

Functional Family Therapy

PROGRESS NOTE

Motivation/Engagement Phase

(Early Sessions)

Client Name / Case Number: Lee
Owen / 111

Session
Date: 11/06/06

Therapist #:

Session Number: 1

This Session: Engagement/Motivation Phase

*Goals of the session and progress made toward those goals in **this session***

Initial Family Presentations

Greg stated that Lee has no consideration for him (which hurts) nor anything else as demonstrated by his substance use and that he has been a problem since he was 2 y/o.

Lee stated that Greg thinks he can control him and that he wants to be my father in the sense that he is my "god" instead of a father who cares and teaches values. Says the stuff they fight about is bullshit and doesn't need to happen.

Lanai stated that she walks a fine line between Lee and Greg and has to be careful to not support one more than the other. She does not like Lee's cursing, but does not fear him. Feels they don't listen to her so she has quit trying to intervene.

SESSION INTERVENTIONS

Relationship Building

At the beginning of session, started to being curious about what the family does--learned about Lanai's child care (**note, "child care" not "day care"), Greg's work as a construction worker (**note he has to drive 3 hours daily for work), and Lee's regular attendance in school. Also learned that there is a 6 y/o brother and teenage sister in the home...and an older brother out of the home.

Initial Family Presentations Addressed Through:

Matching

Greg doesn't "do feelings"--would rather talk about trucks and sports. Matching to Lee is about intensity of voice, language of "fuck you", asking his permission to ask him

questions. Matching to Lanai is comfortable with feelings, also very connected to her spirituality, is not comfortable "knocking her husband", and does not feel comfortable around "fuck you" language...also expressing how I would feel overwhelmed in her job (respecting her work and not being an "expert").

Interrupting/Diverting

Much energy was spent interrupting Lee and Greg's intense blaming interactions. This was done sometimes by ignoring what Lee was saying, sometimes it was done with diverting their attention to myself (clarifying Fords vs. Chevy; joking about basketball teams). Interrupting Greg's attack on Lee about "not having any consideration" by shifting to a more relational focus by discussing "respect" and "talking to the man about being hurt".

Sequencing

Interrupting Greg's blame about Lee trying to "run my family" by describing a sequence at home..."Lee asks if he can go out, you say no b/c he went out last night, Lee says fuck you and goes out anyway...so he came first to ask and maybe didn't agree with you--very different than slipping out the window and not asking.

Describing what occurs between Lee and Greg and Lee having to "just react"... "If I said it was a clear blue sky I would get a reaction"...so Lee just "has to react".

Point Processing

Describing how Greg and Lee interrupt Lanai when she speaks...to protect?...to shut her down?...to force her to jump in?

Reframing

Changing meaning of Lanai's blame about Lee's "fuck you language" by acknowledging that Lee is not in control of his mouth and shifting it to be about an expression of affect and being in control of his fists (Lanai said she is not afraid of violence).

Lee's acting out may be an attempt to not be a victim...or being different than other kids...forcing this family to finally correct it's problems/hurt.

**Strength-based
Relational Statements**

Discussion around Lee's substance use--not letting focus be "problem based" but instead relational--hearing Lee's opinion about his substance use and hearing parents' opinions about Lee's substance use and not trying to change their views (Lanai and Lee seem to minimize whereas Greg seems to catastrophize).

Theme Hints

Hurt (Greg about Lee having no consideration, Lee about Greg not being the dad he wanted).

Disappointment

Relational Themes

"Secret love test" (between Lee and Greg)...when Lee was 3 y/o...maybe it was diarrhea...it was different with Lee...and now you don't know what to do (Greg)...so you have a son who has made a career of being a little shit and knowing what an asshole I'm becoming...and I am going to force you to prove that you love me...and it's a game you can't win...and that's sad.

For Greg, Lanai and Lee--There's one theory about that being the mother or woman in the middle...Men don't do a lot of things well and one thing men don't do well is deal with neediness and love and all that kind of stuff and what we do is we say, well that's what mothers are for. Now the truth is that's unfair. That dumps. It allows men to say, Hey, I'm a guy. You know I don't do

Organizing Themes Developed in this Session

unconditional positive regard for my kids. I'm a guy. I drive trucks. And so what we do is plot it all on mothers, and it's a huge burden and we, you've all heard this, but mothers are blamed for everything and the reason I say it that way is that what could have been happening here for a long is this, these two almost colluding to say, Will you get in the middle and fix us? And let me tell you how then you make it worse and I don't say this to blame you because I think you are a good woman, I'm not just saying this about you. I believe that about all of you.

ASSESSMENT

Risk and Protective Factors

Family Perspective

Which family member sees factor as a problem?

Therapist Perspective

How important do you see these factors?

Parenting

Father Mother Adol Sib1 Sib2 Importance

Communication	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very
Problem Solving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Little
Family Negativity	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very
Adolescent Substance Use	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Little
Parent Substance Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not
School Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not
Delinquency Behavior	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not
Running Away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not
Peer Group Influence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Not
Family Relationships	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very
Marital Discord	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Somew hat

Additional Protective and Risk Factors Greg and Lanai both employed. Lee enrolled in school and attends regularly.

Relational Assessment

Behavioral Pattern

Lanai starts to talk about an issue of concern in family and expresses emotional frustration--Lee interrupts her and yells at Greg and blames him for this problem--Greg responds to Lee accusing him of being disrespectful and having no consideration for the family--Lee blames Greg for trying to "be my god"--Greg calls Lee worthless--Lee flips off Greg and says fuck you--Lanai leaves the room and quits trying to talk about the original issue--Lee leaves the house--Greg jumps in his truck and rides around

Relatedness Functions

Relationship dyad

How sure are you?

Mother figure...adolescent	2	Somew hat sure
Adolescent.....mother figure	3, Mdpointing	Very sure
Father figure...adolescent	1, Autonomy/distance	Very sure

Adolescent.....father figure	1, Autonomy/distance ▼	Very sure ▼
Husband.....wife	1, Autonomy/distance ▼	Very sure ▼
Wife.....husband	2 ▼	Somew hat sure ▼
Hierarchy Functions		
<i>Relationship dyad</i>		<i>How sure are you of this assessment?</i>
Mother figure...adolescent	3, Symmetrical ▼	Somew hat sure ▼
Father figure...adolescent	1, One-up ▼	Very sure ▼
Wife.....husband	▼	▼

SESSION OUTCOME

	Progress made toward this goal (this session)	Progress made toward this goal (overall)
Balanced Alliance	good ▼	significant ▼
Build Hope	progress ▼	significant ▼
Reduce Blame	progress ▼	good ▼
Reduce Negativity	good ▼	good ▼
Building Relational Focus	significant ▼	good ▼

NEXT SESSION PLAN

Phase Engagement/Motivation ▼

Assessment Focused Questions Unsure about Lee and Greg's autonomy or connection. Track on relational patterns observed and described in session. Unsure about Greg's engagement...start session focused on Greg and then quickly shift to all of them.

Goal Focused Questions Following up on Lanai's sense of hopelessness in her family...does she continue to feel paralyzed?

Who to engage? (check all that apply)

Dad Sibling Adolescent Mom

Specific Session Plan Anticipate high levels of blame between Lee and Greg...and Describe your targets and goals for your next session. Consider what is necessary to engage different family members, to create behaviors such as "controlling my home", "playing the

a more relational focus, to motivate family members, and to assess relational functions

game", "being disrespectful", "not showing me any love".
Scheduled to see family in two days.

Between Session

Intervention Plans:

Describe what interventions (phone calls, learning about family/community resources, etc) you plan before next session.

Will call family tonight to thank them for attending and confirm next scheduled appointment.

Agency Related Information

Mother, father, and referred you attended 60 minute session. Next session scheduled for the next day (10/27) at 6:00pm to occur in office.

Signed: _____

Date: _____