

# STRATEGIC FAMILY THERAPY 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) – Gabriel and Daniela express unaccommodating sequences of interaction, resulting in reported marital distance.**

- **Evidence (specific)** – When Daniela brings up the topic of having children, Gabriel retreats to his office to work long hours. When Gabriel retreats, Daniela continues to not have sex with him unless it is for procreation, resulting in marital distance.

**ASSESSMENT #2 (general) –The distance in Daniela and Gabriel's marriage serves the function of providing emotional protection and enforcing unspoken family rules**

- **Evidence** – Gabriel believes that a man should not have children until there is financial security and stability. Whereas, Daniela believes that a woman controls when to have children in the family and the man will provide the necessary financial security as each child arrives. Retreating to do work and refraining from having sex are ways the both emotionally protect themselves from loss of control and to maintain their unspoken rules.

---

## **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 decrease pattern of arguments with Gabriel and Daniela in order to strengthen ability to define clear and reachable goals**

- **Intervention # 1** - Daniela and Gabriel be prescribe an ordeal. They will be told to handwash and dry together their family china every time they go into their pattern of retreating from engagement.
- **Intervention #2** – Daniela and Gabriel will discuss their concerns and stressors with one another to perturb the system and move towards understanding.

**GOAL #2 - Daniela and Gabriel will increase communication of feelings in order to decrease distance within their marriage**

- **Intervention # 1** - The couple will reframe their experience of being emotionally protective to thinking of their disengagement as marital sabotage. Couple will evaluate their marital goals and examine their pattern of interaction.
- **Intervention #2** - Couple will be provided directives for each argument. Instead of withdrawing each time when having children is brought up, Gabriel can share with Daniela his concerns. Whenever Daniela is sexually aroused and/or Gabriel wants to have sex, Daniela can share her concerns.

**STRUCTURAL FAMILY THERAPY TREATMENT PLAN**

**ASSESSMENT**

**STARTING PHRASE:**

Gabriel and Daniela) (exhibits; demonstrates; shows; acts; displays; reveals; manifests; behaves; presents; expresses; maintains; repeats).

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

**ASSESSMENT #1 (general) – Daniela and Gabriel demonstrate marital disengagement due to unaccommodating structural roles and rules.**

**Evidence (specific)** – Daniela believes that in her marriage her power lies in controlling her reproduction. Therefore, she has created a rule that sex will not take place unless it is for procreation. Gabriel believes his power lies in providing financial security. Therefore, he works long hours and takes on new projects without conversing with his wife.

**ASSESSMENT #2 (general) – Gabriel and Daniela display rigid boundaries resulting in marital disengagement**

**Evidence** – Daniela's boundary of no sex unless for procreation has resulted in lack of emotional intimacy and Gabriel's boundary of deciding when they can have children based upon him feeling financially secure has made Daniela feel silenced and emotionally distanced.

## GOALS AND INTERVENTIONS

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

**GOAL #1 – Gabriel and Daniela will increase their engagement by adjusting their marital structure in order to improve understanding and foster mutual power.**

- **Intervention # 1** - Gabriel and Daniela will clarify and realign their marital roles (and their importance) through communication and challenged unproductive assumptions presented in therapy.
- **Intervention #2** – Daniela and Gabriel will adjust their boundaries surrounding sexual intimacy by structurally mapping the role sex and sexual intimacy plays in their individual and marital well-being.

**GOAL #2 – Daniela and Gabriel will open adjust their boundaries to end emotional disengagement and build towards deciding upon when to conceive.**

- **Intervention # 1** - Gabriel and Daniela will receive homework to discuss their reasoning for the boundaries and how they feel about one another's boundaries. The conversation is to highlight interaction and raise intensity and adjust perspectives.
- **Intervention #2** - Couple will re-enact their conversation in therapy in order to highlight and modify their interactions with challenged assumptions.

## NARRATIVE FAMILY THERAPY TREATMENT PLAN

### **ASSESSMENT**

#### **STARTING PHRASE:**

Gabriel and Daniela (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) – Gabriel and Daniela display entrapment by dominant beliefs on when is best to start a family, causing isolation in marriage**

**Evidence (specific)** – Daniela states she desperately wants to have a child because she despises the idea of having a geriatric pregnancy and the constant questioning of her family, who have adopted their ethnic groups cultural expectation to have a child before 30 years old. She adamantly states she does not want to be an “old mom”. Gabriel believes it is his responsibility to be a representative for the Latin community to be at the top of his career trajectory and is worried that a child would only distract from that goal.

**ASSESSMENT #2 (general) – Daniela and Gabriel exhibit problem saturated stories burdened by their landscape of consciousness resulting in marital distance and sadness.**

**Evidence (specific)** Daniela has always valued being the one who does things in is “proper time and proper way”. Not having a baby as she inches closer to 40 like all her friends makes her feel less than and devalued. She constantly asks “Why me? When will it be my turn!” Gabriel believes very few men of the Latin community have had the opportunity to climb the corporate ladder and make it to CEO. He believes it is purpose regardless of the cost or he will be disappointing his whole community.

## GOALS AND INTERVENTIONS

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

**GOAL #1 – Gabriel and Daniela will replace their problem saturated stories and explore unique outcomes to strengthen their ability to reconstruct a new narrative.**

**Intervention # 1** – The couple will explore when in their lives they were not burdened by the social burdens and as a result explore how did the lack of burden influence their behavior.

**Intervention #2** – Couple will be asked questions regarding their landscapes of action and meanings their choices and narrative to explore how they have authored their stories.

**GOAL #2 – Gabriel and Daniela will end internalizing the problem and externalize it in order to increase their ability to reauthor their story and change the way they view themselves.**

- **Intervention # 1** - Clients will give a name to the problem not agreeing upon when to have a child and the pressures they feel from society to begin opening space view the issues objectively and create an alternative story.
- **Intervention #2** - Gabriel and Daniela will explore the landscape of identity through questions to see how they have placed their sense of worth in their saturate stories and the externalized

problems. The intervention will assist in deconstructing and reconstructing their narrative and agency.

## SOLUTION FOCUSED FAMILY THERAPY TREATMENT PLAN

### **ASSESSMENT**

#### **STARTING PHRASE:**

Gabriel and Daniela) (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) - Daniela and Gabriel display over-fixation on their disagreement on when to start a family, resulting in reported marital distance and sadness.**

**Evidence (specific)** Although both Daniela and Gabriel are customers to therapy and have been able to highlight in therapy many positive attributes of their marriage that they've agreed upon, their main discussions with one another have been highlighting their disagreement on when to have children.

**ASSESSMENT #2 (general) – Gabriel and Daniela reveal that their attempts towards a solution have failed due to continually reverting back to their problem. This has resulted in an increase in marital frustration.**

**Evidence** -When Gabriel and Daniela discuss other matters, regardless of location, they are able to get to a resolve. However, when they discuss when to have children, they always argue without resolves which frightens them and pushes them to distance.

### GOALS AND INTERVENTIONS

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

**GOAL #1 – Couple will increase solution-orientated engagement in order to improve their marital satisfaction.**

- **Intervention # 1**- Clients will be encouraged to consider what they want their future to look like and what they want to be different from their difference.
- **Intervention #2** – Clients will explore clear and achievable steps towards their future plans and pathways for their present to be different.

**GOAL #2 – Gabriel and Daniela will increase their solution talk in order to strengthen their marital bond.**

- **Intervention # 1** - Clients will be encouraged to explore exceptions to their arguments when the problem is not there and what has worked in the past in regard to their strengths in communication.
- **Intervention #2** – Clients will discuss what will be different once they have mutually decided upon when to have children in order to move them towards a goal of solution.

## EXPERIENTIAL FAMILY THERAPY TREATMENT PLAN

### **ASSESSMENT**

#### **STARTING PHRASE:**

Gabriel and Daniela (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) - Daniela and Gabriel demonstrate incongruent communication stances, resulting in poor communication in their marriage.**

**Evidence (specific)** Gabriel expresses that the reason he works so hard is to appease Daniela's desire to have children. However due to reasoning that the finances will take care of his concerns, he refuses to share why he feels afraid the child will derail their marriage and career goals. Daniela reveals that she feels sad and frustrated and blames her feelings on Gabriel's rigidity around when to have a child.

**ASSESSMENT #2 (general) –Gabriel and Daniela exhibit adherence to differing family myths resulting in marital unattachment.**

**Evidence (specific)** Gabriel believes that a man must feel financially stable before having any children. Whereas, Daniela believes she must have children before turning 40 or she won't be a "good mom" because she won't be able to "relate to them" well.

### GOALS AND INTERVENTIONS

9. [Modify theoretical problem] To increase/improve or To decrease/end.

10. [Amplify positive change] ...in order to increase/improve/build/strengthen.

**GOAL #1- To increase the emotional attachment of Gabriel and Daniela and to make overt their incongruent stances and strengthen their communication.**

- **Intervention # 1** - Clients will have to challenge their stances in order to see how they can reconstruct their roles in interactions in order to have healthier exchanges.
- **Intervention #2** - Clients will engage in role playing in order to create an intense emotional atmosphere in order for authentic feelings to be shared.

**GOAL #2 - Gabriel and Daniela will increase individuation in order to end defensiveness and emotional rigidity.**

- **Intervention # 1**- Clients will experience sculpting in order to witness other's perspective to strengthen understanding.
- **Intervention #2** - Clients will engage in conjoint family drawing in order to also explore one another's perspective as a pathway towards effective communication and empathy.