Family Systems

Case Presentation and Treatment Planning Guidelines

It is not necessary to complete in typical “paper” format. Format for this should be as follows:

**Case Presentation:**

You will write a one page family case presentation focusing on a family systems related problem that you have experienced in practice (employment/internship) or in your own life. In a clear and concise manner please include the following information: family members and demographics, presenting family conflicts, family strengths and boundaries to treatment.

In paragraph form provide details regarding “problem”, family members, conflict, etc.

* Answer WHO, WHAT, WHERE, WHEN, WHY

**Family Therapy Action Plan**:

In this section you will create your “treatment plan” for the family to address presenting problem.

* Ensure that the treatment plan is relative to the presenting problem and incorporates some common techniques learned in class.
* Must include 2 Goals with 2 objectives each outlining the methods/interventions you will use.
* Ensure that goals and objectives are measurable.
* Ensure you indicate person responsible for objectives, methods, etc. Whether it is a family member, clinician, medication provider, etc.
* Ensure you include all family members in goals/objectives.

Please use the following format for this section:

**Family Therapy Action Plan Format**

**Family Members Names:**

**Identified Presenting Problem/Main Conflict:**

**Assessed Areas of Need:**

**Family Strengths/Supports:**

**Special Considerations Impacting Plan:**

**Goal 1:**

**Objective 1:**

**Method/Interventions:**

**Objective 2:**

**Method/Interventions:**

**Goal 2:**

**Objective 1:**

**Method/Interventions:**

**Objective 2:**

**Method/Interventions:**

**Plans To Assess Progress:**

**Family Therapy Treatment Plan EXAMPLE**

**Family Members Names/Ages:** Doug, Father, 59 ETC

**Identified Presenting Problem/Main Conflict:** Clearly state presenting problem.

**Assessed Areas of Need:** Include your hypothesized assessment of family needs, way to expand on presenting problem.

**Family Strengths/Supports:** Come up with at least 4 strengths/supports family currently has.

**Special Considerations Impacting Plan:** Refer to those given in book (Culture, domestic violence/sexual abuse, gender, etc.) May also include things like “difficulty communicating,” ‘lack of active listening skills,” etc.

**EXAMPLE OF GOALS:**

**Goal 1:** To increase understanding of the Disease concept of chemical dependency.

**Objective 1:** Each family member will verbalize three examples of what makes chemical dependency a disease; the progression of client’s use and health aspects of alcohol/drug use.

**Method/Interventions:**

(1) The Family will attend \_\_\_\_\_\_\_\_ (number of) sessions with referring Counselor before family day / session.

(2) Family member(s) will watch tape on “Disease Concept” and share awareness with the referring counselor.

(3) Verbalize understanding of why chemical dependency is a disease in a session with the referring Counselor.

**Objective 2:**

**Method/Interventions:**

**Goal 2:**

**Objective 1:**

**Method/Interventions:**

**Objective 2:**

**Method/Interventions:**

**Plans To Assess Progress:** How will you document and show that measurable progress has been achieved.

**Target Date for Review**: (3 months, 6 months?)