

**Family Life Cycle Assessment**

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### **Family Life Cycle Assessment**

The client is a 45-year-old female who grew up in Sao Paulo, Brazil and identified as a dual citizen of the United States of America. She obtained an associate and bachelor's degree prior to starting a family in 2008. The client reported that she divorced in 2018. She disclosed ongoing intimate partner violence (IPV) towards herself and her two daughters. The client is currently working towards a master's degree in mental health counseling at Alliance University, formally known as Nyack College.

### **The Single, Unattached Adult, Relocation**

The client relocated to California for college after graduating from the American high school known as, Escola Graduada de São Paulo. During this stage, the client focused on her education and social life. She experienced an adjustment period, while learning the necessary skills needed to gain full autonomy, without help from her family. The client's cultural construct contributed to this adjustment. Regardless, she quickly learned and adapted toward an independent life as an adult.

### **Young Adult, Relocation**

After graduating with an associate degree, the client relocated to London, England to pursue her bachelor's degree. The client simultaneously worked and spent her free time traveling Europe, while focusing on her education. The client opened a fashion company after graduation, which remained her source of income for 5 years until she married.

### **Newly Married Adults, Relocation**

The client met her husband in New York and married at 29. However, he presented with a variety of mental health issues. Due to childhood experiences, she was unable to recognize that constructs and behaviors her new husband displayed were unhealthy. Her family of origin normalized her experiences, due to a patriarchal belief system and priority given to his socioeconomic status. After relocating to Connecticut, she attended a graduate program at Fairfield University, and her husband attended an MBA program at The University of Chicago.

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### **Childbearing Adults**

The couple tried to start a family however, her husband's mental health issues impacted their intimacy. At age 30, the couple pursued reproductive assistance through IVF. The client remained in denial, as to the ongoing IPV issues within the marriage. In addition, the client internalized the responsibility as the source of reproductive issues in their marriage.

### **Families With Very Young Children**

IVF resulted in pregnancy, followed by a miscarriage. The second IVF resulted in the pregnancy and birth of the couple's first daughter, Emily. During this stage, the husband engaged in an extramarital affair with another MBA student. The client left her graduate program, to save the marriage. He blamed his wife for his affair, citing abandonment. The client moved to Chicago, after giving birth. The marriage drastically improved, once the client abided by the rules dictated by her husband. They included: meals; apparel; grocery purchases; exercise regimes; and social relationships outside of the marriage. In addition, the husband was unable to manage basic daily responsibilities, which he outsourced to his wife.

### **Relocation with School-Age Children**

Upon graduation, the couple returned to their home in Newtown. A strict regimen of orderliness and perfection was required within the home. The client did not recognize this as cohesive control. Within her family of origin, women were extremely organized, while keeping their homes in immaculate condition. Therefore, the client internalized this as being normative. In addition, the husband expected all of his needs to be catered to, upon returning from work in the late hours. Although her traditional family of origin did not entail such demands, the client believed she was being a dutiful wife by being submissive to her husband. The client joined the MOMS club of Newtown and was elected as membership vice president. This was satisfactory to the client's husband, who micromanaged her activities and did not view

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this as threatening. After Emily commenced school, the couple engaged in a single intimate encounter which resulted in a natural pregnancy with their second child, Evelyn.

### **Divorce and Single, Unattached Adult**

The client filed for divorce in 2017, after the IPV issues extended toward their young children. Abusive litigation continued for two years. Unfortunately, the state of Connecticut did not recognize IPV as a dangerous form of abuse during that period, which would have protected the two minor children (Fontes, 2021, para. 3). Once the court issued a divorce decree, the client's ex-husband appealed the divorce to the appellate court, which froze all the lower court decisions until 2021, due to covid. After the appellate court denied his appeal, he appealed to the supreme court of the United States. Four years after filing for divorce, she was able to sell and move out of the very large house they were forced to maintain, due to the frozen court orders. In addition, he threatened the client with vexatious litigation when she attempted to work or study outside of the home. The client therefore enrolled in her online graduate program and is expected to graduate in 2024.

### **The New Couple – Post Divorce**

The client has been with her partner for four years, who is eight years younger, who never married or had children. Previously, he served in Afghanistan for six years. The client reported that her partner is calm, introverted, and loyal. The couple is currently working toward their career goals and are making plans together as a family. The client protected the existence and identity of her partner from her ex-husband. A year before her partner met her children, an ongoing DCF investigation ensued targeting the client as the problem, which allowed the father to continue the abuse until 2023. In addition, the client and her partner were expecting a baby during this period. However, the stress from litigation likely resulted in the loss of their baby (Danielsson, 2022, para. 3). Her ex-husband is currently being investigated, by the Newtown police department after disclosures of abuse were made by both children.

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### **The Dual-Career Family**

In 2023, the client will commence her clinical internship hours, which are necessary for licenser as an LPC. Her partner works in IT and has excelled in his career, after being promoted multiple times. This unconventional family dynamic prioritizes equal career advancement. The client's partner has provided the support necessary for her to achieve her career aspirations.

### **Families With Adolescent Children**

The couple share similarities in the formation of autonomy. Therefore, they are unlikely to project negative feelings during the adolescent life cycle. It is likely they will empower the children to gain their independence and autonomy, in a supportive environment. Ensuring that the children are raised with not only solid morals and values aligned with Gods word, but free from the cultural entitlement that their biological parents where raised in.

### **Families With Children Who Are Launching or Leaving the Nest**

Due to the independent construct the couple possess and are instilling in the children, it is unlikely that their departure from the home will have a negative impact on their family life cycle. Although it will most likely result in an adjustment, it is unlikely to have negative consequences. In addition, the client ensured that the college fund would be maintained via court order and not dispersed during the divorce. Therefore, the escalating costs in a continuing education for the children will unlikely impact the couple.

### **Families in Retirement and Later Life**

The couple has plans to invest in future property together. In addition, they are both well-traveled and will unlikely look to the age of retirement as an opportunity to explore the world. The client indicated that the couple enjoys spending leisurely time in the home, living a life of comfort and stability. The couple does not interfere with one another's personal activities, even though their interests drastically vary. Therefore, the couple respects individualism and personal autonomy, which will likely bring them

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individual happiness. However, the couple will most likely experience loss of family and friend's due age, during this period.

### **An Aging Family**

According to Capuzzi & Stauffer (2015) the life expectancy in the United States is rapidly increasing (p. 25). Therefore, the family will most likely experience the loss of one other during this phase. However, this time will likely involve active participation in a home church, and they will likely rely on their faith for support. In addition, if Emily and Evelyn marry and have children of their own, the couple will likely enjoy a life cycle and experience of being grandparents.

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