

Supervision Case Consultation Form

- Name of the supervisee: Tina Joen Date: 4.4.2023
 - Case Modality: Individual Adult Child/Adolescent Couple Family
 - The number of sessions to date: 10
- Who attends: both partners

*Bring a complete genogram to the supervision session.

1. Characteristics of the Issues

a) Presenting problem: (who owns the problem, what and how the problem occurs, where, and why now?)

Couple in their early 20s who have known each other for seven years since high school but have been in a relationship for about a year and five to six months now. The couple desires to learn how to navigate their relationship in emotionally healthier ways. T is Bengali American, and C is White Latino.

b) Recent significant changes or stressors: (e.g. new job, divorce, death, etc.)

T works as a software engineer at Estee Lauder and is currently living back at home with her family. C's parents are conflictual.

c) What contextual factors make the problem get worse, get better, or not happen at all? (cultural beliefs, school, church, peers, etc.)

Not religious.

Problems may get worse when C wants to hang out with friends without T there.

d) What has been done previously to resolve the problem? Results? (Satisfactory, partially satisfactory, or unsatisfactory)

Previously in their relationship, the therapist assesses that T may have been the one who usually gets her way until C has enough and withdraws, which does not resolve the problem, and the couple is learning to ask for space, respect space, and become aware of their own struggles. For example, in a previous session, the therapist helped the couple see the difference between withdrawing not to deal and self-preserve and asking for "time-outs" because it will be helpful to have that space to come back to a conversation, and C is finding this helpful for himself and as something he needs in the relationship while T is realizing that she has found immediate gratification by emotionally dumping on C and has struggled to respect his need for space and not growing her ability to self regulate. Going from seeing each other almost everyday if not everyday and messaging constantly to seeing each other two-three times a week now and making each date count, T waiting for C to message first in the morning, using their time together not only to have fun but do something productive together has been are new patterns in their relationship that is working better than what has been working in the past.

2. Characteristics of the Family

a) What's the family context (two-parent family, single parent family, cohabiting couple, homosexual couple, etc.)

Young heterosexual couple; both partners are currently living with their parents/families and come both come from two-parent families. Both partners are the oldest of the siblings in the family.

b) Intergenerational patterns

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c) Underlying systemic issues

T and C both did not experience closeness with their parents. T feels she had to mother her own mother and her father says hurtful things. She has expressed that she felt used in the family or just seen as a commodity where it was all about her grades and being able to make money in the future at home. C is closer with his mother than his father, tries to help her and knows she loves him, but he

also gets the brunt of her anger at home. C's father fulfills his role as the breadwinner of the home but is emotionally absent to the family and can instigate fights when he is drunk.

d) Life cycle stage

Young adulthood learning to be in and commit to an intimate relationship

e) Family Structure Hierarchy (who has power and in what context/relationship)

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f) Coalitions

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e) Styles of boundaries (enmeshed or disengaged and with whom?)

T is enmeshed with C (will hear T share in session shared today that she tends to feel upset if C is feeling upset..if C is impatient, I want to get impatient, etc.)

3. Strengths of the client & Resources available for the client

The client is open to learning and are not resistant. The client does homework if given and tries to do the work outside of the therapy room and is able to accept their own shortcomings. Both partners show a willingness to work on their relationship.

Both partners have friends as a support system, a lot of mutual friends, however

4. What has worked best far?

- Using validation to communicate to the client that their emotional experiences are understandable and understood by the therapist

- Reflecting primary and secondary emotions: T gets angry when she begins to fear rejection from C or feels unwanted in the moment, while C wants to withdraw when what T says causes him to feel like a failure

- Tracking interaction patterns

- Emphasizing that this is a process

5. Treatment plan:

Assessment: T and C present a pursue/withdraw pattern in their relationship. This is a young couple with partners who have not established a secure relationship yet. T exhibits an anxious and hyperactivated insecure attachment style, in which she becomes anxious, relentlessly pursues connection, and becomes clingy, aggressive, blaming, and/or critical when her needs are not met. On the other hand, C exhibits an avoidance insecure attachment style as he suppresses attachment needs and instead emotionally and physically withdraws (or at least tries to), often focusing on unrelated tasks or other distractions when his needs are not met.

Goal(s): To decrease the frequency of the existing interaction pattern between T and C and develop a new pattern that nurture and support each partner in the relationship.

Interventions: 1) T and C will better understand the nature of their relationship as the therapist tracks the pattern and cycles of their interactions and reflects on the patterns.

2) T and C will track positive interaction cycles in their relationship with the therapist to develop a new interaction cycle to put into practice. T will learn what provokes C and refrain from pursuing him in this way, while C can learn how to not withdraw, disengage, and/or isolate in heated situations.

6. Current progress and focus of session: (*Be systemic)

We have been able to identify the client's dance and are in the process of creating new positive interaction cycles. In this session, I used some CBT, and there was a focus on cognitive restructuring and teaching/modeling communication/conflict resolution skills.

Showing 46:00-58:00min mark today: Client sharing biggest takeaways from session.

7. Your goals for the supervision session: (Be specific)

Open to any feedback