

Structural Mapping Exercise

Instructions: (1) Create structural maps that reflect your hypotheses about these families, and (2) Formulate Therapeutic Goals. For this initial exercise, assume 2 parents, 2 children unless otherwise stated.

- 1) Blocked parent-child communications; Spouses/Parents enmeshed
- 2) Disengaged Dad; Mom & Parental Child in conflict with 2 other children
- 3) Domineering Grandmother in charge; blocked interparental and parent-child communications
- 4) Oldest child co-controlling the home with Dad; Mom ineffective with children
- 5) Marital conflict; enmeshed Mom & youngest child; aligned Dad & oldest child
- 6) Mom and Dad focused on sick youngest child; disengaged oldest child
- 7) Marital/Interparental conflict; Dad and 2 kids in a coalition against Mom

God

M F

C C

Religious Mother and Father are co-equally in charge of their home ("above the line"), and not enmeshed or addicted. Communication is open between all adults and minor kids. Family roles (responsibilities) are clear to everyone. Kids are encouraged to be *kids*, vs. little adults. There are no interfering relatives or other people, and no one is demoted below the line, excluded, exalted above the line, absent, enmeshed, or addicted. Household emotional boundaries (the dashed box) are open, so friends, kin, and *ideas* freely enter and leave, yet there are clear limits.

1) Dominant Mom, blocked parental communications	2) Detached or absent Father, blocked parental communications	3) Blocked parent - child communications; Parents <i>enmeshed</i>	4) Child co-controlling the home, Mom ineffective ("below the line")	5) Mom's dead mother controls the home; parents can't talk; kids anxious

6) Two unbonded parents; <i>teen controls the home</i> ; <u>No</u> family boundaries	7) Overwhelmed mom, detached dad, Aunt in charge; Rigid (closed) household boundaries	8) Enmeshed Mom and controlling child; no parental teamwork or problem solving	9) Enmeshed Mom and (non-resident) Uncle; B iofather dead but still key; kids feel unheard

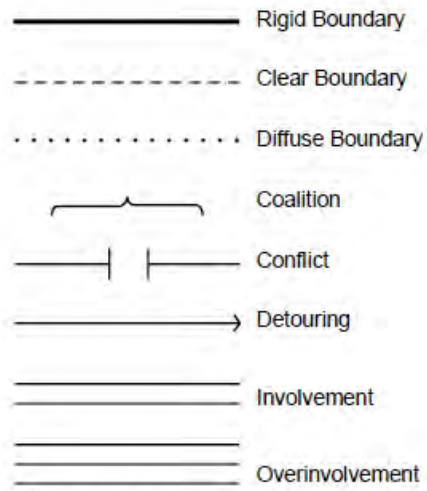


FIGURE 7.2 Symbols of Family Structure

