

Strategic Theory, Family of origin paper

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Essay 1

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Assessment:

The mother complains to the father that the two boys ages 10 and 11 are always fighting and never listen to her. She tries to discipline the boy's, but they don't respect her. The concern is that whenever the father tries to discipline the boys, the mother intervenes and begins to fight with the father about his form of discipline. Here we see how the hierarchy is disrupted and the structure unbalanced. The challenge and presenting problem are how the parents respond to the children's action. The children are fearful of the father but lack respect towards the mother whenever she tries to discipline them. The mother tries to get help from the father, but she disapproves of his form of discipline. The children are angry at the mother because she told the father of their lack of discipline and wondered why she needed to tell on them. The father comes home stressed from work and becomes angry to hear that the mother could not control the children's behavior. The father angrily beats the boys and sends them to their room. The presenting problem in this family is the unbalance in the hierarchy and structure of the family.

Goals: Using the goals in MRI brief therapy.

Define the problem: Help the family define the problem by defining the presenting problem in a correct format.

Identify attempted solutions: How have the parents attempted to resolve the issue and look for a solution.

Describe the desired behavioral change: The desired behavioral change is to get the mother to be more consistent in creating boundaries for the children and her husband. Communicating realistic and specific behavioral change.

Time limited: Working with the parents for specific time period in order to see change.

Develop a plan: Using a target of change in the attempting solution and using the client's own language to speak directly to the client's view of reality.

Measurable interventions such as time specific solution in which the parents will see realistic solutions and change.