

Dr. Orozco,

After we discussed the assessments assignments in class, I realized that outside of MIGs, I did not provide any clinical insight for the other assessments. Sorry about that, here are they are:

#### Genogram:

- Since the parents (Kenny and Suet Ling) both lost one parent before that age of one, this could explain the mental health issues presented by her parents (depression for Dad and narcissistic, obsessive compulsive and borderline disorders for Mom. I would recommend trauma-focused therapy, PTSD and/or CBT to deal with maladaptive thinking they have carried as parents (abusive and manipulation of two of the children by Mom and passivity by Dad) and within their marriage (leading to extramarital relationship between Suet Ling and Sherwood).
- Since most of the males have favored status in the family generations, a clinician could check to see if there are gender norms that may be restrictive and which may cause tension for the females in each of the families.

#### Family Life Cycle:

- The Chowyou family is busy taking care of their young children and aging parents. As a clinician, I would recommend that the parents find community social support within their church and family network to help. COVID does make getting help more difficult, but not impossible.
- Self-care is an important component of this busy season in the current family's life cycle. The clinician can advise on healthy coping mechanisms (date nights, journaling, deep breathing, exercise, massages, etc.) for Pam and Rick.

#### Ecomap:

- This is a stressful time for the identified client due to the current life season of juggling multiple responsibilities as a graduate student, an intern and a wife/mother. As a result, there are time constraints to connect with her social supports and friends. As a clinician, I would applaud her decision to step off of ministry and encourage opportunities to do self-care on a regular basis. Thankfully, the current stress has a predictable end in May 2021, so the clinician can help her cope by brainstorming possible helpers in her network like her sister with whom she has a strong relationship with as well as coping mechanisms like exercise, watching movies, massage, floatation therapy, etc.
- To increase communication and goodwill in her relationship with her parents, a clinician might address any negative thoughts and residual anger related to the past childhood abuse from her mother. A clinician might explore any unresolved issues that have not been dealt with by using Rogerian, psychodynamic and Gestalt (empty chair) modalities.