

MECA (Multidimensional Ecological Comparative approach)

Practice Templates

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Template for a MECA MAP

Ecological Context



Family Life Cycle



Migration/Acculturation



Family Organization



Template for a Comparative MECA MAP

Ecological Context

CLIENT/S

THERAPIST

Migration

CLIENT/S

THERAPIST

Family Life Cycle

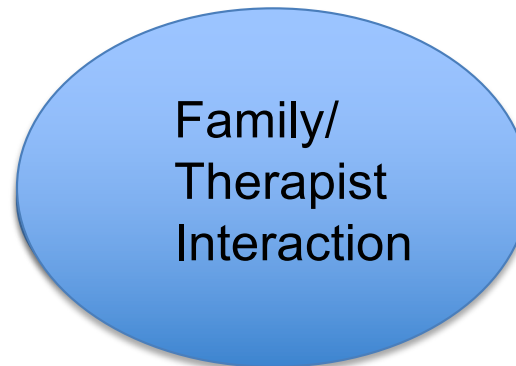
CLIENT/S

THERAPIST

Family Organization

CLIENT/S

THERAPIST

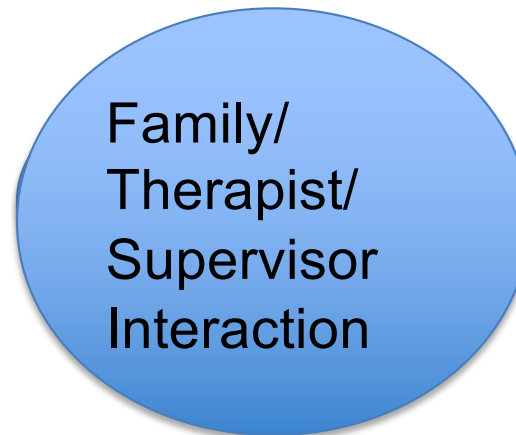


Template for a Comparative MECA MAP in Supervision

Ecological Context



Family Life Cycle



Migration



Family Organization



MECA DOMAINS

ECOLOGICAL CONTEXT

- Work
- Community
- School
- Religion

POWER DIFFERENCES
(discrimination, racism)

MIGRATION/ ACCULTURATION

- Separations & Reunifications
- Trauma/ Undocumented
- Losses and Gains
- Cultural Identities

FAMILY LIFE CYCLE

- Ideals
- Meanings
- Timings
- Transitions

**CULTURAL VALUE
DIFFERENCES**

FAMILY ORGANIZATION

- Nuclear/ Extended Family
- Connectedness
- Hierarchies
- Communication Styles

FAMILY MAPS

Practitioner
Maps

Theory
Training

Personal

MECA

CASE HISTORY/CONTEXT Intake Form

MIGRATION/when, how, why
Adjustment, immigration
status,trauma language,
separations & reunifications

**SOCIOCULTURAL
CONTEXT**/Living conditions,
SES, Education,Work, Religion,
Beliefs about Illness/cure

FAMILY ORGANIZATION
Hierarchies, connectedness,
communication

FAMILY LIFE CYCLE
Transitions, values
Generational differences