

Treatment Plan 3.0

Date: 4/19/2023

Case/Client #: KE

Clinician Name: Monique Lubin

Theory: Family Group Therapy

Modalities planned: Individual Adult Individual Child Couple Family Group:
Recommended session frequency: Weekly Every two weeks Other:
Expected length of treatment: 6 months

Treatment Plan with Goals and Interventions

Early Phase Client Goal: Manage crisis; reduce distressing symptoms.

Manage Crisis: Sera had an urge for fear when she heard an argument between mother and father about her younger brother Jason being inattentive in school. Therefore, Sera's alleged attempt of suicide by overdosing on her mother's pills.

1. Select Goal Type

Structural Family Therapy to reduce family stress by addressing family organizational patterns.

Measure: The Kim Family can sustain positive relational structural family therapy interaction with each other for a period of 3 months.

Interventions:

- a. increase positive structural relationship for a more effective family organization outcome.
- b. Sera can sustain a c grade point average by having a tutor for a period of 3 months.

Working Phase Client Goals: Target individual and relational dynamics using theoretical concepts.

Family relational dynamics using theoretical concepts can be utilized as Solution-Focused Family Therapy.

1. Select Goal Type: relational dynamic from theory solution -Focused Family theory to reduce Symptoms.

Measure: The Kim Family can sustain positive Structural Family Therapy for a period of 3 months.

Interventions:

- a. Reduced enmeshment with the children and increase parental hierarchy to reduce episodes of depressed mood.
- b. Satir's communication approach reducing placating behavior in marriage and at work to increase congruent communication and positive mood.

2. Select Goal Type relational dynamic from Narrative Family Therapy to reduce influence of family and societal evaluations of self-worth to increase sense of autonomy and reduce depressed mood.

Measure: The Kim Family can reduce negative beliefs to sustain positive hope and positive self-efficacy for a period of 3 months.

Interventions:

- a. Promote family resilience by providing hope and self-efficacy and a sense of coherence.

- b. help improve positive interactions within the family.
- 3. Select Goal Type relational dynamic from Multisystem Approach theory to reduce less family multiple problems by linking the family with wider support system and helping them cope more effectively.
Measure: The Kim Family can be linked to Mental Health Services for a period of 3 months.
Interventions:
 - a. Create linkages with the external support systems and
 - b. enable family members to cope more effectively.

Closing Phase Client Goals: Long term goals or goals set by theory's definition of health.

- 1. Select Goal Type: relational dynamic from intergeneration therapy to reduce anxiety and lack of differentiation of self.
Measure: The Kim Family can sustain positivity of trust and fairness for a period of 3 months.
Interventions:
 - a. The Kim Family can observe and recognize family patterns.
 - b. The Kim Family can understand the family emotional system by increasing differentiation.
- 2. Select Goal Type relational dynamic from generational emotional process theory to increase the parents' awareness of how current behavior is connect to multigenerational process.
Measure: The Kim Family can demonstrate intergenerational pattern to sustain positive thoughts for a period of 3 months.
Interventions:
 - a. Help the Kim Family to identify triangles within current and past family.
 - b. To help the Kim Family focus on the emphasis on thoughts rather than feelings.

Treatment Tasks

- 1. Develop working therapeutic relationship using theory of choice: Bowenian Family Therapy
Relationship building approach/intervention:
 - a. CF16 has lived with her parents and felt un-validated from anything she does academically.
- 2. Case conceptualization of individual, relational, and community dynamics using theory of choice.
Strategies and techniques: CF 16 alleged attempt suicide and was admitted into a Psychiatric Ward.
 - a. CF hopes that she does well academically, and her parents can be proud of her achievement.
 - b. CF hopes that her parents stop arguing and create more free time for the family.
- 3. Identify needed referrals, crisis issues, collateral contacts, and other client needs.
 - a. *Crisis assessment intervention(s):* Crisis Issues are lack of communications from parents to children and no emotional connection between parents and children.
 - b. *Referral(s):* Family Therapy, Mental Health Services, and Case Management Services.

Diversity Considerations

Describe how treatment plan, goals, and interventions were adapted to address each area of diversity:
Aspiration for others/relationship: Hopes CF 16 starts to get tutoring to improve her grades and build confidence so that she can make new friends in school and go back to music lessons.

Age: *Include developmental tasks, cognitive ability, family life cycle, generational differences, etc.:* Assess level of differentiation of self in baselining o understand when it's lower or higher and analyze the process to develop coping skills together as a family.

Gender/Sexual Orientation: *Include specific gender role identity (e.g., working mother, traditional male, male-female transsexual, etc.), sexual orientation, ethnically based gender roles, etc.:*

AM 50 has worked in a fish market for 50 years as a manager to a small franchise of sea food restaurants.

Race/Ethnicity/Religion/Class/Region: *Include race, ethnicity (i.e., Italian American rather than White), immigration-status, religious beliefs, socio-economic status, and geographic region:*

AM 50 is 1st Generation Korean American has lived in the United States for 30 years.

Other factors: *Identify any other significant diversity considerations, such as school, work, community etc.:*

AM 50 and AF 45 are both highly respected in their congregation and considered being an Elder soon.

Evidence-Based Practice (Optional)

Summarize evidence for using this approach for this presenting concern and/or population: Therapist are assessing the Kim Family more closely and more precisely than in the past. Although assessment involves additional paperwork, expense, and time, numerous quick and effective options are available that integrate easily into today's practice environment.

Client Perspective (Optional)

Has treatment plan been reviewed with client: X Yes No; If no, explain:

Describe areas of Client Agreement and Concern: Therapist asks the Kim Family:" Are these interventions and activities that the Kim Family would be willing to try? Does the plan make sense to the Kim Family?

Monique Lubin
Therapist's Signature,

Full Time
Intern Status

4/19/23
Date

Supervisor's Signature, License Date