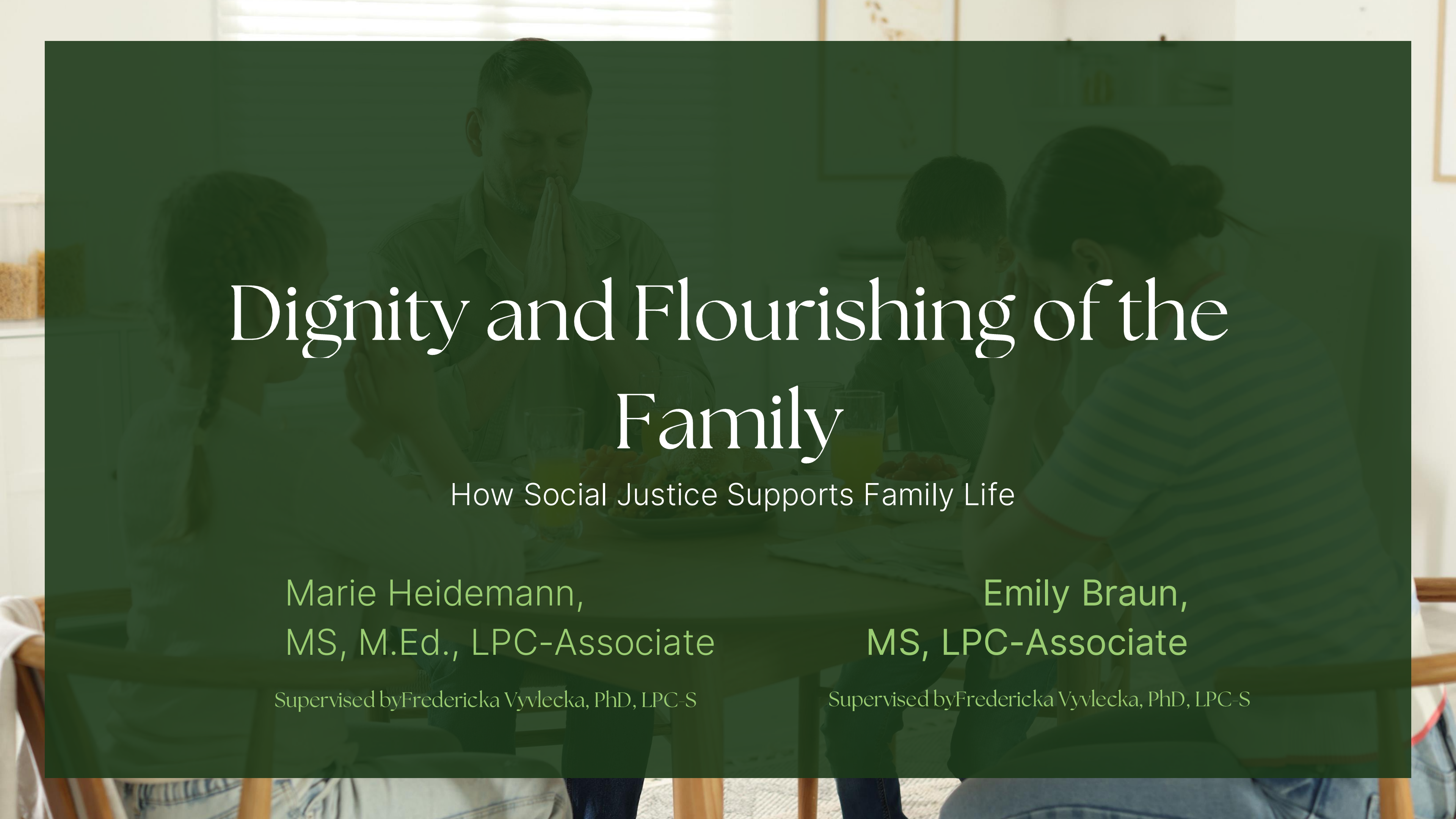




Dignity and Flourishing of the Family

How Social Justice Supports Family Life

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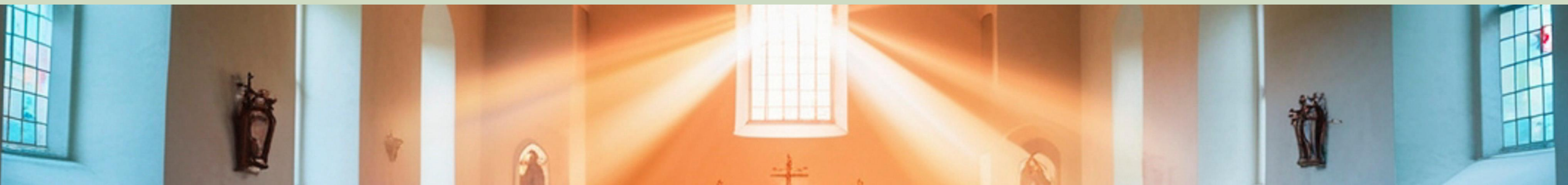
Supervised by Fredericka Vyvlecka, PhD, LPC-S



“Justice is universally recognized as a cardinal virtue, since without it human beings cannot have ordered communal life.”
-Karol Wojtyła

Every person has inherent dignity

- 01 **Dignity shapes justice**
 - 02 **Which shapes relationships**
 - 03 **That directly impacts mental health**
 - 04 **Which helps a family flourish**
-





“Society ensures social justice when it provides the conditions that allow associations or individuals to obtain what is their due, according to their nature and vocation” (CCC 1928)





Justice & the Catholic Vision of Social Life

“St. Thomas Aquinas emphasizes that justice concerns giving to each person what is right.”



Right ordering of relationships



**Justice ensures everyone gets
proper due**



**Justice creates harmony in
relationships**





Family: The first school of justice



Families have the mission to “guard, reveal, and communicate love” by forming persons in justice and mercy

Familiaris Consortio (21)

Before a child understands justice intellectually,
they experience it relationally.





Boundaries as a Tool of Justice in Families



Boundaries are how love remains ordered, sustainable, and psychologically healthy.

“Boundaries are self-control, not other control.”

Cloud & Townsend

“Connection grows when we honor limits.”

Brené Brown



What happens when
Justice is lacking?

-
- 01 **Lack of dignity = shame, low self-worth**
 - 02 **Lack of structure = anxiety, chaos**
 - 03 **Lack of shared responsibility = burnout**
 - 04 **Lack of emotional attunement = depression**
 - 05 **Lack of community = isolation**
-

A photograph of wooden blocks arranged on a wooden surface to spell out the words 'MENTAL' and 'HEALTH' in two rows. The top row contains blocks for M, E, N, T, A, L. The bottom row contains blocks for H, E, A, L, T, H.

MENTAL
HEALTH



Flourishing Through Justice



Flourishing

Family

- **Emotional safety**
- **Clear roles and expectations**
- **Flexibility & structure**
- **Mutual respect**
- **Repair after conflict**

Family life flourishes when justice and mercy meet; duties and rights are balanced with love.

-Familiaris Consortio (43)





“A just society cannot exist without just families.”



Compendium (CSDC214)



Resources

Catholic Church. (1994). Catechism of the Catholic Church (2nd ed.).
Libreria Editrice Vaticana.

Cloud, H., & Townsend, J. (2017). Boundaries: When to say yes,
how to say no to take control of your life.

John Paul II. (1981). Familiaris consortio [Apostolic exhortation].
Libreria Editrice Vaticana.

Pontifical Council for Justice and Peace. (2004). Compendium of the
social doctrine of the Church. Libreria Editrice Vaticana.

Vitz, P. C., Nordling, W. J., & Titus, C. S. (2020). A Catholic Christian
Meta-Model of the Person: Integration with Psychology & Mental
Health Practice. Divine Mercy University Press.

A photograph of several lined notebooks. The top notebook is open, and the words "Mental health" are written in a cursive script across several lines. The notebooks have red and white covers, and the pages are white with light blue horizontal ruling.