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**Székesfehérvári Egyházmegyei Karitás**

## **Case study 1**

*András, Anna, Dávid, Johanna*

*– short summary –*

Farnas Noémi Iлона

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The male member of the family featured in this case asked for help. During the care process, consultations took place every 2 weeks in 10 sessions. Andras and Anna are both 50 years old, married for 17 years. András works as a computer scientist and as a system administrator in a school. Anna is an IT teacher, quieter, and came to therapy at her husband's urging. They have two children. Dávid (14) is a skinny boy spending his time with video games. Johanna (12) has a boyish appearance, has no friends at school and does not like to study.

The father contacted me to complain that his son spends too much time in front of the screen. He is inseparable from electronic devices, neglects his studies, does not keep his things tidy around him and gets angry and irritable when asked to turn off the computer. Anna says her son is talented, studying computer science and he wants to be a programmer, but lately his grades have been falling and he plays a lot, surfing the internet. There are a lot of conflicts between the parents, they disagree about how to raise and discipline the children.

Parents are not united in the set of family rules they apply to organise their life together. The mother is in league with her children against the father, the boundaries have slipped. There is no time to spend together, no meals together. There are difficulties in conflict management and communication between father and son. The father finds it difficult to emotionally connect with his son, tries to control him by force since he has no means to handle these situations, often shouts and they are at each other's throats. The problem lies in the unbalanced family roles, the mother carries the burden, she is a victim type, the children do not appreciate her efforts. The parents fear that David will distance himself from them and get involved with the wrong crowd in the online space and become an addict.

Our joint work aims to strengthen the parental subsystem supporting them in their role as rule makers so that they can jointly set consistent limits on playtime and children should have age-appropriate responsibilities and tasks. Strengthening family cohesion, exploring family rituals, resources and attachment patterns. Develop new habits to increase spending time together.

The first half of the therapy was rather stagnant. Despite the fact that we made small steps forward with the family, we were motivated by the fact that from the second half of the process, there was increased cooperation and perseverance on their part.

In the sessions without children, the focus gradually shifted from screen time to the quality of relationships. The parents tried to connect with their children in creative ways and were consistent in enforcing the rules that were discussed.

David perceived his father's acceptance and appreciation and was able to interact with him more easily. András changed his attitude a lot, no longer trying to influence the children with anger and shouting, but in a gentle, consistent way, cooperating with his wife.

Anna also managed to recognise the role of the martyr, the children did not appreciate her efforts, they could not express gratitude to their mother, they were more demanding. She was then able to stand up for herself better, advocate for her own needs and involve the children more in household tasks.