

Running head: CASE CONCEPTUALIZATION

CASE CONCEPTUALIZATION

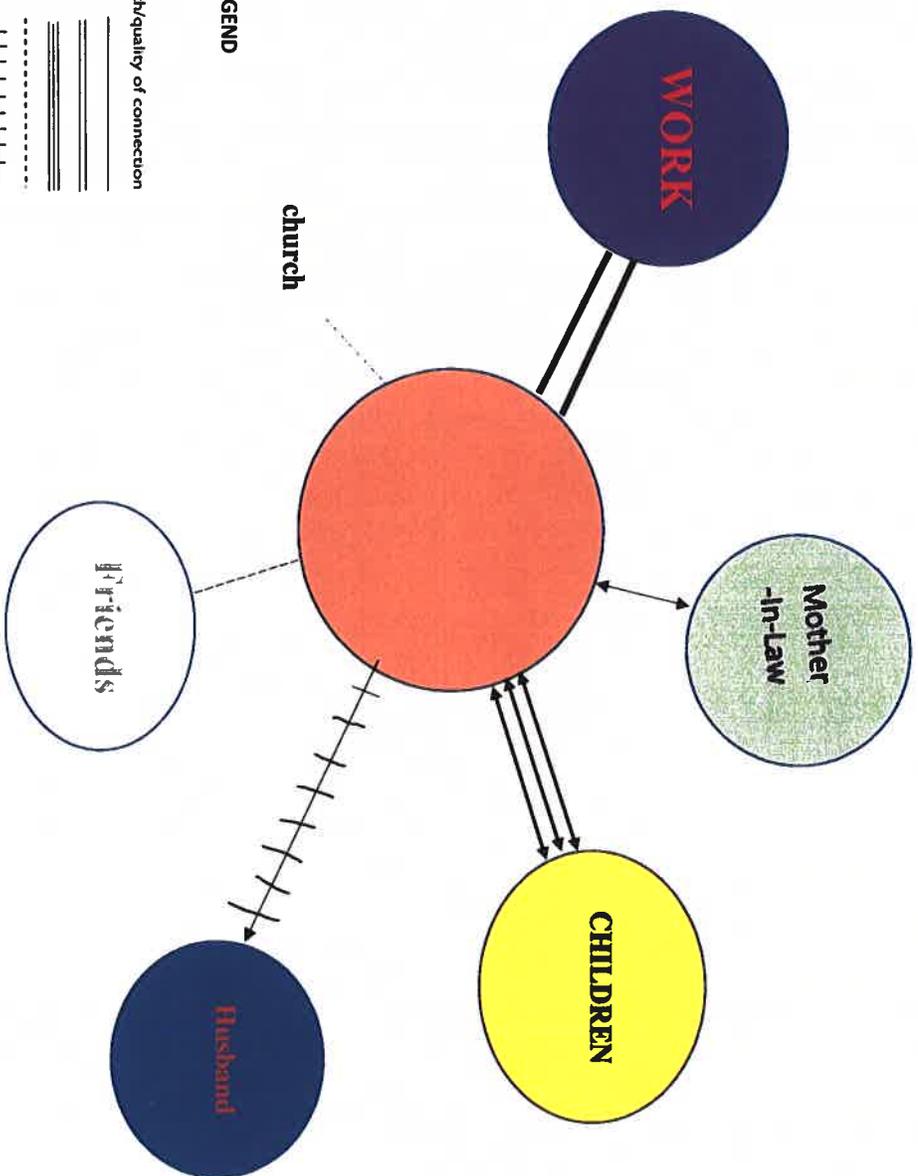
Maritza Grandison

Clinical Social Work Practice II with Families

Prof. Jessica Moralez

3/4/2023

KATIE'S ECOMAP



ECOMAP LEGEND

- show strength/quality of connection
 - moderate
 - strong
 - very strong
 - weak
 - stressful
- =====
=====
- -----

- +++++

Cross-Theoretical Systemic Case Conceptualization 3.0

For use with individual, couple, or family clients

Date: 2/27/2023 Clinician: Maritza Grandison Client/Case #: 40051

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: 58 African-American Married heterosexual Occupation: CCO of a large not for profit corporation

Other: _____

AF1: Female Age: 55 Other Married heterosexual Occupation: Electrical Engineer Other: _____

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

CM1: Male Age: 22 African-American Grade: College Other: _____

CM1: Male Age: 21 African-American Grade: Not in School Other: _____

CF1: Female Age: 15 African-American Grade: 7th 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: Derrick presents an unaddressed form of detachment. He is concerned about his wife and family and is afraid that they will end up divorced, but do not know what to do..

AF1: This family presents as dysfunctional. Maria was recently diagnosed with Major Depressive disorder. She is angry and feels that her husband does not validate her or care about her diagnosis. As a result, the couple has separated. Maria continues to give the leadership in her home that she feels is lacking, however, having to take on this responsibility creates more stress and anger than she is willing to admit.

CM1: David who is twenty-two years of age and in his final year at college.

CM1: Dave is aware that his father wished for him to follow in his footsteps, but he loves art and structures, so what better way to marry both his passions. He definitely is moving out as soon as possible.

Additional: CF1: Margarita, fifteen-year-old and a junior in high school. Margarita is heartbroken. Her brothers got to enjoy having a family all the way to college, but it didn't look like that would be happening for her. She always thought they were a pretty good family. Her parents loved her very much, her brothers looked out for her, and her nana treated her like she was a princess. She knew something was really wrong, but neither of her parents was saying anything, except "everything is going to be alright," whatever that means.

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

Extended Family:

Name: CM Family of Origin: Nana G., is an extended part of the family and has lived with them since their daughter was born. Nana G. had always felt accepted by her son's family. She moved in at both their requests when Margarita was born. She had been widowed for almost five years and they felt that it would be best for her to be with family. They convinced her when they explained that she would be the best person to help raise Margarita.

Name: _____

Background Information

Trauma/Abuse History (recent and past): Maria (AF) sought counseling for possible mental health issues. She had been battling what she believed to be depression for at least two years. Maria (AF) reported feeling like she was losing her mind. One minute she was great the next she was angry. She felt irritated and tired most of the time and couldn't understand why. She had become an insomniac.

Substance Use/Abuse (current and past; self, family of origin, significant others): (AF) Maria found drugs in her CM21 son's room. It was actually just 1 pill, a molly. When she question him, he shrugged it off and assured her that it was just a recreational thing when he was hanging out with friends. (AF) Maria, involved her husband in the situation and that actually made matters worse, what should have been a family conversation ended in a stand-off, with Derrick treating to throw Dave out of the house if it happened again. That in turn, ended in a big argument with Derrick packing a suitcase and walking out of the house. He later rented an apartment not too far from home so that he could be close by.

Precipitating Events (recent life changes, first symptoms, stressors, etc.): One year prior, CM22 is looking forward to graduate college and hopefully a well-paying job in architecture. CM21, and ending his sophomre year. CF15 is in junior high school. They were all excelling academically and socially, and they report things at home were relatively calm. However, one year ago AF55 found drugs in her son's (CM21) room. It was actually just 1 pill, a molly. AF involved her husband in the situation and that actually made matters worse, what should have been a family conversation ended in a stand-off, with AM treating to throw CM out of the house if it happened again. AF and AM was married for twenty-four years and separated for one year. Since they separation, CM21 carries a lot of guilt. He is convinced that dad moving out was because of him. CF is heartbroken and sad. CM22 is looking forward to graduation. Neither of the children is happy with the situation at home but they hoping for change soon.

Related Historical Background (family history, related issues, previous counseling, medical/mental health history, etc.): (AF) Maria is at a crossroads in her life. She shared that she loved her life and her family, however, one year ago she was no longer sure of what she loved. She used to be very happy in her position as Chief Operator Officer at her company. She ran a tight outfit and liked things to be in order, but she had to admit that it had been a long time since she really cared about her job. Work had become almost robotic. (AF) Maria one shared that she had always taken great pride in being the best and was confused about her state of mind. She had wanted to change the world and instead she had become a paper pusher. (AM) Derrick was the love of her life, but she couldn't stand him either. (AF) Maria stopped trying to get him to understand. Her kids were growing up and she felt alone and betrayed by him. They were supposed to be empty-nesters together and he wasn't even in the house. (AF) Maria's words, "like they say, when the going gets tough, the tough get going." (AF) Maria, shared that Derrick said he moved out for peace's sake. They had gotten to a place where every conversation became an all-out argument. Maria desperately wants life to return to normal but isn't sure what that looks like for her.

Client/Family Strengths and Social Location

Strengths and Resources:

Personal: CM22 (David) in his final year of college. He is looking forward to graduation and hopefully a well-paying job in architecture. CM21 (Dave), he loves art and structures so what a better way to marry both his passion. CF15 Margarita, is in junior high school.

Relational/Social: In spite of the difficulty situation this family traversed, they continue to be very supportive of each other. (AF) Maria and (AM) Derrick would like to return to the days when they had family meetings and helped each other arrive at what all considered the best solutions for the situations placed on the table. The current separation was painful.

Spiritual: This is a family that adheres to the Judeo-Christian values, although they recognize that they are non-practicing. They believe in God and the holy scriptures but have no church affiliations.

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: AF(Maria) and AM are professionals with salaries in the mid six figures. The family is well off financially. AF and her family adheres to the Judeo-Christian values and they believe in God and the holy scriptures and the communicaty of faith that is very helpful to their family.

Potential Challenges: When AF contemplates on divorce, she must consider religious, cultural, and family values and balance them with asserting her personal needs. Drud use is not part of the family's belief and culture.

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(Maria) is angry and feels that her husband does not validate her or care about her diagnosis. As a result, the couple has separated. AF(Maria) continues to give leadership in her home that she feels is lacking, however, having to take responsibility creates more stress and anger that she is willing to admit.

Boundaries with/between:

Primary couple Enmeshed Clear Disengaged NA Example: Historically enmeshed, the couple have attended several marriage counseling sessions and have come to the realization that they both have contributed to the married difficulties and the problem in the home.

Adult Female & Children Enmeshed Clear Disengaged NA Example: AF55 found drugs in her CM room. It was actually just 1 pill, a molly. When she questioned him, he shrugged it off and assured her that it was just a recreational thing when he was hanging out with his friends.

Adult Male & Children Enmeshed Clear Disengaged NA Example: CM58 presents an unaddressed form of detachment figure, which is even more exaggerated since the separation.

Siblings Enmeshed Clear Disengaged NA Example: CF15 (Margarita) is heartbroken. CF always thought they were a pretty good family. CF knew something was really wrong, but neither of her parents was saying anything, except "everything will be alright," whatever that means.

Extended Family Enmeshed Clear Disengaged NA Example: Extended family very involved in the separation and with her grandchildren.

Friends/Peers/Others Enmeshed Clear Disengaged NA Example: _____

Triangles/Coalitions:

Cross-generational coalitions: Describe: AF55, CM58, CM22, CM21, and CF15 In an effort to maintain familial unity the couple has entered into counseling and have sought the help of a therapist. During the period of separation and throughout the periodic struggles, the grandmother has been a voice of reason for the couple, who have afforded her respect as the elder in the house. The children have never questioned their parent's authority, however, during the period of uncertainty they turned to one another and their grandmother for emotional support and strength. The couple's desire is for a return of homeostasis to all family relationships.

Other coalitions: _____

Hierarchy between Parents and Children: NA

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

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

Description/Example to illustrate hierarchy: CM22, CM21, CF15, AF and AM of the household have no issues with the hierarchy of the home. They understand that their parents are the head of household and because of the loving relationship that has existed between them, they are willing to submit to their parents within reason. However, because of relational issues between the parents, this hierarchy has become inconsistent and unreliable..

Complementary Patterns between AF and AM:

Pursuer/distancer

Over/under-functioner

Emotional/logical

Good/bad parent

Other: _____

Example of 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: CM gets caught with drugs in his room.

Describe Conflict/Symptom Escalation: AF55 found drugs (molly) in her younger son's room and went ballistic. He tried convincing his parents that he uses recreationally. CM58 looked like he wanted to kill him. There was a lot of arguing behind closed doors. CM58 packing a suitcase and walking out of the house.

Describe Return to "Normal"/Homeostasis: AM58 and AF55 is seeking to return to the homeostasis enjoyed before the current state of affairs. This family enjoyed effective parental leadership. Positive interactions and mutual support was enjoyed. Open communication and conflict resolution was not only encouraged but expected. Above all they trusted and believed in one another.

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?

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: AF55 adheres to the Judeo-Christian values, although they recognize that they non-practicing. They believe in God and that helps stabilize her and the 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: Select Describe: She had tried talking to her husband about her feelings and perhaps going to therapy early on, but he had just laughed it off and told her she was fine; she pursues the children because of avoidance and division happening in their home.

AM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: Generally avoids responsibility and conflict; he moved out for peace's sake.

CF1:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: Is heartbroken, she always thought they were a pretty good family. When she feel unsafe she pursues connection with her nana, who treated her like she was a princess and make her feel safe.

CM1:: Anxious Avoidant Anxious/Avoidant. Frequency: Select Describe: Avoids conflict; hardly ever home or locked up in his room. The only person worth talking to in the house was his nana.

Additional: _____

Solution-Based Assessment

Attempted Solutions that DIDN'T work:

1. AF55 and AM58, attempted for a number of months to resolve the situation on their own, particularly since AM was not a fan of involving others in their problem. They read and implement what they considered to be good strategies in order to save their relationship.
2. Communication is key - they determined that they would not remain angry at each other but would communicate the reason for their displeasure.
3. Avoid character assassination- The anger should be directed at the problem, not the person.

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. AF and AM were able to agree and recognize their part in the problem, then they were able to begin working towards the solution. For AF it was being able to voice her feelings to AM and feel he was listening and that AM did understand. He validated her feelings and the possibility that depression was very real in his wife's life.
2. AM it was being openly able to recognize that his relationship supercede his culture.
3. AM married a white woman and could not impose his west Indian heritage on her.

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. AF responded that her husband(AM) would be back home with his family as if no interruptions had taken place.
2. CM22 and his final year in college. He is looking forward to graduation and hopefully a well paying job in architecture.
3. CM21 reports choosing not to not continue using drugs because is not good for his health.

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)?* AF55's cultural and religious and family background reinforce the idea that in-spite of the difficult situation his family traversed, they continue to be very supportive of each other. AFand AM58, would like to return to the days when they had family meetings and helped each other arrive at what all considered the best solutions for the situations placed on the table. The current separation was painful, and AM is afraid that they will end up in divorce. The family members have been informed, however, divorce is not an option.
- ***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?* AF55, maintains many traditions her views and on families and even her role as a wife and mother of her children. Although AM58 shared that his West Indian heritage left no room for the possibility of a mental break or the need for therapy, which he now acknowledges. AM being openly able to recognize that his relationship supersede his culture. AM married a white woman and could not impose his west Indian heritage on her.
- ***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?* CM21 is trying very hard not to use drugs as he assured his AF it was a recreational thing when he was hanging out with his friends. AM was informed and treating to throw CM21 out of the house if it happened again.
- ***Identity Narratives:*** *How has the problem shaped each significant person's identity?* AF feels that her Christian values and faithstrengthen her family and give them hope to return to homeostasis enjoyed before the current state of affairs. AM realize he contributed to the marital difficulties and the problems in the home. AM agreed that there is a need for family therapy. CM22 is happy because is his final year of college and looking forward for Graduation and a good paying job. CM21 is ending Sophomore year and trying very hard to stay away from drugs. CF15 is in junior high school, focusing on her studies and hoping for the family to be happy again.

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? Role of AF and AM, have held their parents in high regards over the years as well as each other. They admire each other's drive and work ethics over the years.

Areas of Disagreement: What parts do they disagree with or are likely to disagree with? Why? Depiction of CM21 potentially having problem down the road

How do you plan to respectfully work with areas of potential disagreement? Tentatively raise issues related to CM21 functioning, perhaps after CF15 has shown initial improvement in school.

REFERENCES

Gehart, D. (2013). *Mastering Competencies in Family Therapy: A Practical Approach to Theory And Clinical Case Documentation* (3rd ed.). Pacific Grove, CA: Brooks/Cole.

Van Hook, M.P. (2014). *Social Work practice with families: A resiliency-based approach* (3rd ed.). Oxford University Press.