

## Treatment Plan 3.0

Date: 04-17-23

Case/Client #: \_\_\_\_\_

Clinician Name: Jasmyne Moore

Theory: Bowen Family Systems

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.

1. Multigenerational Transmission process from Bowen's theory to reduce differentiation.

*Measure:* Able to sustain comfort for a period of 6 weeks.

*Interventions:*

- a. *Genogram will be assessed for the history of the Am1 family to compare patterns from the family to how they correlate to current events.*
- b. *Genogram will be assessed for the history of Af1 family history to compare patterns from the family to how they correlate to current events.*

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

1. Increase interpersonal communication skills to reduce disconnect within the relationship.

*Measure:* Able to sustain constructive communication for a period of 4 weeks.

*Interventions:*

- a. *Am1 and Af1 will attend marriage counseling to improve communication on their roles in the household and in their relationship as a married couple*
- b. *Am1 and Af1 will attend parent courses to improve communication skills relating to the relationship with Cm1 and how to properly discuss consequences relating to the problem.*

2. Decrease Family/parental projection from Bowen's theory to reduce hostility.

*Measure:* Able to sustain cohesiveness for a period of 4 weeks.

*Interventions:*

- a. *Strengthening differentiation of self will be measured in order to improve focus on how each individual can improve in discussing distance with one another.*
- b. Am1, Af1, and Cm1 will share how they are feeling related to the situation and will have to journal when they feel these feelings and report back to the therapist.

3. Decrease nuclear family's emotional process from Bowen's theory to reduce tension.

*Measure:* Able to sustain safe boundaries for a period of 3 weeks.

*Interventions:*

- a. Explore detriangulation for Cm1, Am1, and Af1 to examine own part in problem dynamic;  
take responsibility for needs/wants.
- b. Process questions will be conducted to help clients see how the conflict they are  
experiencing now is related to patterns they observed earlier in life.

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

1. Emotional cut-offs and Emotional fusion from Bowen's theory to reduce dependency and  
isolation.

*Measure:* Able to sustain understanding for a period of 3 weeks.

*Interventions:*

- a. Genogram will be revisited for Am1 to understand how they are experiencing emotional  
fusion towards cm1 and learn how to cope without dependency.
  - b. Genogram will be revisited for Af1 to understand how they are experiencing emotional  
cut-off towards cm1 and Am1 and learn how to cope without isolation.
2. Evidence of insight and Rituals from Bowen's theory to reduce anxiety.  
*Measure:* Able to sustain change for a period of 4 weeks.  
*Interventions:*
    - a. Explore changes in relationship patterns and in communication with Am1, Af1, and Cm1  
and will be asked how they plan to maintain these changes
    - b. Explore how Am1, Af1, and Cm1 have integrated a new understanding of themselves and  
their family and will be asked how they plan to incorporate this into their daily lives.

### Treatment Tasks

1. Develop working therapeutic relationship using theory of choice:

*Relationship-building approach/intervention:*

- a. Therapist will Bowen's theory to explore differentiation and to allow each member to  
obtain individuality and cohesiveness through communication.
2. Case conceptualization of individual, relational, and community dynamics using theory of  
choice.  
*Strategies and techniques:*
    - a. A theory can not be identified with the lack of information provided.

3. Identify needed referrals, crisis issues, collateral contacts, and other client needs.
  - a. *Crisis assessment intervention(s): A resiliency approach will be used to help the family to address risk factors associated with rigid family organizational patterns (cutoffs and fusion) and evidence of reactivation of past events.,*
  - b. *Referral(s): Will be referred to parenting courses as well as marriage counseling to improve communication. Cm1 will be referred to individual therapy for additional support due to concerning behavior.*

### Diversity Considerations

*Describe how treatment plan, goals, and interventions were adapted to address each area of diversity:*

**Age:** *Include developmental tasks, cognitive ability, family life cycle, generational differences, etc.:* Am1: 38-year-old female Af1:42-year-old male with a father who had history of Bipolar disorder Cm1: 14-year-old male who had just started high school  
no members of the family display any developmental task disability or cognitive disability.

**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.:* Am1: a working father, heterosexual male Af1: heterosexual female  
Cm1: heterosexual male

**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:* Am1: Irish American, Af1: Puerto Rican; middle-class family

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

*The client did not obtain any additional information other than Afl cultural background relating to family and siblings. Afl discussed discomfort with AmI working all the time and cmI wanting to participate in out-of-school activities.*

**Evidence-Based Practice (Optional)**

Summarize evidence for using this approach for this presenting concern and/or population:

**Client Perspective (Optional)**

*Has treatment plan been reviewed with client: Yes No; If no, explain:  
Describe areas of Client Agreement and Concern:*

\_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_  
Therapist's Signature, Intern Status Date

\_\_\_\_\_  
\_\_\_\_\_  
Supervisor's Signature, License