

Clinical Example:

What Seeds Cause the Stressors or Symptoms?

- a. Use Handout 'Seed Definition Worksheet', Survival Kit and Movie clips
- b. Each family member votes on their Top Two Seeds and Gives Their Reason for the Pick

Misuse of Power	Wounds	Mental or Physical Impairment	Unmet Primal or Spiritual Needs
<i>Mom - Her Misuse of Power</i> <i>John</i>	<i>Mom</i> <i>John</i> <i>Joshua</i>	<i>Joe</i>	

c. Write down the votes/names in the box below

Notes or Client's Reasons for Seed Selection

- *Mom- #1-Misuse of Power- She yells and feels she is out of control and the kids either get away with everything or she is too harsh*
#2-Wounds- "Kids Seen a lot of abuse and neglect"
- *Joe- #1-Mental impairment because "my Medication Has Helped me"*
#2-Misuse of Power – "mom grounds me for the whole summer"
- *Joshua- #1-Wounds- "I miss my real dad"- Feel Abandonment*
- *John- #1Wounds causing Joe to be drunk with power*

5. Negotiate Terms for Coaching: Clients Pick Which Two Symptoms Should be in the Contract.

- 1. Which symptom is easiest to remove?
- 2. Which symptom is most important?

1. Disrespect (mom and Joe thought this pick was easiest); Chores (John and Joshua picked as easiest)
2. Anger and Aggression (all agreed that this pick was most important)

6. Setting the Terms for Therapy

Seed 1 = *Misuse or Drunk with Power- Easier to get a handle on - Joe in charge of mood of household*
Seed 2 = *Unhealed Wounds as illustrated in The Horse Whisperer (Joe identified himself as the horse and mom identified herself as Grace)*

- 1. Your (Therapist's) Top Two Seed Picks with Reasons
- 2. List the Top Two Symptoms or Low Hanging Fruit

Symptom 1	Symptoms # 2
<i>Threats or Acts of Violence – sold them on this pick due to the nature/danger of Joe's aggression toward himself and toward Joshua</i>	<i>Chores – had to remind mom that she said that much of the disrespect centered around issue of chores and that this would reduce her stress the most – sold them on working on the aggression first and to tackle chores in a couple of weeks</i>

7. Your Bus Picks

- 1. Present your "Bus Picks" in conjunction with the stressor and seed package.

We Have Everybody We Need right Now- Older Sister and mom's friend will come later