

Mapping: Issues Goals and Strategies MIGS

Map

picture uploaded to dropbox

FT involves teaching parents how to use very specific child-centered play therapy methods with their children

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

ineffective communication patterns among all family members exist; strained relationship between stepfather and stepson; tension in relationships with eldest child and everyone else; triangulation among siblings resulting in cutoff of male sibling from sisters and daily quarrelling; eldest child is from a previous relationship and lives parttime in two separate households - causes confusion for younger children and resentment from father

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

communication needs to improve; reconciliation between step father and stepson; eldest child needs to reengage in family life and not self-quarantine from family members; improve relationship quality among younger siblings with each other and their half brother.

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

Since this family has younger children & a teenager, the play-based Filial Therapy approach can be useful. It focuses primarily on dysfunctional interactions between parents & children. FT involves teaching parents how to use very specific child-centered play therapy methods, which works for this family since the eldest child is resistant to counseling. FT does not identify parent problems or child problems as the treatment focus. Improving or strengthening the child-parent relationship is the ultimate goal of FT. FT employs child-directed play therapy as a means through which child-parent relationships can be improved & strengthened (Capuzzi & Stauffer, 2015).