

email

16 Dec 23

NVC
boundaries
co-dependency

dealing w/toxic parents

Subjective

The client had a rough week at work, . He felt his boss was overly critical at work. Calling him out on a project he was working on. His boss gave him some last minute changes to the project and didn't shift the deadline. Then called him out in front of his team for not getting everything completed on time. The client stated he had communicate his need for more time, but it fell on deaf ears. He feels overwhelmed and angry w/ this dynamic it is showing up more and more.

He also discussed his interactions with his wife and her family. She comes from a very conservative family and they feel their daughter "could do better" they have reflected that to both of them. She defends him to them but when he says he doesn't want to go to their house anymore, she gets mad. She wants him along because while she agrees with him, she feels guilty cutting them off. And she doesn't want to go over to their house alone, they overwhelm her.

objective: coherent, cooperative, severe anxiety, oriented 4x,
emotions appropriate to situations, upset, hurt, angry & overwhelmed

assessment provided: psychoeducation; discussed boundaries, & co-dependency
provided: warmth, empathy, compassion, unconditional positive regard, & support

plan: role playing ways to NVC (nonviolent communication) interactions w/
boss and parents in laws.