an Associate Professor of Behavioral Sciences at Ariel University in Israel and a psychologist at Wellspring Counseling with offices in Towson, MD and Bet Shemesh, Israel. He teaches undergraduate and graduate courses in child and adolescent development. His research on families, parenting, and siblings has produced over 100 papers presented at conferences in the United States, Canada, and Europe. He has published extensively in peer-reviewed journals and is a contributor to the Encyclopedia of Adolescence. His 6 books include “Sibling relationships in childhood and adolescence: Predictors and outcomes” by Columbia University Press. He has been interviewed by TV, radio, and media about his work including stories in The Washington Post, The Wall Street Journal, Real Simple, and Allure Magazine. Dr. Milevsky is also a columnist for Psychology Today and The Huffington Post on family issues.



In his recent book *Sibling Issues in Therapy: Research and Practice with Children, Adolescents and Adults* he incorporates the latest research and clinical work in family dynamics, this book examines multiple angles of integrating sibling issues, which underlie issues at the core of many clinical difficulties presented by adult clients, in therapy to improve adulthood emotional and psychological well-being.

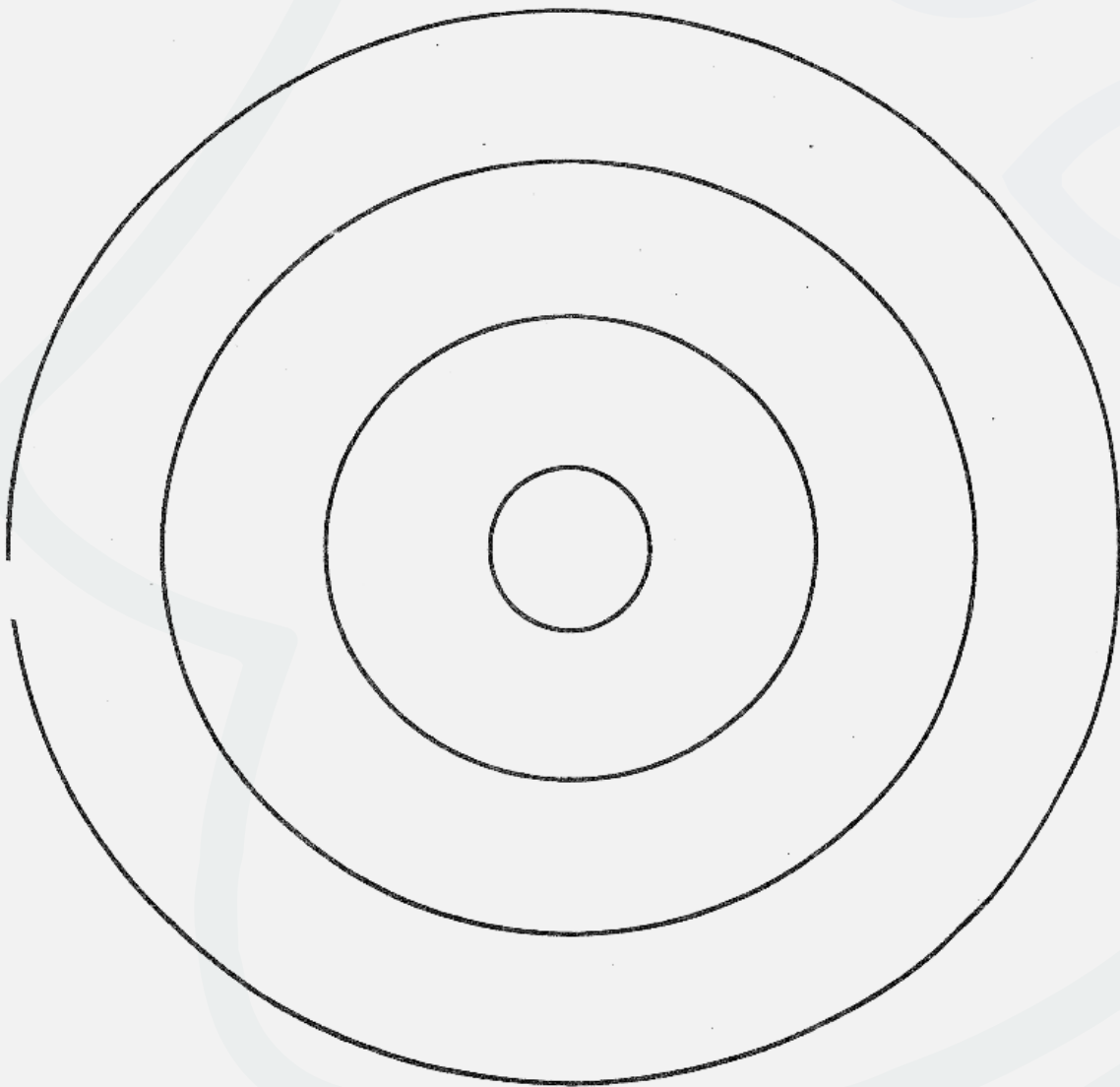
These worksheets are designed to complement Dr Avidan Milevsky's *Sibling Issues in Therapy* series online at [Wisemind.com](http://Wisemind.com)





## The Convoy Mapping Procedure

This assessment is used to offer a picture of a client's social network. The client places his/her name in the center circle and people close to the client are placed in the surrounding concentric circles representing levels of support. Further description can be found in the video sessions.



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## Sibling Relationship Questionnaire

This child self-assessment is used to examine sibling relationship quality. Scoring can be found at the end of this measure. Further description can be found in the video sessions.

My name is \_\_\_\_\_ (completed by)

The phrase "this sibling" refers to \_\_\_\_\_ (completed about)

1. Some siblings do nice things for each other a lot, while other siblings do nice things for each other a little. How much do both you and this sibling do nice things for each other?	Hardly at all Not too much Somewhat Very much Extremely much
2. Who usually gets treated better by your mother, you or this sibling?	My sibling almost always gets treated better My sibling often gets treated better We get treated about the same I often get treated better I almost always get treated better
3. How much do you show this sibling how to do things he or she doesn't know how to do?	Hardly at all Not too much Somewhat Very much Extremely much
4. How much does this sibling show you how to do things you don't know how to do?	Hardly at all Not too much Somewhat Very much Extremely much
5. How much do you tell this sibling what to do?	Hardly at all Not too much Somewhat Very much Extremely much
6. How much does this sibling tell you what to do?	Hardly at all Not too much Somewhat Very much Extremely much



## THIS IS A PREVIEW OF THE SIBLING ISSUES IN THERAPY WORKBOOK

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workbook. [Try our 7 day FREE trial.](#)**

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