

Darcia Prince
SWK 656: Clinical Social Work Practice with
Families
Prof. Anderson Yoon
Alliance University

Date: 4/20/2023

Case/Client #: Hayman Family

Clinician Name: Darcia Prince

Theory: Structural Family Therapy

Modalities Planned: Individual Adult Individual Child Couple **Family**
Group: _____

Recommended Session Frequency: **1x Weekly** Every two weeks Other: _____

Expected Length of Treatment: **6 months**

Treatment Plan with Goals and Interventions

Presenting Problem:

Jennifer and Ronald Hayman, requested help for their son Anthony, after Jennifer found marijuana in a plastic bag in his underwear drawer. Client, has been combative with his mother since turning 14 and going to high school, relationship with father is distant, yet cordial. This recent chain of events, have resulted in further strains on an already fractured family unit given ongoing relational issues between parents.

Describe each significant person's perception of the problem:

AM1: Wife critical of him, often feels misunderstood-strained relationship with wife and son, thinks wife needs to enforce stricter boundaries with son- behavior, son is combative towards him and mother

AF 1: Feels lonely in her marriage-wants to re-establish closeness she had with her family of origin, feels abandoned by family, concerned about son's recent behaviors

CM1: Unhappy with aspects of life/conflicted relationship with parents-feels controlled, attempting to develop/forgo identity/lacking independence, seeking acceptance from peer-group.

Early Phase Client Goal: Manage crisis; reduce distressing symptoms

Establish/Build therapeutic rapport with family-gain insights into family structure/hierarchy, established boundaries, individual/collective perceptions of family problems. Therapist will emphasize use of Satir, approach to gain insights on each individual's perception of problem/s. Therapist will then attempt to further assess and evaluate conflicts and explore coping strategies.

1. Select Goal Type : **Relational** to reduce symptom.

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

Therapist will assess protective factors, family strengths, etc. and guide family in identifying maladaptive relational patterns by exploring families of origin (as it relates to parents) and relevant impact on current family dynamics. Both parents have been impacted by trauma/dysfunction-Parents are both estranged from their respective families (mother was raised in an extremely close-knit family) father grew up in abusive household, paternal grandfather diagnosed with Bipolar Disorder.

1. Select Goal Type personal/relational dynamic from theory to reduce symptom.

Relational

Family will attend/participate weekly therapy sessions

Measure: Able to sustain at least once weekly for a period of **6 month**

Interventions:

- a. Assessment/Engagement
- b. Establishing Therapeutic Goals & Objectives

2. Select Goal Type personal/relational dynamic from theory to reduce symptom.

Relational

Family will conduct Weekly Family Meetings

Measure: Able to sustain at least weekly for a period of 3 months

Interventions:

- a. Psychotherapy
- b. Feelings Verbalization

3. Select Goal Type personal/relational dynamic from theory to reduce symptom.

Relational

Family will be able to identify precipitants/triggers for inter-personal conflict

Measure: Able to sustain weekly for a period of 3months.

Interventions:

- a. Psychotherapy; Role Play

b. Journaling

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

Wife has to forge her own identity outside of being a mother, needs to recognize son's need for independence and support his efforts, relationship between parents needs to be improved and sustained to achieve equilibrium.

1. Select Goal Type personal/relational dynamic from theory to reduce symptom.

Relational

Family will demonstrate improved communication skills with each other by detailing at least 2-3 positive encounters weekly

Measure: Able to sustain weekly for a period of 3 months.

Interventions:

a. Psychotherapy; CBT, MI, Role Play

b. Positive Reinforcement

2. Select Goal Type personal/relational dynamic from theory to reduce symptom.

Relational

Family will improve socialization and engage in activities outside the home-will engage in at least social/recreational activity at least once per month

Measure: Able to sustain monthly for a period of duration of treatment course.

Interventions:

a. Marriage counseling

b. Individual Counseling

Treatment Tasks

The overall goal of SFT, is to improve communications and interactions among family members and to highlight appropriate boundaries to create a healthier family structure. Therapist will utilize major tenets of SBFT, to guide inform treatment; Initial session will emphasize Joining, thereby allowing therapist to familiarize self with family and define expectations for treatment. Additionally, therapist will attempt to

develop understanding of family's rules, structures, and patterns, whilst, challenging family members to reconsider their perception of how the family operates. Therapist will reframe problem/s of particular individual/s within the family system, to assert /highlight structural patterns. Enact plan for the future. Once the family's structure has been observed and examined, the therapist, with input from the family, will enact plan for the future by introducing ideas and practices for the family to execute towards attainment of treatment goals and objectives.

Case conceptualization of individual, relational, and community dynamics using theory of choice.

Psychodynamic Theory will be used to assess impact of past experiences/ traumas on current presenting problem. Child's symptoms serve to unite couple/maintain family connections; current acting out behaviors may help reduce tension in parent's marriage, by redirecting focus on him/relevant issues, thereby promoting improved family relations. resents mother for not supporting attempts to forge identity outside of household attributed to her increased reliance on client to support emotional needs, mother is also a significant factor in distant relationship between parents.

Strategies and techniques:

- a. Psychotherapy: Trauma Informed Approach
 - b. Bowen's Family Systems Theory
1. Identify needed referrals, crisis issues, collateral contacts, and other client needs.
 - Crisis assessment intervention(s):
 - a. Ensuring Safety,
 - b. Providing Support,
 - c. Exploring Alternatives
 - b. Referral(s): School Based Therapy/Counselling for Son, Extra-Curricular Activities, Couples Therapy, Socialization Groups, Family Support Group, for parents

Diversity Considerations

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

Age: There is an evident generational gap between parents and child. Treatment considerations should consider relevant implications on family dynamics. It is noteworthy, parents and

teenage children are likely to experience relational issues during this stage of development.

Gender/Sexual Orientation: Heterosexual couple, it is inferred client identifies as male/not otherwise stated.

Race/Ethnicity/Religion/Class/Region: Multi-ethnic family; husband of Irish descent, wife of Puerto-Rican, descent, middle-class, religious beliefs/spiritual practices not indicated

Other factors: Husband works as paper sales-man, and is sole financial provider for family, wife is a home-maker and does not have any employment outside of home. Child is a student, attempting to forge personal identity, and social connections. School staff, recognizes need for discipline and structure as evidenced by attempts to enforce rules/set limits

Evidence-Based Practice (Optional)

Summarize evidence for using this approach for this presenting concern and/or population: Motivational Interviewing, is an evidence- based practice that has a proven track record of success in family systems therapy. MI, is extremely useful strategy in eliciting change, as it emphasizes individual strengths and autonomy.

Client Perspective (Optional)

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

Describe areas of Client Agreement and Concern:

Individual family members have conflicting views/accounts of root causes/origins of problem, severity, potential for change. Parent-child relationship will be subjected to further decline if necessary steps aren't taken to mediate conflict and promote lasting change. Husband and wife have conflicting views regarding marital expectations and overall family cohesion.

Darcia Prince
Therapist's Signature

Active
Intern Status

4/10/23
Date

Supervisor's Signature, License

