



## Issues (in power dynamic, authority, triangulations, connectedness, and cutoffs):

Tammy M. is Doug's first wife whom he had Josh with at 19 yrs. Old. Josh they divorced after a couple years and Josh lived with Doug through his childhood while his mom moved an hour away and was very irresponsible with taking Josh when it was her turn. After Doug married Tammy K. they had Ashley at age 29 yrs. Old. Josh went to live with his grandpa at age 13. Making Ashley an only child to the parents that are still married. Josh became very rebellious and irresponsible and Ashley became the perfect child (because she had a lot of pressure to be). Making Josh resentful of Ashley for being favored and Ashley being resentful that he wasn't around while she was growing up ,causing a strain on their relationship. Josh went to live with his mom in his later teenage years and only visiting his dad's family 1-2x year. Tammy K. was the dominant role in the family at home due to her controlling personality but Doug was the primary income, especially when Tammy stayed home to raise Ashley. Making Doug have the ultimate say of authority though Tammy K. had more power. Tammy K. also struggled with alcoholism but gave that up to be a better mother to Ashley but also replaced her addiction with Ashley causing her to feel the need to be enmeshed with her.

## Goals (what changes need to happen to better align the family structure?):

Goals would be to repair Ashley and Josh's relationship.

To have better communication and negotiation between Doug and Tammy K., evening out the power differential.

Helping Tammy K. to not need to be so enmeshed with Ashley and Ashley to not feel so responsible for Tammy's happiness

## Strategies (what techniques and interventions would you use to accomplish the changes needed?):

To work on these changes I would use the Bowenian Family Systems Theory. For Ashley's relationship with Josh and Doug I would specifically use the technique of developing one to one. Often times Tammy K. interferes by trying to make these connections for Ashley which has made it difficult for Ashley build her own relationships with Josh and Doug. I would also teach family members about the functioning of emotional systems. Often Tammy K. becomes overly emotional and Doug shows no emotion, as a counselor I would give specific feedback on emotional reactions. Finally I would use displacement stories that minimize defensiveness. Tammy K. becomes extremely defensive anytime anyone in the family tries to communicate feelings toward her and I believe them would help create a safer way to express those. (Capuzzi & Stauffer, 2021)