

Comprehensive Treatment Plan

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The Scotty family

The Scotty family treatment plan is a structured approach intended to address the challenges faced by this family within a therapeutic setting. Using the systems theory, the therapist will evaluate every aspect of each member's life and how that might potentially play a role in the conflict. Goals include identifying issues and goals, establishing rules, establishing communication strategies, exploring family dynamics and patterns, and developing interventions that promote positive change.

Mr. Scotty is a 60-year-old Caucasian male who works for the post office. Mrs. Scotty is a 57-year-old Caucasian female. They have two daughters together, ages 20 and 17. Mr. Scotty has two sons from previous relationships. Mrs. Scotty has a son and daughter from a previous marriage. Their primary problem that drove them to seek services is the behavioral issues they are having with their youngest daughter, Ella. Ella is defiant, aggressive and disrespectful.

Initial Phase

In the initial phase, the therapist will get to know each family member and identify the primary problem. A therapeutic relationship must be established. Once the primary problem is ascertained, other problems will be prioritized based on severity or urgency. A genogram will be comprised to learn of family patterns and attachments. Psychoeducation will be provided to empower the clients with the knowledge and understanding of evidence-based practices such as CBT and what research tells us about family patterns, attachment styles and systems theory

Mr. Scotty is estranged from his two sisters and mother. His father died when he was young, and his mother remarried an abusive man. Mr. Scotty describes that his family life was chaotic. He states that there was constant verbal aggression by each family member. He describes them as very angry and bitter people. Mrs. Scotty is also estranged from her siblings. Mrs. Scotty is very guarded and seems skeptical of the process. Mrs. Scotty describes her family of origin to be cold, unaffectionate and mean. Both reports witnessing physical violence between their parents and siblings. Neither parent learned how to appropriately handle conflict. Both deny any family history of mental health diagnosis but acknowledge issues were apparent with certain relatives. Avoidant attachment is a running theme due to a generational pattern of emotional unavailability. It is important to prepare the clients for termination initially. A plan will be discussed as to the expected length of treatment, expected outcome and goals.

The parents report Ella to be defiant, verbally aggressive and disrespectful. Things have recently escalated to physical aggression against her older brother and her mother. Ella states that she was only defending herself. During the session Ella is observed shouting and cursing at her mother. Ella reports that her brother, who is 35 years old, still lives in the home. Ella reports that he ridicules her and makes disparaging remarks about her father to her. Ella reports that her mother does not correct his behavior and laughs at his comments. Ella reports each member of the house is verbally abusive and this often escalates to physical aggression. Ella describes a lack of healthy boundaries as she expresses her frustration over feeling things are unfair. Ella is tearful and angry throughout the session. Ella responded well to the therapist when she felt validated. This helped build rapport and trust which allowed Ella to let her guard down and open up to the therapist more. In line with systems theory, Ella displays a need for security, arousal and autonomy. The therapist must have clarity in what is to come and ensure the clients understand the goals, strategies for change and outcomes.

Working phase

Teaching the family coping skills is a priority. The primary concern is physical aggression. The therapist will explore root causes of aggression and anger. Coping skills or skills for mediating problems will be introduced. Next, the therapist will introduce behavioral modification. By pointing out the family patterns, they

become aware of root causes of their behavior. This awareness is the foundation for facilitating change. Healthy boundaries will be established. The therapist will offer alternative solutions to handle negative situations such as more appropriate responses. Various trainings will be offered to the family such as mindfulness training, anger management, communication skills and parenting skills. The family will practice alternatives to responding impulsively with anger such as walking away or stating, "let's talk about this later when we have calmed down and had time to think. The therapist will work with each parent to help them overcome their painful experiences from childhood and help them recognize how that is affecting their parenting and how they relate to others. The therapist will use cognitive behavioral therapy to break old patterns of thinking such as catastrophic thinking and black and white thinking. The therapist will challenge cognitive distortions and empower clients to engage in more positive thinking. The coalition between the mother and her oldest son will be identified and dismantled. Psychoeducation will be provided to empower the clients with knowledge to gain awareness of why coalitions are harmful. Dialectical behavioral therapy will be beneficial to Ella in that it proves to help individuals manage their emotions and behavior.

Psychoeducation will also be utilized to help clients understand causes of the behaviors in the hopes that this will promote healing. Each member will need to become comfortable expressing their feelings with each other. The therapy space will be declared a safe space to speak their minds without repercussions with the focus being healing and progress versus dwelling on the past. Psychoeducation will take place to inform the family of the importance of acknowledging past offenses to move forward and promote healing. Issues must be addressed to move on from them. Healing will need to occur due to being victims of each other's physical aggression. The therapist will guide the family to develop bonding opportunities by finding things they have in common or activities they can enjoy together.

Journaling will be encouraged to recognize triggers and bring awareness to fleeting thoughts. Weekly homework assignments will be encouraged. Throughout the sessions, the therapist will model. Activities will include practice skills learned in session, reflect on topics shared in session, review progress over time and share things learned in therapy. Each member's progress will be tracked throughout the duration of treatment. SMART goals will be established to ensure efficacy. Each family member will practice assertiveness while maintaining respect to increase the ability to balance the need for togetherness and autonomy while increasing

intimacy. Strengths of family members shall be highlighted. The parents will practice allowing Ella to have a voice and validate her feelings. Together with the therapist, they will develop problem-solving skills to navigate through conflict. At each session, the family members will be asked to report successes and challenges.

Closing phase Once treatment goals have been met, clients are satisfied with the outcome and they agree to end treatment, termination will begin. In the last phase, the therapist will summarize the sessions beginning with the presenting problem. The therapist will outline the focus of the therapy and describe how the problem was approached. Patterns of behavior, feelings, thoughts and behaviors will be reexamined. Then, the therapist will prepare the family for the termination of services. It is important to prepare them for setbacks and encourage them to power through those. The therapist will highlight successes and acknowledge improvements. Each family member will be asked to share what they felt was successful and challenging. Lastly, I let the family know that my door is open if they feel the need for more improvement and thank them for allowing me to be a part of their journey.