

Session # _____

Date: _____

Therapist: _____

Clients: _____

Pre-Session Worksheet

I. Diagnostic Hypotheses (include structural map):

II. Plans for Testing Hypotheses in Session:

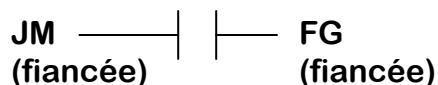
III. Plans for Intervention in Session Based on Above:

IV. Results and Reformulations:

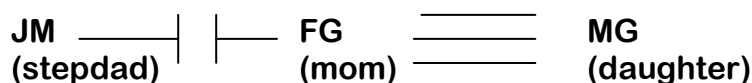
Pre-Session Worksheet

I. Diagnostic Hypotheses:

1. It seems that there is a diffuse boundary between the marital and parental subsystems. Conflicts in the parental subsystem seem to spill over into the marital subsystem.
2. There appears to be a lack of consensus between JM and FG within the parental subsystem and the lack of an appropriate parental hierarchy.
3. FG appears to be enmeshed with MG and seems to have included MG in the parental subsystem.



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II. Plans for Testing Hypotheses in Session:

- Have the family continue to discuss behavioral expectations for MG, and family roles and rules.
- Have JM and FG set rules for MG's participation in session
- Have JM and FG come to a consensus on their parental roles
- Look for the opportunity to initiate enactments for JM and FG to respond to MG's behavior
- Continue to offer couples' sessions to strengthen boundary between parental/marital subsystems

III. Plans for Intervention in Session Based on Above:

- Give psychoeducation regarding parental roles in stepfamilies
- Encourage FG to state expectations and rules to MG and encourage JM to support FG
- Educate JM and FG about paying attention to compliance, giving effective commands, attending to independent play, and positive consequences for good behavior (steps 2 and 3 of Barkley's manual)
- Model positive reinforcement of MG's appropriate behaviors
- Give handout on the 4 C's of parenting (consequences, consistency, calm, charged batteries)

IV. Results and Reformulations:

Homework ideas?

1. Mourning of unfulfilled expectations – "I want everyone to (feel very sad or think about) the fact that Vicki is not Little D's biological mom – what does that mean to each of you?"
2. Vicki – Withdraw from disciplining Little D for a week – leave to Big D. Instead, since she's better at consistently applying consequences to behavior than big D (no pass/no play incident) it will be her job to look for one instance of good behavior from Little D and reward him for it. Little D should have some input into determining reward, but Vicki has final say. Expect Big D to defend Little D.
3. Little D – don't be real good and make it too easy for Vicki.