Case Conceptualization

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SWK656: Clinical Social Work Practice II with Families

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March 1st, 2022

Case Conceptualization: Mosley Family

The Mosley family consists of Stephen, Miranda, and their children, Coby, Theresa, and Brandon. Stephen feels isolated in the family and has had difficulty connecting with his children meaningfully. He tried to communicate with Coby through athletics but has failed as Coby prefers drawing and playing video games. Stephen and Theresa's relationship has reached a tension point as she has started to show interest in dating, but Stephen and Miranda had agreed that she could not date until she was 17. Stephen does not spend much time with Brandon, who has a mild level of autism and relies on Miranda to work with him on his schoolwork and language development. Stephen expects Coby and Theresa to go to college and graduate school, but he has yet to have a specific career aspiration for them. However, he worries about job security as his company is laying off people, and they might let him go. Miranda and Stephen began discussing finances and the possibility of Miranda moving from part-time to full-time work to ensure financial stability. However, Miranda is concerned about Brandon needing her individualized attention.

Assessment of Mental Health Status and Diagnosis

Based on the information provided, there are several challenges and stressors that the family is facing, including communication breakdown, conflicts between family members, financial difficulties, and difficulties accepting and coping with Brandon's autism diagnosis. These challenges and stressors may affect the mental health of individual family members and the family unit.

Stephen appears to be struggling with feelings of isolation, disconnection from his family, and anxiety and stress related to potential job loss. His expectations for his children's

academic and professional success may also contribute to stress and tension within the family. His difficulty accepting and coping with Brandon's autism diagnosis may also impact his mental health and his ability to connect with and support his son.

Miranda appears to be caught in the middle of conflicts between Stephen and their children, as well as the stress and pressure related to financial instability and the potential for her to transition to full-time work. She also appears to be struggling with concerns for Brandon's individualized attention and care.

Coby, Theresa, and Brandon may be experiencing stress and tension related to conflicts with their parents and the expectations placed upon them by their father for academic and professional success.

It may be beneficial for the Mosley family to seek support and counseling to address these challenges and stressors and improve communication and relationships within the family. A mental health professional can provide a more thorough assessment, diagnosis, and recommendations for treatment and support.

Risk and Protective Factors

Parental isolation: Stephen feels disconnected from the rest of the family and may struggle to communicate and connect with them

effectively. The tension between family members: There is tension between Stephen and Theresa regarding the dating rule, which could lead to conflict and strained relationships within the family. Lack of bonding between father and son: Stephen and Brandon spend little time together, which could impact their relationship and Brandon's development. Difficulty accepting

a child with special needs: Stephen's anger and resistance to having a child with autism could negatively impact his relationship with Brandon and his ability to support his development.

Financial instability: Stephen's job insecurity and the family's financial discussions may strain the family's overall well-being.

Protective factors

Supportive mother: Miranda is a supportive and involved parent, particularly with Brandon's schoolwork and language development. **Academic expectations:** Stephen has high expectations for Coby and Theresa, which may encourage their success and future career opportunities. **Interest in activities:** While Coby does not enjoy sports, he is interested in drawing and video games, which could provide him with a creative outlet and potential career opportunities. **School success:** Coby and Theresa are both doing well in school, which could provide them with a strong foundation for future success. **Communication:** Despite the tensions in the family, Miranda, and Stephen are discussing their financial situation, which may help them come up with a solution and work together to support their family.

Impact of Socio-Cultural Identities

The socio-cultural identities of the Mosley family members are likely impacting their relationships and interactions with one another. Stephen's desire for his children to attend college and graduate school may be influenced by cultural values prioritizing education and professional success. His difficulty accepting Brandon's autism may also be related to cultural stigmas surrounding disabilities. The family's gender roles may also be impacting their dynamics. Miranda's past dating experiences and willingness to let Theresa date may reflect more permissive attitudes towards dating for girls and women. Meanwhile, Stephen's strict no-dating

rule for his daughter may reflect more conservative gender norms and a desire to protect his daughter's purity. Additionally, broader socio-cultural factors such as the economy and labor market may influence the family's economic situation and concerns about job security. Overall, the Mosley family's socio-cultural identities likely shape their relationships and experiences, including their values, beliefs, and attitudes towards education, gender, and disability. **Critical Processes of Family Resilience.** The Mosley family is facing several challenges that could impact their family resilience. However, vital processes can promote resilience in families, including Communication: Open and effective communication between family members can help them understand each other's perspectives and work together to address challenges. The Mosley family could improve their communication, especially between Stephen and Miranda. **Adaptability:** Adapting to changes and new situations is essential to family resilience. The Mosley family could benefit from being more flexible and open to making adjustments as necessary, such as Miranda potentially transitioning to full-time work. **Support:** Social support from family, friends, and community resources can help families to cope with stress and adversity. The Mosley family could benefit from seeking support, such as counseling or support groups, from helping them navigate their challenges. **Problem-solving:** Effective problem-solving skills can help families to address challenges and find solutions. The Mosley family could benefit from developing problem-solving skills, such as identifying and evaluating options and making decisions as a family. **Positive outlook:** Maintaining a positive outlook and finding meaning and purpose in difficult situations can help families to cope and bounce back from adversity. The Mosley family could benefit from finding positive aspects in their situation and focusing on their strengths and resources. Utilizing these key processes alleges the Mosley family can promote resilience and better cope. **Treatment Plan:** Based on the information

provided, the student recommends using a Family Systems Therapy approach to work with the Mosley family. Family Systems Therapy is a therapeutic approach that views the family as a complex system of interdependent parts. It recognizes that each family member's behavior and emotional experiences are interconnected and influence one another. This approach seeks to understand how the family functions and identify patterns of interaction that contribute to problems. The therapist then works with the family to change these patterns and promote healthier ways of relating to one another. The following is a potential treatment plan for the Mosley family based on the Family Systems Therapy approach: **Assessment:** Conduct a genogram and ecomap to understand the family's relationships, social supports, and resources. Explore the family's socio-cultural identities and how they impact their experiences, interactions, and attitudes. Assess each family member's mental health status and diagnose mental illness if applicable. Identify risk and protective factors that may impact the family's functioning and resilience. Genograms are a valuable tool in therapy, as they can help clients recognize their relational patterns and investigate how they have evolved (McGoldrick et al., 2020, p223). By utilizing genograms as an assessment tool, a therapist can assist clients in identifying recurring behaviors that may have contributed to their current issues. This examination can encourage clients to gain new insights and comprehension about themselves and their relationships. Additionally, using genograms, clients can recognize inherited patterns passed down through generations and break those patterns to establish healthier and more satisfying relationships. Apart from recognizing patterns, therapists can utilize genograms as an intervention. For instance, therapists can help clients use genograms to identify and enhance their support systems within and beyond their families. Therapists can also use genograms to investigate family secrets, traumas, and other causes of distress and disruption. By bringing these problems to light,

clients can work through them during therapy and progress toward greater healing and integration. **Treatment Goals:** Enhance family communication and problem-solving skills to promote healthy ways of relating to one another. Increase family cohesion and reduce feelings of isolation and disconnection. Address negative attitudes and stereotypes towards individuals with disabilities and promote acceptance and understanding of differences. Explore and modify the family's expectations for their children's education and career paths to reflect each child's unique interests and abilities. Address financial stressors and develop a plan to manage them. (Hodge, 2016, P 112). He explores treatment approaches using family systems theories in social work. Family systems theories aim to explain the development of problems within families and provide solutions to address them. Intervention techniques generally involve multiple family members or the whole family. The objective of therapy is to enhance family functioning, which includes communication, problem-solving abilities, empathy and understanding, and meeting the developmental requirements of family members. Various interventions may be utilized to achieve these goals, such as individual, family, and group therapy, along with experiential therapies like play, art, and music therapy. The efficacy of family systems interventions depends on various aspects, such as the type of issue, the willingness of family members to engage in the treatment, and the quality of the therapeutic relationship between the therapist and the family. Successful interventions involve the family and therapist working together in a collaborative decision-making and problem-solving process. The therapist must establish a secure and impartial environment encouraging family members to express themselves freely. Ultimately, the participation and contribution of family members are essential for effective outcomes.

Interventions: Family therapy sessions address communication and problem-solving skills, increase cohesion, and explore and modify expectations. Psychoeducation for Stephen and

Miranda to help them understand and accept Brandon's autism. Referral to a specialist to support Brandon's language and social development. Referral to financial counseling or support to address financial stressors. Referral to individual therapy for family members who may benefit from additional support. (Nichols & Schwartz, 2006, P.250). Explain that Family therapy is a continuous process that can span months or years. The therapist serves as a mentor, aiding family members to understand their patterns of behavior and relationships better. The therapist assists in exploring and comprehending emotions, beliefs, and values and encourages the development of new skills and methods of interacting with one another. Goals for treatment are created collaboratively, and the family is encouraged to participate actively in the therapeutic process. It is elaborated that for treatment to be effective, therapists must use a flexible and adaptable approach that recognizes the uniqueness of each family and their respective strengths and challenges. Therapists must be sensitive to the family's emotional dynamics and be able to help family members express their feelings and communicate with one another positively and respectfully. Treatment may consist of individual or family sessions, and therapists may use various techniques, including cognitive-behavioral, systemic, and experiential methods such as role-playing and sculpting. Minuchin (2018). Discusses the importance of developing a comprehensive treatment plan in family therapy. He suggests that treatment plans should be based on a thorough assessment of the family's structure and communication patterns, as well as the cultural and historical context of the family. He discusses the importance of assessment and diagnosis, the need for a precise treatment plan, and the flexibility required to adjust the plan based on the family's progress and response to therapy. (Bowen, 2004). The approach to family therapy emphasizes the importance of understanding and addressing multigenerational behavior patterns within a family system. This is relevant to the family's situation because Stephen's

difficulty connecting with his children and his expectations for their future may be rooted in multigenerational behavior patterns within the family. The therapist could use Bowen's approach to explore these patterns and help Stephen develop more effective ways of connecting with his children. The author describes how family patterns, such as emotional reactivity, triangulation, and cutoff, are passed down from generation to generation and how these patterns can lead to dysfunction within the family system. Bowen suggests that by understanding these patterns and their origins, families can break free from them and achieve more significant emotional differentiation and autonomy. In addition, Minuchin suggests that treatment plans should be geared towards increasing the family's ability to function adaptively and develop positive relationships rather than simply reducing symptoms. He believes that the ultimate goal of family therapy is to help families to become more self-sufficient and capable of solving their problems. However, Bowen's approach to family therapy, as outlined in his book "Family Therapy in Clinical Practice," differs from Minuchin's approach in several ways. First, Bowen's approach emphasizes the importance of understanding and addressing the multigenerational behavior patterns within a family system rather than just focusing on the present moment or close family relationships. This approach is rooted in Bowen's theory of "family systems," which posits that each individual's behavior is shaped by the dynamics of the more extensive family system. Secondly, Bowen's approach strongly emphasizes the therapist's role in managing their emotional reactions and maintaining a neutral, objective stance in the therapy process. This contrasts with Minuchin's more active and directive role as a therapist, who may use restructuring, reframing, and enactment techniques to guide family members toward new behavior patterns. Finally, while Minuchin and Bowen emphasize the importance of developing clear treatment goals and strategies, Bowen's approach is more flexible and process-oriented. The

therapist is less concerned with achieving specific outcomes and instead focuses on facilitating a process of exploration and self-discovery for family members. Overall, while both Minuchin and Bowen focus on the importance of understanding and addressing family dynamics, their approaches to treatment planning differ in their emphasis on multigenerational patterns, the therapist's role in the therapy process, and the flexibility of treatment goals and strategies. (Bowen, 2004). The Mosley family is experiencing various communication, parenting, and financial stability issues. Stephen's difficulty connecting with his children and his expectations for their future may contribute to the tension in the family. The difference in opinions between Stephen and Miranda about the best course of action for the family's financial situation may also cause friction. Additionally, the family may benefit from seeking support to help them navigate the challenges associated with Brandon's mild level of autism.

Reference

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