

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 3/1/23 **Clinician:** Kathy E. Salazar, SW Intern **Client/Case #:** **The 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

AF1: Age: 38 Hispanic/Latina Married Heterosexual
AM1: Age: 42 Caucasian Married Heterosexual Paper Salesman

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

CM1: Age: 14 White/American Single High School Student

Presenting Concerns

Describe each significant person's description of the problem:

AF1: Feels rejected and alone. AF1 feels no connection with AM1. After giving birth to Anthony CM1, AF1 became very closed and attached to him. AF1 has been an overprotected mother, allowing him to misbehave and act out since early age. AF1 feels abandoned by her family not only her husband and now her son but also abandoned by her parents and siblings who were very closed to her before she went away to college and got married. AF1 feels that her husband is insensitive and selfish towards her needs.

AM1: Feels emotionally distant from AF1 and CM1. AM1 feels isolated by his wife due to her devoted attention to CM1 and feels he lacked involvement in his son's care. AM1 has a misconception about his responsibilities as a main support system in his family and feels as long as he is faithful and financially supportive to his family, this is enough for him. AM1 feels criticized and controlled by his wife.

CM1: High schooler, domiciled with AM1 and AF. CM1 is the only child. CM1 is currently dealing with stressors related to his age (adolescent stage). CM1's behavior indicates irritability, distractibility, indecisiveness, and reports unhappiness in his life. CM1 has a history of misconduct and behavioral issues both at home and school. CM1 has no history of mental illness. No history of emotional abuse. CM1 seems to be having conflict with AM1 over her overprotective love and her ways of controlling his life. CM1's relationship with AF1 is distant which causes CM1 to feel disconnected from AF1. CM1 wants to

improve his relationship with his father and is seeking validation from AM1 to explore and find his true identity.

Additional: _____

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

Extended Family:

AF1 parents and siblings are alive but are not involved in AF1's life. AM1 comes from a dysfunctional and abusive home. Raised by a single mother. AM1's father was abusive towards AM1 and his mother. AM1's father has a history of bioplay disorder and aggressive behavior. It is unknown whether or not AM1 has any contact with his mother or father.

Background Information

Trauma/Abuse History (recent and past): _

AM1 has a history of trauma related to his father's mental illness. AM1's father suffered from bipolar disorder. There is history of domestic violence (verbal abuse) from AM1's father towards his mother. AM1 was neglected by his father at an early age and is unknown if he experienced any physical, mental or emotional abuse from his father. _

Substance Use/Abuse (current and past; self, family of origin, significant others):

Currently CM1 is having substance abuse issues. As per AF1, marijuana was found in CM1's underwear drawer. _____

Precipitating Events (recent life changes, first symptoms, stressors, etc.):

CM1 is presenting behavior outburst related to his age and home environment. CM1 seems to be using drugs after Marijuana was found in his drawer. Family dynamics seems to be affecting his behavior.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): _____

There is a history of mental illness, AM1's father suffers from bipolar disorder. AM1's mother suffered verbal abuse. AF1 experienced emotional neglect from both parents. AM1 experienced abandonment from his father after leaving him and his mother.

No history of previous counseling for AM1, AF1, CM1.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal:

AF1 is a good mother and wife. AF1 has invested most of her time and energy into giving CM1 as much as possible. AF1 is an educated and intelligent woman. AF1 loves her family despite the current stressors. AF1 likes to have fun and enjoy doing recreational activities with the family. AM1 is also well educated and is a hard-working individual. AM1 enjoys his job as a salesman. AM1 is a good provider and his family is his main priority. AM1 loves his wife despite the current situation. AM1 wants to get closer to CM1 and improve their relationship. Despite AM's past family history, he has managed to cope well with his past. CM1 is an adolescent who is trying to find his identity. CM1 is smart and wants to try different activities related to his age. CM1 wants to get closer to his father and wants to make new friends.

—
Relational/Social:

Both AF1 and AM1 want to improve their relationship. AF1 and AM1 want to help CM1 and improve their relationship with him. They are aware of issues and stressors and are willing to receive counseling to resolve these problems. Both want to enjoy life and do different activities they like to do.

Spiritual: _____

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: The Hayman family have a strong support system; they are willing to work together and improve their relationships. As parents, they want the best for their son. AM1 is supporting his family and they are financially stable. Both parents remain at home.

Potential Challenges: CM1's substance abuse can bring more stress to the family's dynamic and may impact CM1's behavior at home and school. CM1's adolescent stage can be challenging due to his tantrums and current attitude problems. ____

Family Structure

Family Life Cycle Stage (Check all that apply):

Single Adult

Committed Couple X

Family with Young Children

Family with Adolescent Children X

Divorce

Blended Family

Launching Children

Later Life

Describe struggles with mastering developmental tasks in one or more of these stages:
Couple got married when they were young adults, they have marital issues since the beginning and they have avoided to address issues affecting their relationship. _

Boundaries with/between:

Primary couple: Enmeshed Clear **Disengaged: X** NA Example:

AM1 and AF1 are not taking responsibility in trying to repair their relationship. There is little communication among them to discuss their emotions and lack of commitment to their relationship.

AF1 & Children: **Enmeshed X** Clear Disengaged NA Example:

AF1 is being overly involved in CM1's life causing AM1 to lack autonomy and independence. His emotions are not validated as he tries to find his identity. _

AM1 & Children: Enmeshed Clear **Disengaged X** NA Example:

Father and son are both emotionally withdrawn from their family relationship. They both lack autonomy to make decisions. Both have little sense of belonging.

Siblings	Enmeshed	Clear	Disengaged	NA Example: _____
Extended Family	Enmeshed	Clear	Disengaged	NA Example: _____
Friends/Peers/Others	Enmeshed	Clear	Disengaged	NA Example: _____

Triangles/Coalitions:

Cross-generational coalitions: Describe: CM1 is having difficulty connecting with AF1. AM1 remains isolated from CM1 to avoid conflict with AF1.

Other coalitions: _____

Hierarchy between Parents and Children: NA

AF1: Effective **Insufficient X** (permissive) Excessive (authoritarian) Inconsistent

AM1: Effective **Insufficient X** (permissive) Excessive (authoritarian)

Description/Example to illustrate hierarchy: ____

Both parents have been ineffective in managing their son's behavior. Setting rules and boundaries have not been their norm. AF1's behavior have been a permissive parenting style and lack of communication between both parents have created a dysfunctional family behavior.

Complementary Patterns between AM1 and AF1

Pursuer/distancer

Over/under-functioner X

Emotional/logical
Good/bad parent X
Other: _____

Example of pattern: AM1 is the underfunctioner, he does not feel confident in doing things, expressing his emotions, addressing stressors. Mother is the overfunctioner, she manages everything at home and has control over everything. She feels like she is doing everything in the relationship. The dynamic is dysfunctional and it may seem like is difficult to change.

Interactional Patterns

Primary Pathologizing Interpersonal Pattern (PIPs; A B): Describe dynamic of primary PIP:
Pursuing/Distancing Criticizing/Defending Controlling/Resisting X Other: _____

Describe Start of Tension: CM1 was caught with having marijuana in his underwear drawer. _____

Describe Conflict/Symptom Escalation: AF1 is controlling and AM1 is emotionally disengaged. CM1 is engaging in unhealthy behaviors.

Describe Return to "Normal"/Homeostasis: CM1 needs to establish a bond with AM1 to create a healthy relationship to build trust. _____

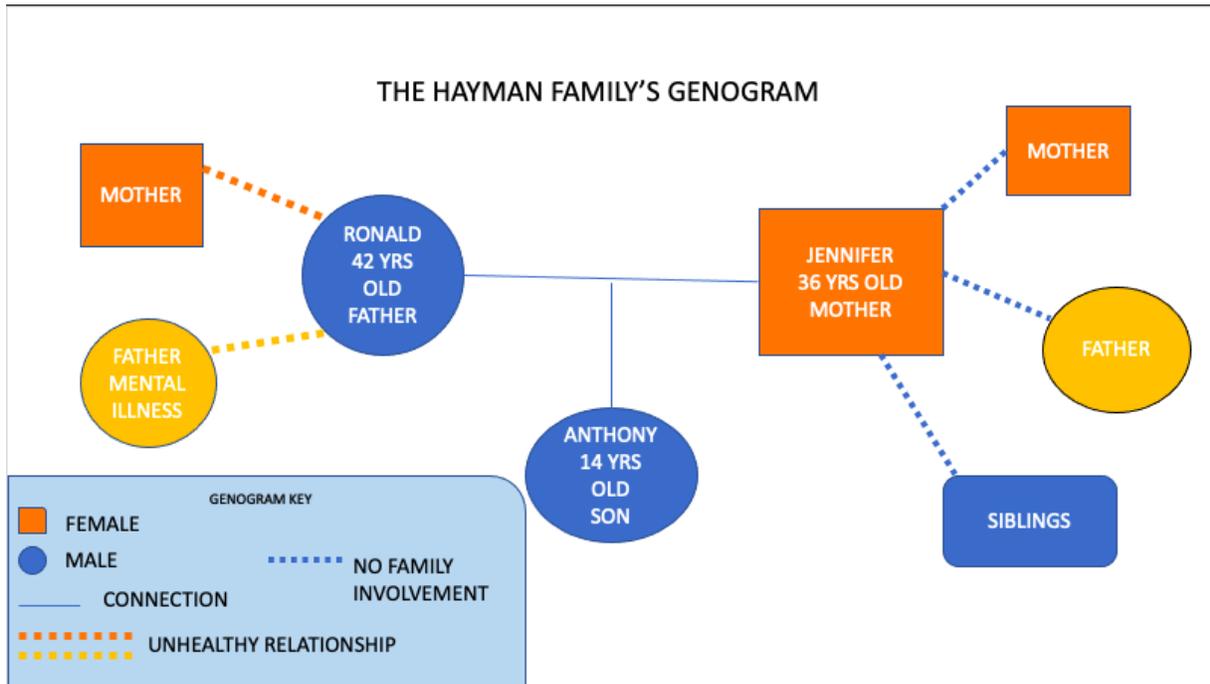
Hypothesized homeostatic function of presenting problem: How might the symptom serve to maintain connection, create independence/distance, establish influence, reestablish connection, or otherwise help organize the family? _____

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: History of emotional abuse AM1's mother was verbally abused. _____

Physical/Mental Disorders:

NA History: AM1's father diagnosed with Bipolar Disorder _____

History Related to Presenting Problem:

NA History: _____

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: Family uses avoidance to cope with current family stressors. They self-regulate to manage stress. _____

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 X** Anxious/Avoidant. Frequency: Describe: Is avoiding conflict with AF1 _____

AF1: **Anxious X** Avoidant Anxious/Avoidant Frequency: Describe: Feels isolated and detach from family.

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. AF1 took away his phone as a way of punishment, causing CM1 to get angrier. _____
2. AM1 avoided having a conflict with CM1 and AF1 by agreeing with AF1 allowing AF1 to be the only one putting the rules at home. _____
3. AF1 feel unsupported by AM1 when trying to reprimand CM1. _____

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. AF1 expressed she would compromise with her husband, so he can go into the community and make males friends.
2. AM1 expressed he is will be emotionally there for AM and CM.
3. CM1 is will to be involve with his mother once she supports him in having friends.

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 stated she would not feel anxious, she would feel loved and emotionally supported by AM and CM1 would not resent her, he would be spending time with her watching movies and enjoying family time.
2. AM1 stated he would we feel happy that he has the support of AF1 to have friends at work and within the community, while still having family time with AF1 and CM1. Also, AM1 stated he would have a great relationship with CM1, they would have a great time playing sports and having fun in the community.
3. CM1 stated he wouldn't be shelter by AF1, yes, we would be love; however, he would be guided when he makes a bad decision and that would lead to him not having a tantrum. If he had learned those skills, he would be able to make friends in the community and in school.

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)? _____*
- **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? _____*
- **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? _____*
- **Identity Narratives:** *How has the problem shaped each significant person's identity? _____*

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? _____