

ACA Group Supervision  
Chapter Meeting - April 2021  
**Case Studies**

# Case 1 – Triangulation



- Male 40, confused in his own direction
- “she makes me feel like nobody has ever done before” (+/-)
- “I will know what to do when she tells me whether we are going to be in a relationship or not” power is hers, she lives like she is ‘treating em mean to keep em keen’
- In partnership in biz 7 years – affair/separated/divorce/now together the two couples all know each other & kids
- Female late 30’s aggressive drinker
- “I used him for financial security & emotional support” +/-
- “out of a party drinking & he would find her with another man” +/-
- “I don’t know if I want to be with him”
- Session with both man and woman, the therapist was triangulated in the session as the ‘rescuer’ and the man as the ‘victim’ and the woman as the ‘perpetrator’.

- [Triangles and Family Therapy: Strategies and Solutions - YouTube](#)

# Case 2 – Family Therapy Enmeshed



- 4 year old girl and 18 month old boy, de-facto mum & dad (together for 8 years in their late 30's)
- Client is the 4 year old because the parents don't know what to do about her bedwetting (not toilet trained yet). She wears a nappy at night and not during the day (wets undies & whatever she is sitting on. The parents have taken her to many different specialists & tests; e.g. paediatrician, occupational and behavioural therapists, x-ray and MRI.
- Excerpt from one of parents email (numerous emails received of history);
- Physiotherapist Dad - "when child cries out for her blankie it is an unhealthy attachment/reliance issue"
- Teacher Mother – "I am enclosing a summary from a previous counsellor; child accepting no, play-based attachment focused & family therapy for dysfunction provided."
- Therapist does not yet know why the family left the previous counsellor.

[Parenting Styles and their Effects on Children - YouTube](#)

[Enmeshed Families - YouTube](#)



## Case 3 – Work place bullying (female-female boss)



- Boss having an affair with another employee
- Boss is pushing the female (client) out so the other employee (bosses male love interest) will take the position
- The triangle now pretends they're all friends
- Boss downplays bullying (kidding around & manipulation talk)
- Client comes for support & direction on stress leave

[Brodie's Law - YouTube](#)

[Workplace Bullying - YouTube](#)

# Case 4 – Stress & Burnout (a complex case)



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- Client works as a youth worker at a residential refuge for youth.
- One of the young people has a father (bikie) that recently breached his DVO and the client reported this as part of the workplace policy & safety procedure for the young person.
- Client is afraid for her safety and feels triggered by the father (bikie) as he knows where she lives and feels like he is watching her or going to come after her.
- The client has been finished taking Champix (utilised for 2 years to support her as she attempts to give up smoking), she has recently started having a cigarette a day for the past month because she is no longer taking medication.
- The Dr prescribed Lexapro however the client decided not to take it and has been spiralling down to a very depressed state. The therapist asked her to revisit taking Lexapro and the client agreed the medication would be worth trying as a measure of additional support alongside therapy.
- The client has her own history of childhood/family trauma.

[Understanding Stress and Burnout - Health and Wellness Training Video - YouTube](#)