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GCN 605-Marriage and Family Counseling

Family Life Cycle:

Based on the family life cycle theory I am currently a single unattached young adult. One of my greatest challenges here is finding my own identity outside of my nuclear family. My family has always been important to me but the responsibility of taking care of them has grown ever since I became more financially stable. Every decision I make revolves around them which means that before I make a decision I see whether it will benefit or harm them. If it harms them I won't go through with it, even if it's something I want.

Genogram

Some of the patterns I see are the alcoholism from my dad's side. Many family members from his side died from heart disease at a young age. My dad, although he had a heart attack as well, survived. From my mom's side, I noticed many of my aunts/uncles got divorced. My mom and dad, although they argue constantly have not remained together. The main concerns within my nuclear family is my parents relationship. If I was a clinician I would recommend family therapy for all four of us. I would incorporate roles plays or scenarios where each member can understand what the other member feels.

Ecogram

Currently I am having extreme challenges with finances and finding a church home. My relationship with my parents is strong but can become enmeshed, which is why I am not independent. I'm having challenges becoming stable in my life. For example, sometimes I am

doing well financially other times I'm not. When it comes to the future, settling down and having a family is something I desire but haven't had much luck in.

MIGS

Based on the MIGS I notice how enmeshed my family is. It seems to me it all starts with my brother. He is enmeshed with everyone, because he has a disability he relies on all of us for getting dressed, eating, taking a bath, walking, etc. I also notice how the typical roles have changed. Usually we see the male member of the house having more power and authority but with my family, my mom takes that place. This is why my parent's relationship is strained, all the arguments revolve around my mom being the breadwinner instead of my dad.