

Case Studies

Age: Family, son (8 years), mother (late 30's), granny (60's), mum's partner (early 40's)

Gender

School: F

Presenting Problem:

Suicide of uncle 2 years ago; no contact with dad for over a year; cousin's aggressive behaviour and own distress (social care involved) and repercussions affecting relationships and behaviour within the family structure

Intervention

Alongside existing 1:1 with son and Allyance team member, offering...

Systemic Family Therapy:

Monthly sessions with mum and granny initially and then involving son and mum's new partner. To explore ways to manage loss of both son, brother, uncle; looking at parenting concerns and re-framing this family unit

Joined-up meetings with granny, mum, Allyance team member working with son and myself to review

Meeting with school staff and Allyance; and school staff with Mum and Granny

During the Sessions - Topics Covered

Managing loss in relation to the suicide for granny (her son), mum (her brother)

Exploring issues related to dad not contacting son, again the loss of this, and how to re-parent with this different context.

Managing the situation with the cousin, his family situation and the effect that this has on the family system

Outcome / Impact

Recognising the effect of loss on them all

Relief at being listened to for both granny and mum

Encouraging them to put it different and more useful boundaries in relation to contact with cousin.

With granny, mum, son and mum's partner, looking at re-framing boundaries, respect and relationships.

On-going work with granny and mum, review meeting in December to consider ways forward