

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: March 3, 2023 **Clinician:** Andreli Nelson **Client/Case #:** MB723456

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

Identifier: Select Gender Age: 45 Hispanic/Latino Single heterosexual Occupation: Unknown Other: _____

Identifier: Select Gender Age: 40 African-American Single heterosexual Occupation: Unknown Other: _____

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

Identifier: Select Gender Age: 15 African-American Grade: 11th Other: _____

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

Identifier: Love Mcrae (client) - Love Mcrae is a 15-year-old transgender female who has been diagnosed with post-traumatic stress disorder (PTSD) and Disruptive Mood Dysregulation Disorder (DMDD). Love has a history of Major Depressive Disorder, unspecified, and ADHD. Love has experienced extensive bullying about her identity issues since middle school, which has significantly impacted her social, vocational, and educational functioning. Despite multiple psychiatric admissions, Love has struggled with suicidal ideation, self-harm behaviors, emotion and mood dysregulation, and controlling her violent and aggressive impulses.

Identifier: Shawanda Eskarge (mother) - Shawanda Eskarge is Love's mother. According to records, she has been minimally involved in Love's treatment, and her involvement in treatment is minimal. The mother has depression and substance use disorder. She has struggled with drug and alcohol use and was court-ordered to attend a Drug and Alcohol Treatment facility but currently does not participate. The mother has expressed frustration with working with the system, and in the past, she told Love "to lose her number."

Identifier: Ramell Mcrae (father) - Ramell Mcrae is Love's father, who is minimally involved with Love since the death of Love's younger brother. According to Love, he did not accept her transgender identity and favored the younger brother. Mr. Mcrae seems more interested in spending time with his other family instead of making time to spend with Love. Records indicated that the father has possible ADHD/Mood Disorder and Substance Disorder.

Identifier: _____

Additional: The therapist is involved in Love's treatment and has noted the father's and mother's limited involvement in Love's treatment. The therapist is also aware of Love's extensive history of trauma, mental health issues, and difficulties in controlling her violent and aggressive impulses. The therapist is working towards a permanency plan due to the biological parents' unreliability and the patient's trauma history.

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

Extended Family: Beautiful's extended family members - Beautiful has several extended family members that she keeps in touch with at the facility. Beautiful regularly talks to her godfather, aunts, and uncles when she is upset in the facility, and they regularly talk to love on the phone.

Name: Joe
Name: Sally

Background Information

Trauma/Abuse History (recent and past): Sean (aka Beautiful) Joseph is a 15-year-old African American transgender female who is admitted to TCCNY Brooklyn RTF on March 22, 2022, from Sagamore Children's Psychiatric Center (SCPC). Love was born in Nassau County NY. Her mother is Sally Patterson and her father is Joe Joseph. Beautiful had a younger brother, Joe Joseph Jr. who had passed away at the age of 10. Beautiful has several extended family members that she keeps in touch with at the facility. Beautiful is currently attending District 75 STAR Academy and is currently in the 11th grade. Beautiful is someone who enjoys talking with her peers on the unit and encourages them to focus on their treatment by following the program and their treatment. She knows how to advocate for herself appropriately and patiently wait for things. Beautiful enjoys participating in all RTF activities, including arts and crafts, dancing, and groups. Beautiful cares for her family. Beautiful enjoys cleaning the unit as well, and will do chores and assignments not assigned to her to ensure the unit is clean. She shows strong skills in maintaining her room. Beautiful enjoys playing with her dolls, watching television, and socializing with her peers.

Beautiful has a history of trauma and abuse. According to hospital records, she has experienced extensive bullying about her identity issues since middle school. Beautiful's father did not accept her because of her identity issues and reportedly favored her younger brother more. This may have caused her to feel unsupported and rejected by her father. Additionally, Beautiful's younger brother passed away at the age of 10, which was likely a traumatic experience for her and her family.

According to records, Beautiful was removed from her home into the care of Nassau County DSS in 2018 due to neglect. Her parents failed to ensure that she was receiving the proper mental health services, which could have contributed to her current mental health issues. Beautiful's family has an extensive history of mental health needs, with her father possibly having ADHD/Mood Disorder and Substance Disorder, her mother having depression and substance use disorder, and her grandmother having Schizophrenia and Bipolar Disorder.

All of these factors may have contributed to Love's current diagnosis of posttraumatic stress disorder (PTSD) and Disruptive Mood Dysregulation Disorder (DMDD), as well as her history of Major Depressive Disorder, unspecified, and ADHD..

Substance Use/Abuse (current and past; self, family of origin, significant others): There is limited information in the provided text regarding substance use/abuse of Beautiful herself. However, records indicate that her mother, Sally Patterson, struggles with drug and alcohol use, and was court-ordered to attend a drug and alcohol treatment facility but is currently not participating. Beautiful's father, Joe Joseph, also has a possible substance use disorder. In addition, the family has a history of mental health needs, with the grandmother having Schizophrenia and Bipolar Disorder, and the mother having depression and substance use disorder. It is possible that the family's history of substance use/abuse and mental health issues may have contributed to Beautiful's current mental health diagnoses and struggles with suicidal ideation, self-harm behaviors, emotion and mood dysregulation, and controlling her violent and aggressive impulses.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): There is limited information in the provided text regarding the first symptoms and stressors that contributed to Beautiful's current mental health diagnoses. However, the following precipitating events are mentioned:
Beautiful has experienced extensive bullying about her identity issues since middle school, which may have contributed to her PTSD and DMDD diagnoses.

- Beautiful's younger brother, Joe Joseph Jr., passed away at the age of 9, which may have contributed to the trauma history and neglect case that led to Beautiful being removed from her home and placed in the care of Nassau County DSS.
- Beautiful's father did not accept her transgender identity and reportedly favored her younger brother more, which may have contributed to Beautiful's struggles with self-advocacy and low self-esteem.
- Beautiful's mother, Sally Patterson, has a history of depression and substance use disorder, and has had limited involvement in Beautiful's treatment. This may have contributed to Beautiful's struggles with emotional dysregulation and suicidal ideation.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): Beautiful Joseph, also known as Sean Joseph, is a 15-year-old African American transgender female with a history of mental health issues. She was admitted to the NYC Brooklyn RTF on March 22, 2022, from Mary's Children's Psychiatric Center. Love was born in Nassau County, NY, and has a family history of mental health needs, including her grandmother's schizophrenia and bipolar disorder, her mother's depression and substance use disorder, and her father's possible ADHD/mood disorder and substance disorder.

Beautiful had a younger brother, Joe Joseph Jr., who passed away at the age of 9. Her father, Joe Joseph, is minimally involved in her life and does not accept her transgender identity. According to Beautiful, he favored her younger brother and seems more interested in spending time with his other family than making time for her. Sally Patterson, Beautiful's mother, has historically been minimally involved in treatment, and records show that she struggles with drug and alcohol use. She has told Beautiful to "lose her number" and has expressed frustration with working with the system. Beautiful has experienced extensive bullying about her identity issues since middle school, and her behavioral and emotional difficulties have worsened since then, significantly impacting her social, vocational, and educational functioning. Despite multiple psychiatric admissions, she has struggled with suicidal ideation, self-harm behaviors, emotion and mood dysregulation, and controlling her violent and aggressive impulses.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: Beautiful has strong advocacy skills and is able to appropriately communicate her needs and concerns to staff and peers.

She is patient and willing to wait for things, indicating a level of resilience and perseverance.

Beautiful is interested in participating in various activities and groups, showing a willingness to engage in therapeutic interventions.

She demonstrates good cleaning and organizational skills in maintaining her room and the unit.

Relational/Social: Beautiful has several extended family members that she keeps in touch with, such as her godfather, aunts, and uncles.

- She enjoys socializing with her peers on the unit and encourages them to focus on their treatment.

- Beautiful cares for her family, indicating a strong sense of loyalty and connection.

- She has a support system in the RTF staff and therapists who work with her.

Spiritual: No information is available about Beautiful's spiritual beliefs or practices.

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: Age: As a teenager, Beautiful may have access to youth resources and programs that can provide support and guidance.

- Gender, race, and ethnicity: There may be community organizations and support groups that focus on the experiences of African American transgender individuals.
- Sexual orientation and gender identity: There may be LGBTQ+ organizations and resources available that can provide support and advocacy.
- Family configuration: Beautiful has several extended family members that she keeps in touch with, who may be a source of support and connection.
- Geographic region: Being in New York City may provide access to a diverse range of resources and services.
- Potential Challenges: Age: Beautiful may face challenges in accessing certain resources or services due to her age.
- Gender identity: As a transgender individual, Beautiful may face discrimination and prejudice from individuals or institutions.
- Family configuration: Beautiful's relationship with her parents is complicated, and she may not have access to a stable family support system.
- Mental health: Beautiful has a history of mental health challenges and may struggle with ongoing symptoms and treatment.
- Socioeconomic status: Beautiful's family has a history of substance use and mental health challenges, which may have impacted their financial stability and ability to access resources.

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: Based on the information provided, it is difficult to fully assess the family's struggles with mastering developmental tasks in different family life cycle stages. However, some potential struggles could include:

- In the family with young children stage, the parents may struggle to provide proper mental health services and support for their children, as evidenced by Beautiful's neglect case.
- In the launching children stage, the loss of Beautiful's younger brother could have affected the family's ability to successfully transition into this stage and support Beautiful's needs.
- In the divorce stage, there may have been challenges with co-parenting and accepting Beautiful's transgender identity, as evidenced by the father's lack of involvement and rejection of her identity.
- In the blended family stage, there may be challenges with integrating new family members and navigating complex relationships with extended family members.

Boundaries with/between:

- | | | | | |
|----------------------|--|--------------------------------|-------------------------------------|--|
| Primary couple | <input type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input checked="" type="checkbox"/> NA Example: _____ |
| None & Children | <input type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input checked="" type="checkbox"/> NA Example: _____ |
| Select & Children | <input checked="" type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input checked="" type="checkbox"/> NA Example: <u>In terms of boundaries, it appears that the family may be enmeshed, particularly between Beautiful and her parents. This could be a potential challenge in terms of establishing individual identities and promoting healthy relationships within the family.</u> |
| Siblings | <input type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input type="checkbox"/> NA Example: _____ |
| Extended Family | <input type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input type="checkbox"/> NA Example: _____ |
| Friends/Peers/Others | <input type="checkbox"/> Enmeshed | <input type="checkbox"/> Clear | <input type="checkbox"/> Disengaged | <input type="checkbox"/> NA Example: _____ |

Triangles/Coalitions:

Cross-generational coalitions: Describe: There is a cross-generational coalition between Beautiful's father and her deceased younger brother against Beautiful herself. Mr. Joseph reportedly did not accept Beautiful's transgender identity and favored her younger brother. This coalition might have caused emotional difficulties for Beautiful and negatively impacted her mental health.

Other coalitions: Beautiful assessment does not provide any information on other coalitions.

Hierarchy between Parents and Children: NA

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

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Description/Example to illustrate hierarchy: _____

Complementary Patterns between _____ and _____:

Pursuer/distancer

Over/under-functioner

Emotional/logical

Good/bad parent

Other: _____

Example of pattern: Beautiful assessment does not provide any information on these pattern.

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 start of tension in this PIP dynamic may have been when Beautiful's father did not accept her transgender identity and reportedly favored her younger brother more. This rejection and favoritism likely made Beautiful feel the need to pursue her father's approval and attention, while her father distanced himself from her.

Describe Conflict/Symptom Escalation: In this PIP dynamic may have occurred when Beautiful's emotional and behavioral difficulties worsened since middle school, and her father was minimally involved with her care. The lack of support and validation from her father likely exacerbated Beautiful's feelings of rejection and intensified her need to pursue him, leading to symptoms such as suicidal ideation, self-harm behaviors, and emotion and mood dysregulation.

Describe Return to "Normal"/Homeostasis: In this PIP dynamic may occur when Beautiful finds validation and support from other sources, such as her extended family members, and learns to cope with her father's rejection in a healthy way. Through therapy and treatment, Beautiful may also learn to address and manage her own patterns of pursuing and distancing in relationships.

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?

Beautiful's presenting problems of posttraumatic stress disorder (PTSD), Disruptive Mood Dysregulation Disorder (DMDD), and a history of Major Depressive Disorder, unspecified, and ADHD may be serving a homeostatic function in the family system.

It is possible that Beautiful's symptoms are maintaining a connection between her and her mother, as evidenced by the mother's continued engagement in treatment after expressing frustration and a desire to give up. The symptom may be serving to keep the mother involved and invested in Beautiful's care, despite her history of minimal involvement.

Additionally, Beautiful's symptoms may be creating independence and distance from her father, who reportedly did not accept her transgender identity and favored her younger brother. By struggling with emotional and behavioral difficulties, Beautiful may be creating a distance between herself and her father, who appears to be minimally involved in her life.

The symptom may also be establishing influence for Beautiful within the family system, as she is noted to have strong skills in maintaining her room, participating in RTF activities, and advocating for herself appropriately. By taking on these responsibilities, Beautiful may be asserting her influence and role within the family system.

Overall, the symptomatology presented by Beautiful may be serving to help organize the family system by maintaining connection with her mother, creating independence from her father, and establishing influence within 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: _____

Physical/Mental Disorders: NA History: _____

History Related to Presenting Problem: NA History: _____

Describe family strengths, such as the capacity to self-regulate and to effectively manage stress: Based on the information provided in the Beautiful Assessment, it is not possible to identify specific family strengths related to self-regulation and stress management. It is important to note, however, that even in families experiencing challenges, there may be strengths and resources that can be identified and built upon to support positive change.

Describe typical attachment behavior when person does not feel secure in relationships; include Satir survival stances (placating, blaming, superreasonable, and irrelevant) used in description.

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

Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. Beautiful has had multiple psychiatric admissions, but none of them have been successful in resolving her mental health issues.
2. The family has a history of mental health needs, but the parents have not been reliable in supporting Beautiful's treatment.
3. Beautiful has been the victim of extensive bullying, which has contributed to her emotional and behavioral difficulties

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. Beautiful has expressed a genuine need for interpersonal contact and communication, and has been able to form positive relationships with some of her peers.
2. The mother has shown a willingness to engage with the treatment team, and has not missed a scheduled family session with the therapist.
3. Despite her guardedness and defensiveness, Beautiful has been able to open up to certain individuals and has expressed a desire for help.

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. If the problem were to be resolved overnight, Beautiful would be able to attend school without experiencing emotional and behavioral difficulties.
2. She would have positive relationships with her peers, be able to regulate her emotions, and no longer engage in self-harm or suicidal ideation.
3. She would also be able to have a positive relationship with her mother and be able to return home.

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)?* Based on the information provided, the client is a 15-year-old African American transgender female who has experienced extensive bullying and trauma related to her gender identity since middle school. She comes from a family with a history of mental health needs, and her father does not accept her identity. Ethnic, race, class, immigration status, and religious discourses likely inform the client's identity as an African American transgender female. These discourses may shape her experiences of discrimination and marginalization and contribute to her traumatic experiences related to her gender identity. Possible solutions may involve empowering the client to advocate for herself and her community and to challenge systemic oppression.
- **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?* Gender and sexuality discourses are also highly influential in the client's identity, as she identifies as transgender. These discourses likely contribute to the client's experiences of bullying, trauma, and rejection from her family. Solutions may involve validating the client's gender identity, supporting her in accessing hormone therapy if desired, and providing a safe and affirming environment for her to explore her gender expression.
- **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?* Community, school, work, and extended family discourses likely contribute to the client's experiences of trauma and marginalization. Bullying at school and rejection from family members may have significant impacts on the client's mental health and well-being. Possible solutions may involve involving the client in supportive community groups, advocating for the client's rights at school, and working with the family to promote understanding and acceptance of the client's identity.
- **Identity Narratives:** *How has the problem shaped each significant person's identity?* The problem of trauma and mental health concerns related to the client's gender identity may have significant impacts on her

identity and sense of self. The client's experiences of discrimination and marginalization may have shaped her identity as an African American transgender female, while her struggles with mental health may impact her sense of self-worth and confidence. It is important to address these issues in therapy and to work with the client to promote a positive and affirming sense of self.

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? They mostly likely agreed Beautiful need help so that she can "get home" to her mother.

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? The family is likely to disagree with Beautiful's self-blaming and guilty thoughts that often lead her to think that she deserves to kill herself. After the death of her brother. Her parents disagree with her sexuality, as she identifies as transgender.

How do you plan to respectfully work with areas of potential disagreement? I would educate the family about LGBTQ+. I would provide solution base therapy to help the family make some changes. See treatment plan.