

Kenia Ramos

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In assessing my family of origin, the conflict resides in emotional reactivity within the family. There is a lack of differentiation between the mother and youngest daughter when they explain the pattern of feeling triggered by how each person feels due to the mother engaging the youngest daughter to take on more responsibility. The mother-daughter relationship describes fusion practices when the mom experiences anxiety and becomes dependent on her daughter to vent her frustration. As the systemic problem of emotional distress triggers the youngest daughter, she complains to her older sister about why her mom has issues. Similarly, the mom brings up the negative attitude her youngest daughter presents to orders and rules. As a result, a triangulation occurs between the mom and her two daughters when trying to alleviate the tension.

The goals for the family are to increase differentiation and stabilize the emotional processes between mother and younger daughter when communicating their feelings. Another goal is to decrease the emotional reactivity to the child's misconduct while the daughter decreases the reactivity of the mother's experienced anxiety. It is also essential to target the triangulation between the mother and daughters complaining about their broken relationship by creating the goal to take responsibility for their own needs and wants without involving the second sibling.

The intervention would encourage the family to use "I" positions to create autonomy when expressing their opinions/feelings. It allows the speaker to emphasize their personal experiences regarding their emotions without attributing another person to their understanding of the problem. The mother expresses her need for help around the home to feel less anxious, while

the daughter says what overwhelms her without conditioning her problems because of mom. We would also use relational experiments to change the inefficient relational process in the family by interrupting the triangulation and increasing direct communication between the dyad. The home does not need to continue to see the pattern of pursuer/distancer if both individuals agree to separate their emotional stances when responding to their problems.