Thank you for sending out the prayer requests, Kelly. I love having it written down. I apologize for my delay in getting out more info on interventions with families. This is an intervention I've done with families with kids of all ages and I think it would work for adult children too. It's just about their willingness to be a bit more playful/creative:

<https://www.sinthiacousineau.com/group-art-therapy.html>

If clients are resistant to sharing what they wrote afterward, you can do it individually, but also take that as information about the level of emotional safety in the family.

I've also done the Family Gift activity -- the family has to come up with what kind of "gift" each family member would want. This could be a physical gift or a metaphorical/abstract gift like "peace" or "the key to happiness." The main goal is to see how the family communicates through a task, but also gives information about how family members see/regard one another as well as possible stressors in the family system.