

Rodney family

Psychology



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Rodney Family

Developing Alliance with Family Members

Family therapy entails processes and procedures that lead to implementation of certain chosen strategies. The first thing usually to accomplish in the process of beginning therapy is to establish alliance(s) with patient(s) and family members. In the case of Rodney family, a counselor or therapist has to develop alliance with the father or mother depending on who sought for services. This is the initial alliance that may happen through either phone calls or face-to-face meeting with the individual seeking services (Nichols, 2013). This alliance is usually important in helping a counselor to collect initial information regarding state of the family. This alliance is important in briefing a counselor about behaviors of the rebellious adolescent son, problems faced by Mr. Rodney, challenges of the money at work and condition of the other two children.

The second thing a counselor should do is to request for a meeting with the entire family by preferably visiting the family in their home. Since the rebellious adolescent who is failing 10th grade seems to be the main problem, a counselor needs to establish alliance with him to create a good communication platform (Lebow & Uliaszek, 2013). This can be possible by first initiating introduction process with all the family members and acknowledging knowing the problems and challenges of the family. A counselor then can ask the whole family to explain their feelings concerning the state of the family, and express if therapy can help resolve distresses caused by the problems. The next thing is to ask the rebellious son to comment on his failing of 10th grade, and the likely causes of the failure. This will enable understand the emotions of the child and know the approach

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to employ when engaging with the adolescent, and the family as whole.

Hypothesis of Structures Maintaining the Problem

One of the hypotheses that could be maintaining the problem is that the parents relaxed their authorities in trimming the rebellious adolescent son. Another hypothesis is that the adolescent is failing his 10th grade because of rebellion. The son could be extending his rebellion to school, which can make him not follow instructions and fail in his exams. The joblessness of the father could also create some psychological guilt as a failure and erode him the authority to steer and regulate behaviors of the son. Another issue that could maintain the problem relates to the fact that the mother has a low income job that do not satisfy family needs, that could also make the adolescent son view parents as failures in life.

Expectations at the Early Phase

One of the expectations at the early phase of counseling is that all family members are willing and open to communicate. Another expectation is that all family members are able to express their views about the problem courageously and propose possible solutions (Carlson, Krumholz & Snyder, 2013). Additional expectation is that family members exhibit calm and focus while sharing their views about the problem.

Expectations at the Middle Phase

One of the expectations is that family members avoid anxieties by addressing the counselor directly rather than confronting each other. The second expectation is that members speak about the problem without directly blaming each other for causing the situation. Another expectation is that members show genuine sympathy and attachment to one another.

Expectations at the Termination

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One of the expectations is that each member of the family realizes their contributions to the presenting problems. This should happen without the counseling directly pointing at each one's mistakes and inputs to the problem (Lebow, 2014). Another expectation is that all members accept the proposals to solving the problem and commit to implement their new roles effectively. The condition of relationship among family members should also improve as rebellion of the adolescent son diminishes.

References

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