

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 02/02/2022 Clinician: Yolanda Jones (SW Intern) Client/Case #: Hayman Family

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

AM1: Female Age: 38 Hispanic/Latino Married heterosexual Occupation: Unemployed Other: --

AF1: Male Age: 42 Caucasian Married heterosexual Occupation: Paper salesman Other: ---

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

CM1: Male Age: 14 Multiethnic/Biracial Grade: 9th Other: _____

Identifier: Select Gender Age: N/a Select Ethnicity Grade: Select Grade Other: _____

Identifier: Select Gender Age: N/a Select Ethnicity Grade: Select Grade Other: _____

Identifier: Select Gender Age: N/a Select Ethnicity Grade: Select Grade Other: _____

Others: Identify all: _____

Presenting Concerns

Describe each significant person's description of the problem:

AM1: Feels distressed and disappointed over the outcome of CM1's behavior after investing so much of her time, attention and energy into him giving him all she could. She found marijuana in his draw and he has been combative with her. AM1 and AF1 are emotionally distant. AM1 made CM1 the center of her world she now feels alone and abandoned by everyone in her family.

AF1: Has felt disconnected from AM1 and their son CM1 feeling like AM1 is too controlling. AF1 has been sensitive to any type of criticism and/or control and appears to shut down and distance himself when this occurs. AF1 and CM1 does not have a close relationship but is cordial. AF1 keeps his distance because he does not want to upset AM1. AF1 feels as long as he remains faithful to AM1 and provides for her and CM1 he is doing the right thing. He is living a false self to please his wife.

CM1: Resents his mother AM1 and blames her for not being able to have the time to make friends. CM1 wanted his own identity outside of AM1. He hates his life. He is often irritated, distracted and indecisive. He wants to be closer to AF1

Identifier: _____

Additional: _____

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

Extended Family:

AM 1 38, extended family of origin: particularly her siblings and parents were angry with her because she chose to leave home to attend college in another state after Highschool contrary to her family's norm. The expectation was for her to stay home to prepare to be a wife and a mother. AM1 ultimately felt lonely and cut off from her family because of her decision to attend college instead. Despite her decision, she had a very close relationship with her siblings and often referred to each of them as her best friends.

AM1 gave birth to CM1 now 14 years old and

AF 1 42, is an only child, grew up in a single household raised by his mother. His father was an alcoholic, violent and verbally abusive to his mother. AF1 father physically assaulted others while out in a bar when under the influence of alcohol. AF1 42, mother was seemingly over protective and guarded. She was a single mother and often critical of AF1 behavior and did not want him outside perhaps fear of him engaging in the same behaviors as his father.

AF1 felt lonely and abandoned by his mother because she would never allow him to do things or go outside in addition he felt she resented him for looking like his father.

CM1 14, is disconnected from AM1., avoidant, blaming and combative.

—
Name: Third party was sought by AM1 and F1 in order to get help for CM1

Name: N/A

Background Information

Trauma/Abuse History (recent and past): Though not directly physically affected AF1 witnessed intimate partner violence as a child committed by his father verbal abuse, violence.

Substance Use/Abuse (current and past; self, family of origin, significant others): .CM1 has been hiding marijuana in his draw. It is unknown if he is using and for how long. There is know known history or reference as it relates to AM1or AF1 use of substance.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): AM1 and AF1 relationship began to change shortly after they were married. AM1 was feeling neglected and wanted to be closer to her husband AF1. AM1 wanted AF1 to be open and willing to explore some of her intrests and activites she use to enjoy with her siblings but did not appear willing to compromise in what he wanted to do. AM1 stated that she didn't think they were appropriate including going to bars, gym or sport clubs.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): Both AM1 and AF1 shared similar childhood experiences in that they felt alone, " cutoff" and abandoned by their families. As a result, they both left home to get away and attend college where they met and was immediately drawn to one another. Ironically, it appears that they are faced with similar intergenerational experiences including abandonment. Once they became married they were quickly faced with challenges leading to a short honeymoon as they became distant. They have never been to counseling or have been diagnosed with any medical or mental health concerns. AF1 is sensitive and does not like any type of critism and control. CM1 has a history of behavioral issues at school and does not have friends. CM1 was often in trouble and AF1 often sided with him.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: AF1 maintains consistent employment and is a hard worker. He is willing and able to provide finacially for his family. AF1 aslo appears willing to work out his marriage and remain a family

AM1 a

Relational/Social: CM1 and AF1 wants to become closer.

Spiritual: None mentioned

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: _____

Potential Challenges: _____

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:

AF1- as a single adult struggled with this stage as evidence by being an only child and not developing the interpersonal skills needed to interact with others because of his mother's limitations and fear of allowing him to go out and make friends. He also lacked the attachment and psychosocial development in order to bond with either of his parents. Because this stage of his life was not addressed it made it difficult for him to form healthy relationships with others and ultimately found it easier to walk away and distance himself from others.

AM1 and AF1 as a committed couple has had difficulty maintaining a connection. Though they've had similar experiences with feeling cutoff from their families, they've appeared to have grown apart since being together and have been distant. Despite this separation, they have made a commitment to stay together. It is unsure if it is because of CM1 or because they love each other.

AM1 and AF1 struggle with having an adolescent child because they have not yet addressed their own underlying issues. AM1 feels she is not valued currently by CM1 and AF1, she feels alone and abandoned. AF1 feels disconnected from CM1 and does not attempt to get close to him because he does not want to upset AM1. CM1 feels resentful towards AM1 and want a relationship with AF1. CM1 has ongoing behavior issues at school and has been caught with having marijuana in his drawer. Social learning has played a factor with CM1 as AM1 permitted him to essentially behave however he wanted without any redirection.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: AM1 and AF1 appears to be tolerating one another and are disengaged. AF1 has "threw" himself into his work as a paper salesman, though he comes home everyday, he does not engage in any activities he enjoy. AM1 has settled in her marriage and accepted the emotional distance between she and her husband AF1.

Adult Female & Children Enmeshed Clear Disengaged NA Example: AM1 has always enveloped herself into CM1 as she craved a closeness and bond with someone appearing to fill the void she was lacking in her marriage. She was so overprotective, she even hovered over CM1 anytime AF1 tried to build a relationship with him or get involved when he was an infant and toddler. AM1 did not want to set boundaries with CM1 and often gave him his way even when he threw tantrums.

Adult Male & Children Enmeshed Clear Disengaged NA Example: Both AM1 and CM1 want to have a better relationship but it does not appear they know how. AF1 has distant himself from CM1 as a result of AM1 being so protective. He tried but AM1 would hover over him

Siblings Enmeshed Clear Disengaged NA Example: AM1 was devoted to her siblings and they considered each other best friends.

AF1 does not appear to have had any siblings.

Extended Family Enmeshed Clear Disengaged NA Example: AF1 did not have a relationship with his father due to his dad's alcoholism and bi-polar. His relationship with his mother was affected because she

resented him and felt that he looked too much like his father who was verbally abusive towards her. He left the home and went to college as a result.

AM1 appeared to have had a close relationship with her family however, they did not agree with her decision to further her education and leave home their relationship subsided. They wanted her to follow the tradition of rearing children and preparing to be a wife instead. She and her siblings were like best friends and were devoted to one another.

Friends/Peers/Others Enmeshed Clear Disengaged NA Example: AF1 does not have any friends because AM1 does not think his decision

Triangles/Coalitions:

Cross-generational coalitions: Describe: AM1 and AF1 seeking counseling and/or assistance to help resolve the concern around their son CM1 will hopefully resolve the underlining issues and trauma

Other coalitions: _____

Hierarchy between Parents and Children: NA

Adult Female : Effective Insufficient (permissive) Excessive (authoritarian) Inconsistent

Adult Male: Effective Insufficient (permissive) Excessive (authoritarian) Inconsistent

Description/Example to illustrate hierarchy: AF1 has been authoritative since the birth of their son. She has been obsessive and overprotective in that she has not allowed AF1 to parent and bond with CM1. Each time AF1 attempted to do so AM1 hovered over him (AF1). AF1 eventually grew tired of it and became bitter and frustrated and gave up trying to form that connection.

Complementary Patterns between AF1 and AM1:

Pursuer/distancer

Over/under-functioner

Emotional/logical

Good/bad parent

Other: _____

Example of pattern: AM1 and AF1 had a very quick courtship before getting married. It appears it was due to their desire to feel loved and accepted since both felt abandoned/"cutoff" by their parents. However, neither of them addressed the underlined trauma they both endured. AF1 experienced an insecure attachment in his childhood. His father suffered with mental health of bipolar and substance use by consuming alcohol.

AF1 displays an avoidant attachment with his own family to which he disregards his needs to maintain peace in his home. He (AF1) was emotionally distant and felt as long as he provided financially he was doing the right thing. He stopped doing activities he enjoyed and just threw himself into his work. AM1 on the other hand did not appear willing to compromise in her marriage in that she was not interested in AF1 interests. Once she (AM1) became pregnant it appears that she used their son CM1 to fill her void of loneliness. The intergeneration cycle has resurfaced in AM1 and AF1 marriage leading them both to feel alone, emotionally distant and abandoned.

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: The start of tension began shortly after their marriage AF1 felt AM1 was being criticizing and controlling of his desire to want to make new friends. AF1 was sensitive about criticism and feeling

controlled. AM1 felt neglected and wanted to develop a closeness with AF1 by doing things she did with her siblings.

Describe Conflict/Symptom Escalation: The conflict was the unwillingness of compromise by AM1 by not wanting to partake in any of AF1 interests. AF1 felt AM1 was trying to control and change him and AM1 felt that AF1 was self and insensitive.

Describe Return to "Normal"/Homeostasis: They grew equal equilibrium as AM1 accepted AF1 emotional distance and AF1 threw himself into his work and did not engage in any activities he enjoyed. AF1 is torn between the true self and the false self. He has exhibited the false self in order to please AM1 and maintain homeostasis.

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?
The aforementioned information involved the overall relationship and onset of AM1 and AF1 conflict and tension in their marriage. However, the presenting problem involves their son and the possession of marijuana AM1 found in CM1 drawer. AM1 and AF1 will have to form an alliance in order to help their son. They also need to work on their marriage. AM1 should take a step back and allow AF1 and CM1 to establish a relationship. Perhaps CM1 is irritated and distracted because of the tension and disconnect between his parents.

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: AF1's father abused alcohol.

Sexual/Physical/Emotional Abuse:

NA History: AF1's sustained emotional abuse from both parents. Both parents abandoned him, his mother resented him because he looked like his father. Though not reflected in the narrative, it appears that AM1's family may have exhibited some emotional abuse in that they were not accepting of her decision to attend college and bare children essentially cutting her off and dismissing her from the family.

Parent/Child Relations:

NA History: AF1 father suffered from bipolar

Physical/Mental Disorders:

NA History: Cycle/pattern of Intergenerational trauma, feelings of abandonment, avoidant attachment and insecure attachment.

History Related to Presenting Problem: NA History: _____

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: AM1 was excited about being a mom and loved her son. She is willing to maintain her marriage. AF1 wants to develop a relationship with CM1. He is willing to provide financially for his family and is hardworking. CM1 is willing to have a relationship with AF1 and the family appears willing to attend counseling. Both AM1 and AF1 sought assistance to help CM1.

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

AF1:: Anxious Avoidant Anxious/Avoidant. Frequency: Frequent: highly reactive to attachment threats
Describe: AF1 is sensitive and does not like to feel controlled or criticized when this occurs he reacts by disengaging and detaching himself from the situation as evidence by his arguing with AM1, growing emotionally distant from AM1 and ultimately CM1 when AM1 hovered over him each time he attempted to connect with his son.

CM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Fairly often: moderately reactive to threats
Describe: _____

Identifier:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: CM1 has been explosive and combative with AM1 feeling irritable, distracted and indecisive. CM1 blames AM1 for his inability to make friends.

Identifier:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: _____
Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. AM1 wanting AF1 to commit to activities and things she use to do with her siblings in order for the two of them to develop a closeness which seperated/disconnected them and AM1 left feeling neglected..
2. AF1 giving up and not getting involved with his son CM1
3. AM1 siding with CM1 whenever he got in trouble. This created CM1 to become defiant.

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. School staff not giving in to CM1 tantrums and enforcing rules
2. AF1 throwing himself into work and going straight home and not enjoying the things that makes him happy.
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. AF1 would be going out to meet new people. AM1 would allow AF1 to parent CM1 and build a bond with him
2. CM1 would have friends and a better relationship with both of his parent's
3. AM1 would live happily ever after and fall in love again with her husband AF1 would agree to go out to the places where she wants.

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)?* AM1 38 is a Hispanic woman from a close knit family with strong family values, culture and a tradition where woman were raised to stay at home preparing to be wives and bearing children. AM1 was essentially "cutoff" from her family for not adhering to the families culture and instead attend college. AF1 42 is Caucasion from Irish decent, he appears to be an only child rasied in a single parent home. His father suffered from mental health concerns, bipolar and was an alcoholic who was verbally abusive to his mom. His mother resented him because he exhibited some simialr behaviors like his dad and looked like him,

- **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? There appears to have been some concern and reluctance by AM1 for AF1 "desire to meet new friends and other men in the neighborhood" perhaps AM1 wa concerned with AF1 sexuality and therefore is what caused their emotional disconnect.*
- **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? CM1 appears rebellious because he is not getting his way at school. CM1 is blaming his mother for him not having friends*
- **Identity Narratives:** *How has the problem shaped each significant person's identity? Each family member is presenting in a false self*

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? _____

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? _____

How do you plan to respectfully work with areas of potential disagreement? _____