

Appendix D Case Example: Family Portrait Analysis Form

Client name: Sam

Client age: 8

Caregiver name: _____

Therapist name: _____

If possible, attach a genogram or family history as given by the caregiver to this form.

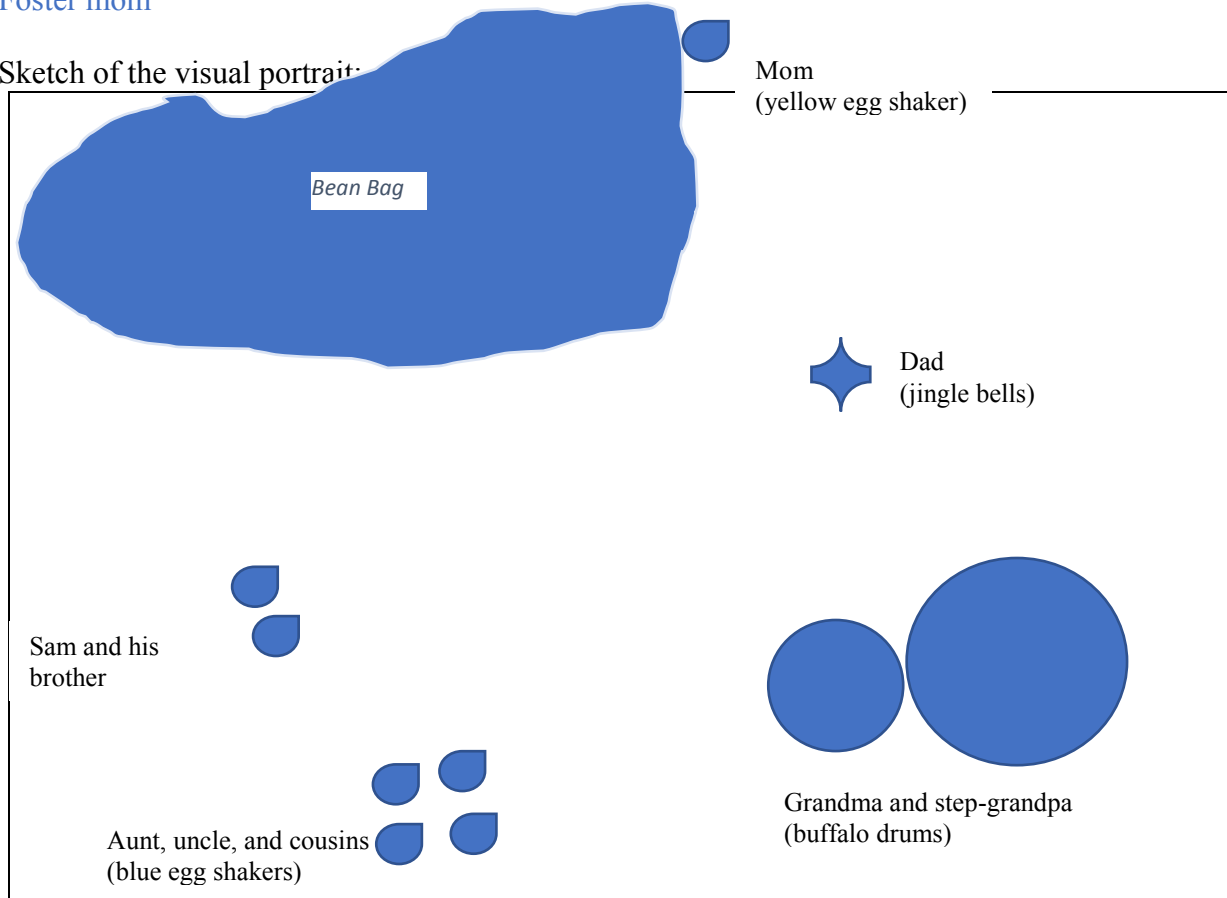
Family members included (in order listed by client):

- | | | |
|------------|-----------------|--------|
| 1) Dad | 5) Cousin | 9) Mom |
| 2) Brother | 6) Cousin | |
| 3) Uncle | 7) Grandma | |
| 4) Aunt | 8) Step-grandpa | |

Family members/caregivers notably absent from portrait:

Foster mom

Sketch of the visual portrait:



Case Example: Family Member Representation Analysis Form

Family member name (as called by client): Mom

Family member relationship to client: Mother

Chosen 9th (last) (1st, 2nd, 3rd, etc.) by client

Notes on client representation of family member:

Circle one:

Played by client alone

Played by client with therapist

Instrument choice notes:

- Egg shaker
- Same type of instrument with which Sam represented himself
- Same instrument as was used for most members of the portrait
- Instrument was chosen quickly, perhaps hastily

Improvisation notes:

- Very short duration (less than five seconds). This improvisation lasted only a fraction of the time spent on any other improvisation.
- High energy. Shaking loudly and quickly, with visibly tight arm muscles.
- Played in front of face, with eyes averted away from the instrument
- Arrhythmic: two or three short bursts of play, of unpredictable lengths
- Abrupt ending

Visual placement notes:

- As far away as possible from Sam's self-instrument – outside the initially established portrait area
- Elevated above all other instruments
- Bean bag serves as a barrier between Mom and all other family members
- Placed on a soft, cushioned surface
- Placed alone, not near any other family members

Therapist impressions of client perceptions about this family member:

- Sam wishes to avoid Mom (as evidenced by resistance to include her in the portrait at all, quick ending to improvisation, averted eyes during improvisation, and placement of Mom's instrument outside the portrait space)
- Mom evokes strong feelings for Sam (a.e.b. fast, sporadic play and muscle tension during improvisation)
- Sam maintains a sense of shared familial identity with Mom (a.e.b. same instrument type chosen for self as for Mom)
- Mom abandons abruptly (a.e.b. improvisation ending)
- Mom is abrasive and chaotic (a.e.b. style of play and arrhythmic qualities)