The Triple Three Approach

A concise concept for the initial medical assessment in psychosomatic medicine
The Triple Three Approach

- 3 Sheets
- 3 Fields
- 3 Generations
The Triple Three Approach

3 Sheets

1. Medical History
2. Current Social History
3. Family History
The Triple Three Approach

3 Fields

1. Educat. / profess. / hierarch. status
2. Financial / property status
3. Relational / matrimonial status

Apply to every person involved
The Triple Three Approach

3 Generations

1. Patient
2. Parents
3. Grandparents
The Triple Three Approach

- Detecting the hidden agenda
  - Understanding the triggering constellation
  - Tracking the coping strategies
  - Discovering the biografical script
The Triple Three Approach

Examples of triggering constellations

- Failure at success
- The idealized object reveals its weakness
- Loss of an indispensable hate object / oral nursling / anal fosterling / contempted rival
- Re-encated genetic conflict