

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 3/1/22 Clinician: Caroline Derosena, Social Work Intern Client/Case #: 1

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: Male Age: 64 European American Single heterosexual Occupation: Doctor Other: _____

AF1: Female Age: 61 European American Single heterosexual Occupation: Retired Nurse Practitioner Other: _____

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

CM1: Male Age: 24 Multiethnic/Biracial Grade: College Other: _____

CF1: Female Age: 28 European American Grade: Not in School Other: _____

CF2: Female Age: 22 Asian-American Grade: College Other: _____

Identifier: Select Gender Age: _____ Select Ethnicity Grade: Select Grade Other: _____

Others: Identify all: _____

Presenting Concerns

Describe each significant person's description of the problem:

CM1: He has been diagnosed with manic depression and anxiety for which he is currently taking medication. He has a family history of mental illness. He also suffers from PTSD from his experiences with his adopted sister's mental illness. He came out as gay when he was 16 years old.

CF1: Dignosed with schizophrenia and bipolar disorder. She has been in and out of hospitals for most of her life.

CF2: She is also adopted. She identifies herself as a lesbian.

AF1: She lives in California. CF1 is still in her care. She tried to raise the chilren the best she could after she got divorced. AM1 is not involved in any of their lives at the moment.

Additional: _____

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

Extended Family: _____

CM1 Birth Mother: She suffers from anxiety. She was unable to care for him for she gave him up for adoption.

CM1 Birth Father: Now that CM1 ia an adult, he is trying to build a relationship with his birth father. His birth father was promiscuious and is said to have over 20 children. CM1 has met four of them communicates with them on a regular basis.

Background Information

Trauma/Abuse History (recent and past): After he came out as gay, he was rejected from his church. He was actively involved up until that point. His family was also rejected at church when his adopted parents got divorced. He was bullied among his peers for being feminine.

He believes his anxiety is genetic. When his birth mother was pregnant with him, she mourned the death of her father which may have affected the baby.

Substance Use/Abuse (current and past; self, family of origin, significant others): CM1 used drugs and alcohol as well as food to numb his pain in the past.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): CM1 moved to New York from California to start a new life.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): CM1 has PTSD from his experiences with CF1. He recalls a time when she ran into the middle of the highway and he had to go retrieve her. To this day, any abrupt sounds such as ambulance or sirens trigger his PTSD. She would hear voices telling her that the government was trying to kill her. He witnessed her slit her own wrist. He also had suicidal ideation in his teen years. One of his teachers talked him out of doing it. CF1 has also has several suicide attempts

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: CM1 reports that although he was adopted, he was raised in a loving home that supported his needs.

Relational/Social: CM1 reports that he has a strong social network such as friends, LGBT community allies and coworkers.

Spiritual: AF1 continues to actively engage in Christianity although the children have not due to their experiences.

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: CM1 lives in New York and the other family members live in California.

Potential Challenges: CM1 identifies as homosexual so he may face discrimination due to his sexual orientation.

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: CF1 is still in the care of AF1 due to her mental illness.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: Divorced

Adult Female & Children Enmeshed Clear Disengaged NA Example: She has a good relationship with all of them.

Adult Male & Children Enmeshed Clear Disengaged NA Example: He is no longer involved in their lives.

Siblings Enmeshed Clear Disengaged NA Example: They get along well

Extended Family Enmeshed Clear Disengaged NA Example: CM1 birth mother suffers from mental illness.

Friends/Peers/Others Enmeshed Clear Disengaged NA Example: Feel supported by friends and peers.

Triangles/Coalitions:

Cross-generational coalitions: Describe: The children resent AM1 for leaving the family. They felt abandoned.

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: _____

Complementary Patterns between AM1 and AF1:

Pursuer/distancer

Over/under-functioner

Emotional/logical

Good/bad parent

Other: _____

Example of pattern: AF1 has actively participated in the childrens lives while AM1 stopped engaging when they got divorced.

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 children reach out to AM1 on holidays to connect.

Describe Conflict/Symptom Escalation: AM1 chooses to stay away.

Describe Return to "Normal"/Homeostasis: The children accept it and focus on the relationships with people that want to be in their lives.

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: _____

Sexual/Physical/Emotional Abuse: NA History: _____

Parent/Child Relations: NA History: _____

Physical/Mental Disorders: NA History: CM1 birth mother has mental health issues

History Related to Presenting Problem: NA History: _____

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: Attending therapy

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

AM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Fairly often: moderately reactive to threats

Describe: _____

CM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Rarely: maintains secure attachment in crisis

Describe: _____

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

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

Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. Marriage Counseling
2. Family Intervention
3. Separation

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. Afterschool activities for the children.
2. Family gatherings with extended family.
3. Social support

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. CM1 would like to go back to school to get his masters degree.
2. CF1 would no longer have schizophrenia and bipolar.
3. AM1 would come back to the family in peace.

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)?* The children are of different races and each face disparities. CM1 is biracial, CF1 is white, and CF2 is Asian.
- **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?* CM1 and CF2 are from the LGBT community.
- **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 participates in mentoring teen LGBT youth in his community. He also actively engages with his friends.
- **Identity Narratives:** *How has the problem shaped each significant person's identity?* AF1 has remained close with all of the children. They are thankful to her for adopting them and supporting them through the hardships of their lives.

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? _____