Case Study

[Name of the Student:]

[Name of the Institution:]

Case Study

The given case study is about identifying the changes occurred in a family system, the resulting relationship problems, and any triangulation. A worksheet postulating these findings is given below.

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| **Triangulation** | **Relationship Problems** | **Changes in the Family System** |
| * Julie misses her mommy when she has a conflict with her step-mother. She starts crying. She is emotionally distant from her step-mother. She seeks refuge in her mother’s memories.
* Triangulation also exists as Julie fears her mother and feels at ease on seeing her father when he visits home after a certain period (Glüer, 2006).
 | * Julie experiences relationship problems. She missed the due attention from her mother as she was a drug addict.
* She is completely out of touch with her mother as she has left them all.
* She has to bear the harsh behavior of her step-mother. She cannot communicate her problems to her (Reilly & Yaure, 2019).
* Her father is mostly out of home. She is deprived of care from and sufficient communication with him.
 | * Julie’s parents got divorced and separated. She and her brother lost their mom. They can no more be able to have the influence of the most important individual of their family unit, their mother.
* Both have to live in a new home. They encounter new family members, the step-mother and her 2-years old son. They find it difficult to adjust with the new individuals added to their family system (Schwartz & Sweezy, 2019).
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References

Glüer, K. (2006). Triangulation. In *The Oxford handbook of philosophy of language*.

Reilly, J. F., & Yaure, R. G. (2019). The Role of Parents’ Relationship Quality in Children’s Behavior Problems. *Journal of Child and Family Studies*.

Schwartz, R. C., & Sweezy, M. (2019). *Internal family systems therapy*. Guilford Press.