

Object Relation Treatment Plan

ASSESSMENT

STARTING PHRASE: The Couple: John & Josie (exhibits; demonstrates; shows; acts; displays; reveals; manifests; behaves; presents; expresses; maintains; repeats).

1. **State theoretical problem** (using specific language/terminology of theory).
2. **State presenting problem** (in their language or language of theory).

ASSESSMENT #1 (general) – John and Josie express (1) projection of their Family of Origin (FOO) pain that (2) affects their marital wholeness.

· **Evidence** –John maintains invisible loyalties of men overworking themselves to provide for their family and feels unsupported by Josie which causes tension in their marriage. Josie displays over-reactivity to John's work ethics due to her absentee father.

ASSESSMENT #2 (specific) – Couple displays (1) unhealthy projections (2) causing painful reactivity in their marriage.

· **Evidence** – Johns' invisible loyalties to his parents' work ethics causes him to overwork, hoping to win their love & respect. Josie seeks her father's love/ attention by projecting this onto John. She does this by unconsciously placing high demands on John's presence.

GOALS AND INTERVENTIONS

1. **[Modify theoretical problem]** To increase/improve or To decrease/end.
2. **[Amplify positive change]** ...in order to increase/improve/build/strengthen.

GOAL #1 – For John to (1) decrease his negative attachment to his FOO by cutting his work hours (2) to increase a healthy emotional bond with Josie.

· **Intervention # 1** - John will have a conversation with his father to identify the source of his projections. In therapy, he will construct a genogram to identify and break negative family myths.

Intervention #2 –For John will work 50/55 hrs. Weekly and be home for dinner with Josie (or go out for dinner together) and implement his listening skills to improve communications in the marriage.

GOAL #2 – For Josie to (1) decrease unhealthy projections on John and (2) build a healthier relationship with her parents.

Intervention # 1 - Josie will “free” John from unconscious projections by speaking with her parents honestly about their marriage; she will then forgive herself and them through prayer and Bible studies with her women’s group.

Intervention #2 -For Josie to face her fears of feeling abundant in her childhood through therapy, and free John to interact with her as her mate through fostering a safe place.

CONTEXTUAL TREATMENT PLAN

ASSESSMENT

STARTING PHRASE:

The Couple: John and Josie (exhibits; demonstrates; shows; acts; displays; reveals; manifests; behaves; presents; expresses; maintains; repeats).

1. **State theoretical problem** (using specific language/terminology of theory)
2. **State presenting problem** (in their language or language of theory).

ASSESSMENT #1 (general) – John and Josie (1) express relational injustice and mistrust in their FOO which (2) inhibits their marital intimacy.

Evidence – John's unbalance ledger to his FOO work ethics and Josie's legacy to her mother (complains constantly in her marriage) has facilitated a false sense of connectedness to their distant parents.

ASSESSMENT #2 (specific) – The couple repeats (1) family legacies (of overwork and complaining) that led to unpaid debts with hurt feelings and confusion in their marriage.

Evidence – John continues the family tradition of workaholism, trying to pay the debt for his brother (who he walked out on the family business). Josie continues her mother's legacy by complaining to her siblings and friends about John. She does this hoping to gain sympathy from John and others (as her mum also does).

GOALS AND INTERVENTIONS

1. **[Modify theoretical problem]** To increase/improve or to decrease/end
2. **[Amplify positive change]** ...in order to increase/improve/build/strengthen.

GOAL #1 – For John to (1) end unhealthy loyalty to their family business by resolving FOO conflict (2) in order to build trust in his marriage. Josie to (1) ends her destructive entitlement of John, which she inherited from her mother. She does this by her complaints/nagging for John's attention in the marriage.

Intervention # 1 - For John will end unhealthy loyalties by building a relationship with his father and brother, through a mutually shared hobby (golf, basketball, soccer) to restore family trust.

Intervention #2 –For Josie to end unhealthy loyalty to her mother by having an open/honest conversation about their relationship with mum and by exonerating her for the past accusations of her marriage.

GOAL #2 – For John to (1) decrease his entitlement with his father in order to (2) improve marital intimacy with Josie by being present in their marriage.

For Josie to (1) end, her entitlement with her mother in order to (2) build a bridge of trust in her marriage

Intervention # 1 - John will decrease his entitlement with his father by becoming aware of FOO legacies through therapy. This will allow John to exonerate his dad and also see how this conflict has been influencing his marriage/life.

Intervention #2 - Josie will end her entitlement with her mother by creating a genogram with her therapist to trace mistrust and unfairness in her family. She will restore their relational trust by forgiving herself and her mum in therapy for past pain and hurts.

BOWEN TREATMENT PLAN

ASSESSMENT

STARTING PHRASE: The Couple, John and Josie (exhibits; demonstrates; shows; acts; displays; reveals; manifests; behaves; presents; expresses; maintains; repeats).

1. **State theoretical problem** (using specific language/terminology of theory).
2. **State presenting problem** (in their language or language of theory).

ASSESSMENT #1 (general) – The couple exhibits (1) triangulation to Nuclear family that manifests in (2) anxiety in the marriage.

Evidence –Johns' anxiety with Josie is due to his inability to be himself at his workplace. Josie's anxiety with John is due to being triangulated with her son Carlo.

ASSESSMENT #2 (specific) – Couple shows increasing (1) differentiation which caused fusion and (2) loneliness in their marriage.

Evidence – John feels cut-off at work and repeats the pattern of overworking in his family to please his grandfather Eli. Josie feels distance from her mother and demonstrates this by complaining to John for not being more attentive in their marriage. She has become more demanding of John's time and attention now that Carlo is about to leave home.

GOALS AND INTERVENTIONS

1. **[Modify theoretical problem]** To increase/improve or to decrease/end.
2. **[Amplify positive change]** ...in order to increase/improve/build/strengthen.

GOAL #1 – For the couple to (1) decrease triangulation with their Nuclear family in order to (2) end emotional anxiety within the marriage

Intervention # 1 -For Josie to de-triangulate from her son Carlo by having an honest conversation with him about her fears of his upcoming marriage. She will build trust with him by spending time alone with him.

Intervention #2 –For John to address his grandfather Eli about working fewer hours in the family business or construct a genogram which would help him break cut-offs through increase differentiation.

GOAL #2 – For John and Josie to (1) end the negative cycle in their family by (2) improving differentiation of self, by remaining autonomous when emotional.

Intervention # 1 - John will learn to break intergenerational patterns that are being repeated in his family in therapy (Genogram), and also scheduling a date night with his wife once a week outside the home to improve intimacy.

Intervention #2 - For Josie to de-triangulate from her mother about her marriage by limiting her phone calls to her about John. She will start Journaling and yoga in her schedule.

CBT TREATMENT PLAN

ASSESSMENT

STARTING PHRASE: The Couple, John and Josie (exhibits; demonstrates; shows; acts; displays; reveals; manifests; behaves; presents; expresses; maintains; repeats).

1. **State theoretical problem** (using specific language/terminology of theory).
2. **State presenting problem** (in their language or language of theory).

ASSESSMENT #1 (general) – The couple(1) exhibits irrational thoughts towards each other which (2) reveals conflict and dissatisfaction in their marriage.

Evidence –Josie believes John loves his work more than her. John (unknowingly) reinforces this when he schedule an overnight business trip on their wedding anniversary (he forgot the date) which made Josie very angry and threatens to leave the marriage.

ASSESSMENT #2 (specific) – The Couple (1) expresses maladaptive behaviors that cause avoidance and (2) presents emotional pain in the marriage.

Evidence – John and Josie have trouble communicating their needs to each other without losing their temper. Their belief that each other is unavailable emotionally and that self-talk leads to avoidance and silent treatment.

GOALS AND INTERVENTIONS

1. **[Modify theoretical problem]** To increase/improve or to decrease/end.
2. **[Amplify positive change]** ...in order to increase/improve/build/strengthen.

GOAL #1 – To (1) build communication skills in order to (2) improve better conflict resolution in the marriage.

Intervention # 1 - John will sit down with Josie and go over his travel itinerary before any overnight trips, also he will also refrain from bringing work at home so he can be available in their marriage.

GOAL #2 – For the couple to (1) decrease maladaptive behaviors during conflicts (2) in order to improve communications and end avoidance in the marriage.

Intervention # 1 - John and Josie will learn new behaviors skills during conflict using the “Relate Strong Model” of conflict management. This will assist them to listen too, and speak to each other more calmly (speaker/listener technique), and so improve communications in their marriage.

