

Kenia Ramos

MFT 610: Solution focused

The initial problem from my family of origin is the conflict between mom and dad due to the yelling and bickering they seek to separate. When assessing the couple, the mother states she feels tired when coming home from work and wants to be pampered by her husband. The father, who works shorter hours at work, comes home to cook and have the three little girls set up to have dinner and complete homework, so asking his wife to stop yelling adds another burden to his life. When neither partner complies with giving in to keep the home feeling safe, both individuals run out of their marriage while continuing to blame their spouse as the problem.

To help the couple build a goal, I want to picture their positive interactional pattern within the chaos. Briefly, taking the couple's desired outcome from their partner, we could build on their strengths to navigate their marriage into better times. Asking constructive questions could be utilized to find potential strengths each uniquely brings to help the marriage flourish. Change is monitored through the client's feedback and listening to positive traits. The goal of the couple would be created through their resources. At the same time, the therapist maintains an encouraging stance—the plan is to eliminate those suffering time and implement a solution manageable for their specific needs.

An intervention I would use is the scaling questions, rating, and experience to evaluate their motivation for the marriage. If the wife finds her husband a low score for care in their marriage, I ask why he isn't lower? There was a time when he was worse; how did he get better? The same delivery method can be done with the husband. Through the conversation of seeing what stands out for each person when thinking of their partner in a positive light, they can begin to explore those emotions and the valid feeling of having the power to change their unsatisfying marriage into a resilient marriage.

