

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 2/28/2023 Clinician: Judy Herrera Client/Case #: 123445

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: Female Age: 45 Hispanic/Latino Married heterosexual Occupation: Teacher assistant Other: _____

AM1: Male Age: 50 Hispanic/Latino Married heterosexual Occupation: Computer IT Other: _____

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

CF1: Female Age: 4 Hispanic/Latino Grade: Pre-School Other: Future Leaders Preschool

CM1: Male Age: 8 Hispanic/Latino Grade: 3rd Other: PS177

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

AM1: Jose had an affair with another women, he constantly drinks and hangs out with his friends. Jose has hit his wife Lisa in the face leaving a black and blue on her cheek because she went through his phone and he found out. about affair.

AF1: Lisa is depressed because she learns that her husband had an affair with her best friend Brenda. Lisa misses a lot of work because she is 4 months pregnant from her husband. Her husband has phycally and emotionally abused her.

CM1: Macro is 8 yrs old and has witnessed his father beating his mom. Marco is acting out in school because he is angry since he constantly sees his parents fight.

CF1: Amber is 4 years old, has a speech delay and constanly cries because she is not able to commicate her needs. The parents were fighting while the mother was holding Lisa and when the father went to slap his wife he accidentally hit Amber in the eye where she received a black and blue bruise near her eyes..

Additional: _____

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

Extended Family: The sister in law Jenny, is concerned about Lisa because she knows that her brother has phycally and emotionally abused her. The sister in law Jenny thinks that Lisa should divorce her husband Jose and go to a domestic violence shelter.

Name: School counselor: Ms. Reyes is concerned with Macro's behavior in school because she sees how he becomes angry easily when he does not get his way. For example, Ms. Reyes stated that the teacher asked him to be quiet doing class because she is teachingand Marco began screaming at the teacher. It took the teacher 30 minutes to calm Marco down.

Name: _____

Background Information

Trauma/Abuse History (recent and past): Lisa (AF) reports that when she was young she witnessed her dad Juan drinking and when he became drunk he would hit her mom. Lisa (AF) stated that her father sexually abused her when she was five years old.

Substance Use/Abuse (current and past; self, family of origin, significant others): AF (Lisa) father Juan was an alcoholic and when he drink he became angry and he beat his wife for no reason.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): Eight months ago things were calm in the Rosaly's home. Lisa told her husband and her children Marco and Amber she was 4 months pregnant. Her husband was excited that Lisa was having another child. Marco was excited that he was going to be a big brother again. Marco (8 years old) was doing well academically and behaving in school prior to the domestic violence occuring in the home with the parents. Amber was receiving Speech Therapy through Guild for Children Services twice a week for 30 minutes to help her begin to speak. Lisa (wife) learned that her husband Jose was having affair with her best friend Brenda. Lisa was scared of her husband because he has phycsally and emotionally abused her in the past. Lisa is also afraid that her if she argues with her husband about the affair she will become stressed out and loes the baby.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): The husband and the wife were receiving marriage counseling for one year and when they stop arguing their communication skills has improved. Lisa (wife) grew up as catholic and attended church every Sunday with her parents. Jose (husband) was not religious and did not attend church often while growing up with his parents.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: Child, Marco is a smart young male and he does well academically in school. Marco's hobby is doing arts and craft. Amber is starting to speak more because she receives speech services. AF, Lisa loves her children and she provides financial and emotional support for her children. The AM, Jose provides finanical support for his children and assists his wife with the children's childcare.

Relational/Social: The children have family support system and support networks helping them through this hard time. Lisa's sister- in- law, Jenny provides emotional support and assistance with child care. Lisa has support of child care for Amber after school and the fathers brother Luis takes Marco to karate once a week

Spiritual: AF, Lisa has a good relationship with her faith and attends church weekly with her children. This help Lisa to have faith that things will eventually get better. The father attends church occasionally but does not have a strong faith with the lord.

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 AF, Lisa has family support on her husband's side who is her sister-in-law Jenny. AF also has support of her church.

Potential Challenges: When AF divorces her husband she may no longer have support of his family. Also when the parents get divorce it will emotionally affect the children.

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: AF, Lisa feels she has the primary responsibility for raising the children. The AF, Lisa is concerned that her husband will not provide child support and alimony once they get divorced. AM has a green card because he is an immigrant and he works half on the books and the other half off the books.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: When "couples or families begin to overvalue togetherness at the expense of each other's individuality, their boundaries become diffuse and the relationship become enmeshed," (Gehart, 507). Since the divorce, AF and AM have had difficulty communicating about the children's needs. In addition, AF and AM do not allow each other to respect their different values and opinions.

None & Children Enmeshed Clear Disengaged NA Example: Since the divorce the children have spent little time with their father because he's always so busy. When the children do see their father on rare occasion he asks Marco (oldest child) about who is mother's dating.

Select & Children Enmeshed Clear Disengaged NA Example: _____

Siblings Enmeshed Clear Disengaged NA Example: _____

Extended Family Enmeshed Clear Disengaged NA Example: Extended family involved with the separation. The aunt Jenny does not see her niece Amber and nephew Marco since the children's parents have gotten divorced.

Friends/Peers/Others Enmeshed Clear Disengaged NA Example: AF does not spend quality time with his children because he spends most of his time with his girlfriend.

Triangles/Coalitions:

Cross-generational coalitions: Describe: CM8 is angry with his dad because of the separation with his mother.

Other coalitions: _____

Hierarchy between Parents and Children: NA

Select: Effective Insufficient (permissive) Excessive (authoritarian) Inconsistent

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Description/Example to illustrate hierarchy: The majority of parenting for the children is done by the AF. However when the AM, discipline's the children he very strict and expects the children to follow all the rules without making mistakes. The AF is a good parent that loves her children and makes every effort to meet their emotionally and basic needs.

Complementary Patterns between AF and AM:

- Pursuer/distancer
- Over/under-functioner
- Emotional/logical
- Good/bad parent
- Other: _____

Example of pattern: AF is emotional due to the affair her husband had, but she is also logical because she has not allowed her emotions to affect self care or taking caring of her children AM is the bad parent for cheating on his wife and not spending quality time with his children. AF is the good parent because she spends quality time with her children.

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 AM got caught having an affair with wife's best friend Brenda.

Describe Conflict/Symptom Escalation: AM yells at his wife Lisa for going through his phone and that how she learned about his affair. The AM tries to deny the affair even though his wife has proof that he had an affair.

Describe Return to "Normal"/Homeostasis: AM and AF stop fighting when the wife decided to separate from him because of the affair. The children remain residing with the AF and the AM was allowed visitation with his children.

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 AM appears to only be concern about his emotional needs. It also appears that the AM wants to have power and control of his wife. When the wife does not do as he say he beats her.

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: AF (Lisa's father) has history of drinking alcohol.

Sexual/Physical/Emotional Abuse: NA History: AF (Lisa's father) sexually abused her as a child

Parent/Child Relations: NA History: _____

Physical/Mental Disorders: NA History: _____

History Related to Presenting Problem: NA History: Lisa (AF) during her childhood she witnessed her mother being beaten by her father. Lisa (AF) relationship with her husband is toxic because he also beats her up in front of their children. When AM (Jose) beat his wife, she initially forgave him until one of the children got hurt..

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: AF has emotional and community support of her church. AF has a faithful relationship with God and this keep her calm and stabilize to her family.

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: Fairly often: moderately reactive to threats

Describe: "Close and securely attached relationships allow family members to feel that they can count on each other and that they are attuned and responsive to one another during times of stress", (Gehart,157).

The AF is afraid of her husband because he has threatened to hurt her, and has been emotionally and physically abusive to his wife.

CM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: Marco is afraid of his dad because he has witnessed his father beat his mom.

AM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: AM is always on edge because he is afraid that his wife may report him to the police and he will get arrested and deported for the assault on his wife.

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

Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. AF and AM went to couple counseling to learn better ways to communicate and it did not work.
2. Parents lecturing CM, Macro about behavior issues in school is not working.
3. Husband yelling at his wife can cause her stress might cause her to lose the baby.

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. The author Van Hook states that "solution-focused therapy emphasizes the family's strengths and source of resiliency to promote positive change, (225). The parents agreed to co-parent even though they plan to separate.
2. The parents agreed to do things with the children together and that has helped Marco to behave better in school.
3. The husband agreed to stop yelling at his wife because he does not want to lose his unborn child. He states that he feels bad about yelling at his wife and will walk away to try and calm down.

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. The parents would wake up in the same house as a happily married couple spending quality time with their children.
2. Marco would be doing well academically and behaving well in school. He would be care free and not have to worry about his parents arguing and fighting.
3. The parents would be more focused on helping Amber with improving her speech by taking turns reading and practice pronouncing words. By the parents doing this it will help Amber improve in her speech and to be able to talk more

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)?* AF was willing to forgive her husband Jose for having an affair and even forgave him several times for beating her. However, she decided to divorce him because the last time he beat her up he accidentally hit Amber in the eye where she received a black and blue near her eyes.
- **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?* AF, accepts her primary role as a house wife and mother she believes that women should be respected in a

relationship and not physically, and emotionally abused. In addition, she does not agree with her husband in having an affair with her best friend.

- **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? Marco was acting out in school and failing his grades due to his parents separation. Marco starts to behave once the parents start co-parenting and attending family therapy.*
- **Identity Narratives:** *How has the problem shaped each significant person's identity? AM feels responsible for divorce in relationship with his wife due to the affair he had with her best friend Brenda. AM is willing to attend family therapy to better communicate with his ex-wife and children to better communicate with them. AF is sad that she had to divorce her husband but feels a relief that he will no longer emotionally and physically hurt her. Marco, CM is willing to accept tutoring to improve in his grades and behave as long as his parents due co-parenting.*

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? Both parents are willing to co-parent and put their issues aside and occasionally spend time to together a family raising their children.

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? Both parents agree not to bring their significant others around the children until they are older.

How do you plan to respectfully work with areas of potential disagreement? Plan to ask questions as to who the parents bring around the children.