

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 2/28/2023 Clinician: Oumou Diallo Client/Case #: RG/22728901

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: 44 Hispanic/Latino Married heterosexual Occupation: Unemployed Other: _____

AF1: Female Age: 42 Hispanic/Latino Married heterosexual Occupation: Unemployed Other: _____

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

CM1: Male Age: 15 Hispanic/Latino Grade: 10th Other: _____

CF1: Female Age: 10 Hispanic/Latino Grade: 5th Other: _____

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: RG is overwhelmed with caring for his son who is diagnosed with ADHD. Client terminated his job to care for his son. RG became homeless because he could not maintain rental payments after terminating his job in order to care for his son who suffers from ADHD.

CM1: PG is overwhelmed with school work. He feels triggered by school work which causes him to experience suicidal ideations. PG feels that we are all going to die someday, so why should school work matter.

CF1: MG feels that RG neglects her since he puts all of his attention towards caring for his son.

AF1: OG feels that her son is causing a strain on her marriage. She feels that separating from RG is the best solution for them.

Additional: _____

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

Extended Family: RG is close to his Uncle who provides him with emotional support. RG feels that his Uncle resembles more of a Father figure to him.

Name: _____

Name: _____

Background Information

Trauma/Abuse History (recent and past): RG reports that he wished his uncle was his Father because they went out as a family for activities unlike his immediate family. RG reported that his Father got physical and would hit him with his knuckles on the head. RG stated that his Father would drown him as a child when he did not listen to him. RG reported that his father respected him and stopped being abusive towards him when he became a teenager.

Substance Use/Abuse (current and past; self, family of origin, significant others): Client reported that he denies a history of substance abuse.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): RG became homeless after he terminated his job in order to care for his son. RG could not work and care for his son simultaneously.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): PG undergoes therapy at his school. RG is interested in counseling services. RG reported he denies a history of mental illness.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: RG is highly resilient. RG is deeply concerned about his son's well being. Client is willing to care for his son full-time as his personal Care Taker.

Relational/Social: RG was able to utilize the resources offered by New York City Transitional Shelter facility where he obtains case management services to help him obtain permanent housing.

Spiritual: RG is spiritual but he does not have a church that he attends habitually with his family. RG has a inner faith that guides him as he overcomes this crisis in his life.

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: Hope House is a shelter that provides transitional housing and housing subsidies to obtain permanent housing.

Potential Challenges: RG may have challenges obtaining public assistance and being found eligible for shelter. If his family is not found eligible for shelter, they run the risk of remaining homeless until he becomes employed. Client would have to find a job that is flexible so that he can care for his son who is diagnosed with ADHD. RG will have difficulty raising his son since his son is triggered by school work and suffers from ADHD. RG has to fight to keep his marriage in tact, although they are strained emotionally due to his son's mental illness.

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: RG has a strained relationship with his wife of twenty years. Client lacks physical intimacy with his wife.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: Both parties are contemplating separating for a while.

None & Children Enmeshed Clear Disengaged NA Example: _____

Select & Children Enmeshed Clear Disengaged NA Example: _____

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: N/A
- Other coalitions: _____

Hierarchy between Parents and Children: NA

- Select: Effective Insufficient (permissive) Excessive (authoritarian) Inconsistent
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Description/Example to illustrate hierarchy: RG often pushes his son to perform well in school which is burdensome for his son. RG's high expectations in regards to school work serves as a trigger for PG who suffers from suicidal ideations.

Complementary Patterns between RG and PG:

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

Example of pattern: RG has an authoritative parenting style. This role can cause him to be seen as the bad parent in the eyes of his son.

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: PG is triggered when his grades are poor in school. This triggers him and causes him to have suicidal thoughts.

Describe Conflict/Symptom Escalation: RG is authoritative and expects PG to perform well in school which is difficult since he suffers from ADHD.

Describe Return to "Normal"/Homeostasis: PG calms himself by undergoing therapy.

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? PG's diagnosis has caused RG to find creative ways to care for his son while pursuing gainful employment in order to sustain their family. RG is willing to care for his son full time as his personal Care taker. Even though, mental illness is a negative stigma, it has brought them closer to one another in this time of crisis.

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: RG was emotionally and physically abused by his Father in the past.

Parent/Child Relations: NA History: _____

Physical/Mental Disorders: NA History: PG is diagnosed with ADHD.

History Related to Presenting Problem: NA History: _____

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: The family has remained highly resilient in spite of their crisis. The family has utilized therapy and resources provided by the city such as transitional housing and public assistance.

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: Frequent: highly reactive to attachment threats

Describe: RG is losing the battle to keep his marriage in tact due to his son's mental illness.

CM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Frequent: highly reactive to attachment threats

Describe: PG finds it difficult to please his Father and gain his approval.

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. N/A
2. N/A
3. N/A

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. Transitional Housing provides client with shelter.
2. Case Management Services provide client with motivational interviewing.
3. Social Worker helps to provide assessments for family and CBT counseling.

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. Client would spend quality time with his son rather than fighting with him.
2. Client would have harmony in his family rather than a broken family.
3. PG would be healed from his mental illness rather than diagnosed with ADHD.

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)?* As a Hispanic male, RG feels the need to be dominate and authoritative in his marriage and relationship towards his children.
- **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?* N/A

- **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? PG is triggered by school work. PG has a mental illness that makes it difficult for him to concentrate in school.*
- **Identity Narratives:** *How has the problem shaped each significant person's identity? RG finds it is difficult to be a financial provider and care taker for his son. As a male figure, Client finds it difficult to maintain a healthy marriage because his son's mental illness is causing a strain on his marriage.*

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? RG agrees that he is torn between caring for his son and maintaining a healthy marriage.

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? RG disagrees that he is being authoritative in his parenting style.

How do you plan to respectfully work with areas of potential disagreement? The clinician plans to help RG gain insight into how his behavior towards his son is causing an adverse reaction. The Clinician will help him to observe ways that he is directly affecting his son's health. RG needs to be more gentle with his son and wife so that he can establish more harmony within the family.