

## **FAMILY THERAPY – CLIENT PRESENT (90847)**

**P (Purpose):** Family therapy to help with communication issues

**I (Intervention):** Met with Timothy, his mother, and his stepfather. Used sand tray therapy to assess family communication styles as well as to uncover themes from Timothy's recent start of 2<sup>nd</sup> grade. Modeled and taught active listening skills to Timothy's mother and stepfather as we explored Timothy's concerns about "being a failure."

**R (Response):** Timothy had trouble staying with the sand tray and often wandered away to look at other items in the room. When he did, his mother often spoke sharply to him to return him to the assigned task, and his stepfather would then escalate her concerns. Timothy often responded by screaming back. When he was able to stay with the sand tray exercise, he placed a young boy head-down buried in sand with a monster standing over him. Using that imagery, his parents were able to use more active-listening/wondering statements ("I wonder if you feel like that sometimes") with active coaching help from the therapist. Timothy responded to their interest by sharing that he thinks his teacher hates him and he'll never succeed at school.

**PL (Plan):** Because Timothy responded so well to the active listening statements, therapist to continue coaching his mother and stepfather on their use in next session. Family homework assignment of identifying one thing each of them is bad at but still really enjoys doing, in order to normalize that being bad at things doesn't mean you're a bad person. Next session in three days.