**PCN-521 Topic 5: Vargas Case Study**

The Vargas family arrives to their 5th session together and on time. As a follow-up to last week’s focus on the family structure, you decide to consider a strategic approach this week. To check in, you invite them to share any feedback from last week’s session. Bob reports that he apologized to Elizabeth for “mishandling the suspension thing” then complains that Elizabeth is still “holding a grudge.” He admits that he often does not understand why she gets so upset and that he wants her to be happy. Elizabeth acknowledges that the apology “is a start” and suggests that the reason Bob doesn’t understand is that he “doesn’t ever listen” to her. Bob tells Elizabeth that he listens, but gets frustrated because he doesn’t know how to “fix it.”

You notice Frank and Heidi sitting together, quietly looking at a book while their parents talk. You inquire about any noticeable changes made during the week. Both parents claim to have made an effort to avoid raising his/her voice and report being pleased with their conduct. When asked about the children, Elizabeth reports noticing improvement. Bob, however, expresses frustration with Frank’s constant need of redirection and numerous reminders to complete his chores. Bob also noted an increase in Heidi’s demands for attention.