

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 03/15/2021 Clinician: Dalisa M. Baez Client/Case #: 1234

Introduction to Client & Significant Others

Identify significant persons in client's relational/family life who will be mentioned in case conceptualization:

Adults/Parents: Select identifier/abbreviation for use in rest of case conceptualization

: Age: 38 Occupation: House wife Other: N/A

: Age: 42 Occupation: Paper salesman Other: N/A

Children/Adult Children: Select identifier/abbreviation for use in rest of case conceptualization

: Age: 14 Grade: Other: N/A

: Age: _____ Grade: Other: _____

: Age: _____ Grade: Other: _____

: Age: _____ Grade: Other: _____

Others: Identify all: _____

Presenting Concerns

Describe each significant person's description of the problem:

: Struggles maintaining communication with her husband. Also, AF1 reports feeling more alone than any other time in her life, and feels totally abandoned by everyone in her family. Primary concern is CM 14 recent drug use.

: Often has arguments with his wife. AM42 presents to be selfish, manipulative toward wife. AM42 refuses to allow his wife to have friends.

: Angry with the way he is living life. Reports irritability, distractibility, indecisiveness, and often shouts statements like "I hate my life" or "Nothing goes right for me."

: N/A

Additional: N/A

Broader System: Description of problem from extended family, referring party, school, legal system, etc.:

Extended Family: AF38 is requesting help for CM14 after discovering marijuana in the underwear drawer.

Name: AF38 often feels neglected and wants to reestablish the closeness she had with her family in her new family. AF38 reports that as a couple they must share more interest in activities like going to sports' events, bars, and the gym.

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Background Information

Trauma/Abuse History (recent and past): AM42 reports having an abusive father who was verbally abusive toward AM32 mother.

Substance Use/Abuse (current and past; self, family of origin, significant others): CM14 is abusing drugs and is consuming marijuana. However, neither AF38 or AM42 are abusing drugs.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): Ever since AF38 had CM14 her relationship with AM42 became bitter as AM42 wanted to be involved with CM14. AF38 made sure AM42 was not doing anything wrong with CM14. If it looked like he did something different than AF38 would let him know about it and AM42 often felt criticized by AF38. However, AM42 gave up and left CM14 into AF38 care. While CM14 was in elementary school, CM14 was resentful toward AF38 and blamed AF38 because CM14 was not able to have the time to make friends. None of the family members have a strong communication and CM14 has a distant relationship with AM42 he wants to be close to AM42 but AM42 does not give the opportunity to reunite with either of the family as AM42 does not want to upset AF38.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): AM42 father suffers from Bipolar Disorder. However, AM42 mother fears about AM42 behavior as AM42 presents to have the same behavior as AM1 father for wanting to do things outside the same way AM1 father did in the past where AM42 father began to physically assault people in a bar many times. AM42's mother reported that she avoided AM42 going outside as he had the same behavior as his father.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: AF38 is a caring, loving wife and mother toward each family member. AF38 is family oriented and is a graduate student who went to college. AM42 is a hard worker and is dedicated to sustaining his family financially. CM 14 has a very close relationship with his mother and is graduating middle school.

Relational/Social:

Spiritual: AF38, AM42 and CM14 do not practice any type of religion or spirituality.

Based on the client's social location—age, gender race, ethnicity, sexual orientation, gender identity, social class, religion, geographic region, language, family configuration, abilities, etc.—identify potential resources and challenges:

Unique Resources: AF38 is respectful toward each of the family members and is willing to enhance a strong communication and unity. However, AF38 is requesting help for CM14 as he is not doing well emotionally because he is abusing drugs and appears to have a disruptive behavior.

Potential Challenges: AF38 blames herself for feeling lonely than any other time in her life, and totally abandoned by everyone in her family.

Family Structure

Family Life Cycle Stage (Check all that apply):

- Single Adult
- Committed Couple
- Family with Young Children
- Family with Adolescent Children
- Divorce
- Blended Family
- Launching Children
- Later Life

Describe struggles with mastering developmental tasks in one or more of these stages: Since having their first child, the couple has had a difficult time maintaining couple connection. AF38 and CM14 both feel disconnected from family life.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: The couple has a difficult time expressing to each other their feelings, beliefs and opinions. Also, each of the couple has different perspectives to do activities and do not want to agree.

& Children Enmeshed Clear Disengaged NA Example: Son and mother are bonded to each other. Son is very close with his mother and has a strong relationship with her.

& Children Enmeshed Clear Disengaged NA Example: Son and father's relationship are very disconnected. Father appears not to be a father figure toward his son's needs.

Siblings Enmeshed Clear Disengaged NA Example: _____

Extended Family Enmeshed Clear Disengaged NA Example: _____

Friends/Peers/Others Enmeshed Clear Disengaged NA Example: _____

Triangles/Coalitions:

Cross-generational coalitions: Describe: CM14, AF38 go against AM42 as he presents to be an irresponsible parent who does not want to spend time with neither of the family members. CM14 reports that life is tough and he would rather not live.

Other coalitions: N/A

Hierarchy between Parents and Children: NA

Effective Insufficient (permissive) Excessive (authoritarian) Inconsistent

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Description/Example to illustrate hierarchy: _____

Complementary Patterns between _____ and _____:

- Pursuer/distancer
- Over/under-functioner
- Emotional/logical
- Good/bad parent
- Other: _____

Example of pattern: Historically, AF38 has a strong connection in terms of engagement with CM14 but there is a poor disconnection with AM42. However, AF38 plays the role of a "good parent" and AM42 "bad parent."

Interactional Patterns

Primary Pathologizing Interpersonal Pattern (PIPs; A B): Describe dynamic of primary PIP:

Pursuing/Distancing Criticizing/Defending Controlling/Resisting Other: _____

Describe Start of Tension: CM14 gets caught using marijuana and it is found in the drawer.

Describe Conflict/Symptom Escalation: AF38 and AM42 are requesting help for CM14 due to the consumption of abusing drugs.

Describe Return to "Normal"/Homeostasis: After several talks with CM14 both AF38 and AM32 realized the disconnect that CM14 had and the family began to talk to each other again about their worries and concerns.

Hypothesized homeostatic function of presenting problem: How might the symptom serve to maintain connection, create independence/distance, establish influence, reestablish connection, or otherwise help organize the family?

Intergenerational & Attachment Patterns

Construct a family genogram and include all relevant information including:

- Names, ages and birth/death dates
- Relational patterns
- Occupations
- Psychiatric disorders and alcohol/substance abuse
- Abuse history
- Personality adjectives

Genogram should be attached to report. Summarize key findings below:

Substance/Alcohol Abuse: NA History: CM14 abuses drug on a regular basis without parent consent.

Sexual/Physical/Emotional Abuse: NA History: _____

Parent/Child Relations: NA History: AM42 and CM14 has a disengaged relationship. CM 14 wants to get along with AM42 but he does not put an effort.

Physical/Mental Disorders: NA History: _____

History Related to Presenting Problem: NA History: AF38 is disconnected with herself. does not feel loved within the family. CM14 feels dissatisfied.

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: AF38 grew up in a close knit family.

Describe typical attachment behavior when person does not feel secure in relationships; include Satir survival stances (placating, blaming, superreasonable, and irrelevant) used in description.

:: Anxious Avoidant Anxious/Avoidant. Frequency: Describe: Anxious and distressed wife/mother whose feelings are not met.

:: Anxious Avoidant Anxious/Avoidant. Frequency: Describe: Distancer in marriage offends gets into arguments with wife.

:: Anxious Avoidant Anxious/Avoidant. Frequency: Describe: Feels stressed and anxious about life and does not want to live.

:: Anxious Avoidant Anxious/Avoidant. Frequency: Describe: _____

Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. Parents lecturing CM14 has not reduced his use of drugs.
2. AF38 settles in achieving better communication with AM42 but he is refusing to enroll in marriage therapy.
- 3.

Exceptions and Unique Outcomes (Solutions that DID work): Times, places, relationships, contexts, etc., when problem is less of a problem; behaviors that seem to make things even slightly better:

1. CM14 chooses not to continue using marijuana because he is afraid of the long term health problems. Although, CM14 had an issue making friends when entering High School he expects to be more social.
2. _____
3. _____

Miracle Question/Answer: If the problem were to be resolved overnight, what would client be doing differently the next day? (Describe in terms of doing X rather than not doing Y):

1. AF38 and AM42 would wake up in the same house and would talk to each other about their concerns on a regular basis.
2. AF38 will go to the gym, park and will meet new friends.
3. CM14 will attend AA meeting. Also, CM14 will agree to receive psychoeducation with the help of a therapist.

Postmodern: Social Location and Dominant Discourses

Describe the client(s) overall social location (the groups a person belongs to based on diversity factors) and influential dominant discourses related to presenting concerns:

■ **Ethnic, Race, Class, Immigration Status, and Religious Discourses:** How do key cultural discourses inform client identity(ies), what is perceived as the problem, and possible solutions (specify ethnicity, e.g. Italian American rather than White or Caucasian)? N/A

■ **Gender and Sexuality Discourses:** How do gender and sexuality discourses inform identity(ies), what is perceived as a problem and the possible solutions? Do these intersect with ethnicity and/or religion? N/A

■ **Community, School, Work and/or Extended Family Discourses:** How do other important community discourses inform identity(ies), what is perceived as a problem and the possible solutions? N/A

■ **Identity Narratives:** How has the problem shaped each significant person's identity? N/A

Client Perspectives (Optional)

Areas of Agreement: Based on what the client(s) has(ve) said, what parts of the above assessment do they agree with or are likely to agree with? Role of AF38 and AM42 family, building a family structure.

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? The idea to have AM42 commit to have a solid relationship with each of the family members and improve his temperament.

How do you plan to respectfully work with areas of potential disagreement? Ensuring that CM14 agrees to CBT therapy and AA meeting to show if CM14 has improved..