

EXERCISE THE CASE OF JASON

Presenting Problem: “Anxiety, fear of most everything, such as committing to anything, holding a job, going to college, going places, etc. I imagine everything that can go wrong.”

Goal for Therapy: “I want to have the confidence to grow, mature, be depended on, have a relationship, a normal life, not be afraid of doing everything, yet not be so confident as to be arrogant or cocky.”

Onset: Jason has experienced nervousness most of his life. He was, however, always able to function adequately. The extreme anxiety has been in this last year.

Social Situation: Jason lives with his mother and her husband. His brothers all live in the area. He is not able to work due to the anxiety. His mother is very worried about him and consistently reassures him that she will help him in anyway she can. She drives him places he’s too anxious to drive himself, etc. She drives him to counseling appointments.

Early Recollections:

1. (age 5) My mom is hosting an outdoor barbeque. Me and some friends are playing in the back yard. I run too close to the grill. I tripped on the grill and the wand (heating element) flipped off and burned my arm. I screamed and my Mom came running. She very tenderly put ointment on my arm and provided loving reassurance. Feelings: Carefree / Shock and Pain / Relief and Reassurance.
2. (age 8) I and a friend are playing at a construction site. Two older kids we didn’t know start to threaten us. We go back home and my brothers learn about the incident. They form a “posse” with some friends and I take them back to the construction site. I identify the “culprits” and the posse scares the crap out of them. Feelings: Fear and Shock / In Awe / Security / Satisfaction.
3. (age 9) A bunch of us are “doorbell ditching”. We’re hiding in the bushes watching the house. Two older boys that live there know where we’re hiding. Each of us kids gets captured and “roused up”. They grab me out of the bushes, recognize me, and realizing I have older brothers decide to leave me alone. Feelings: Excitement / Fear / Relief / Power.

Questions for Discussion:

- 1) Based on Jason’s description of his family constellation (on the genogram - birth order, parent descriptions) what are your guesses about his LIFESTYLE . . . his (a) Self Image, (b) World View, (c) Masculine Guiding Line, (d) Feminine Guiding Line (e) Goals and Strategies?
- 2) What do Jason’s Early Recollections suggest about Jason’s LIFESTYLE beliefs and goals?
- 3) How does Jason’s “presenting problem” (his symptoms) fit in? Is there a purposive quality about them? What might the purpose(s) be?
- 4) What environmental stressor(s) help us to understand the acceleration of his symptoms? What dynamics are involved?

GENOGRAM FORM

FAMILY NAME Jason

