

therapy

by K Kam

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Case Study on Family Structure and Family Therapy

Student Name

Institution Affiliation

Course code

Instructor's name

Date

Case Study on Family Therapy

The case scenario is from Mr. PT's family. Mr. PT is the father in a monogamous nuclear family that endorses Christianity. Mr. PT has been married to Mrs. JT for the past twenty-one years. Mr. PT is 47, while Mrs. JT is 43 years old. The family lives together in the countryside. They have three children; one girl, Charlie, and two boys, Jon and Harry. The younger boy, Harry, is 13 years old. The other children are standard mental health-wise apart from Harry. Harry has been slow to learn things that his siblings learned earlier at the corresponding ages. Circumstances surrounding his birth were eventful. Harry has been having social problems with his elder siblings. The siblings think Harry doesn't want to socialize and play with them, which has created conflicts among them. However, the parents insist that whatever is within the family must remain within the family at whatever cost. The parents discourage Harry's siblings from speaking about Harry's characters to anyone outside the family. The parents reported that Harry's paternal grandfather had similar problems with his fellows before his demise.

Since birth, Harry has been slow to learn languages and doesn't like talking to family members frequently. The parents report that when he is upset, he destroys items instead of saying what is wrong. The situation has worried the parents during the course. However, they are not well familiar with the condition, and they feel embarrassed discussing the condition even with far relatives. At school, Harry doesn't like to play and prefers playing alone. The parents have been hoping that the condition will subside with time since Harry is just a young adolescent.

Family Theory Concepts in the Case Study

Different family theories can explain Harry's family interaction and lifestyles. In Harry's family, the systems theory fully applies. A family is an emotional unit that dictates the social

interactions and behaviors within a family (Goldenberg et al., 2017). In their book, Goldenberg, Stanton, & Goldenberg argue that families thinking, behaviors, and interactions result because family is single functional a unit. The children are not involved in making their decisions. Harry's siblings are not allowed to discuss his condition or even know what is happening to him. According to them, their brother is just introverted and doesn't like playing. However, the parents have an in-depth understanding of the condition and relate it to back to the paternal grandfather, who reports had similar presentations. Despite knowing the inheritance possibility, they don't want to seek medical attention because they think it is an embarrassment to speak about it to a doctor. Harry's siblings show emotional concerns; however, their perceptions of their illness will persist if the parents' views uphold their beliefs.

The structural family theory argues that every family is unique in its ways of handling social interactions (Goldenberg et al., 2017). Harry's siblings reported that their parents advise them to only to play or speak to Harry whenever Harry wants to. The siblings are not to coerce him into doing what he doesn't like as this angers him, and this is their way of social interaction in the family. A family's functionality depends on its structure and stability to change (Goldenberg et al., 2017). Harry's family is one that is more reserved regarding their social interactions with other families. In turn, the situation may promote excess emotional attachment to the family that may subsequently affect the future social life of the children.

McCubbin and Patterson's family stress theory emphasizes the family's responses in cases of occurrence of an illness (Goldenberg et al., 2017). In our case study, the parents deny the children an appropriate explanation for Harry's condition. The condition remains a family issue, and no one is to know it from outside the family. Under stress, families respond differently to the occurrence of an illness, whether physical or mental. The theory describes events during the

acute setting of an event. Stressful events to a family may define their perception of diseases and coping mechanisms (Goldenberg et al., 2017).

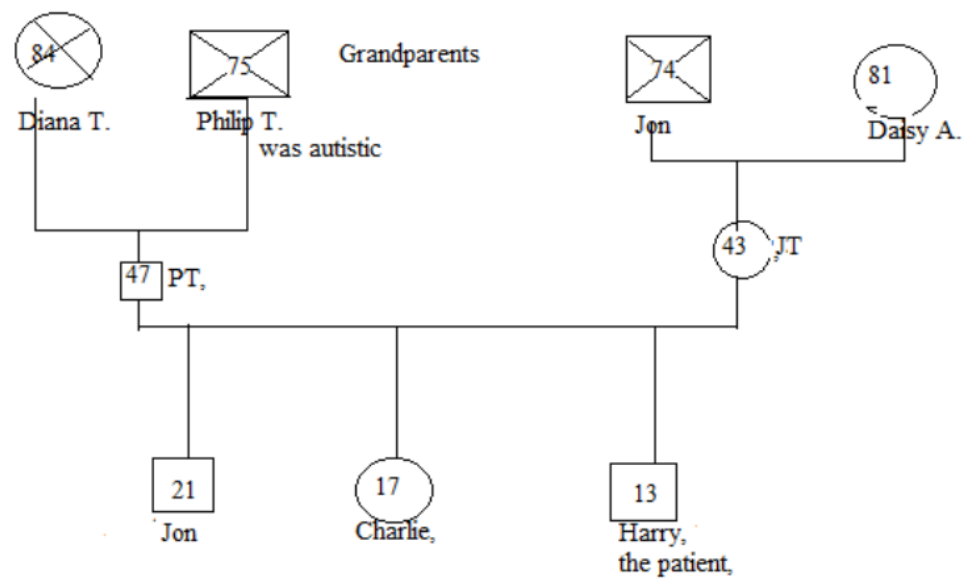
Management

Harry is most likely to be autistic. Autism represents a spectrum of mental disorders that may cause the derailment of psychosocial and mental milestones initially achieved (Genetics Home Referencing, 2020). In some cases, the milestone may fail to appear for the affected individual (Spain, et al., 2017). Autism commonly affects adolescents and children. Many scholarly articles report the genetic inheritance of autistic disorders. However, the pattern of inheritance is not clear to them. A care provider may not infer this impression in younger children because babies and young children have not achieved most developmental milestones. Children with autism disorders tend to have problems appropriately responding to sensory stimuli such as hearing, seeing, and tasting. Family therapy for autism spectrum disorders aims to promote coping and reduce the stress associated with the condition (Randell, et al., 2019). Family communications promote communications and enhance understanding of the conditions among family members. I would do a sensory integration therapy (SIT) besides family therapy for the young Harry. SIT is a face-face treatment modality that is done by trained therapists. The therapist's role is to stimulate the sensorimotor functions of the child through plays and social interactions. The test This challenges the child's sensations and promote social interactions. The therapy would go for as long the child stops cooperating in a session. I would prefer 1-hour sessions for Harry. The length of treatment depends on the child's response to therapy. The therapy would go for more than four months.

Conclusion

The case study was from a countryside family with an autistic child, Harry. Harry is a young adolescent who has had autistic features for about ten years now. The conditions have caused panic to his parents and siblings. I would recommend sensory integration therapy alongside family therapy for Harry. The duration of my therapy would depend on the response.

Genogram



There were no reparations or divorce reported in the family tree.

References

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