

Person-in-Environment at a Glance

Four levels. One whole person. A quick reference for seeing the full picture.

MICRO

The Person

The individual and their closest relationships.

LOOK FOR

- Identity and intersectionality
- Trauma history, attachment, coping
- Physical and mental health
- Household relationships

ASK YOURSELF

- What is the client carrying in today?
- What strengths show up, even unnamed?

IN THE NOTE

- Name identity, health, and relational context specifically.

MEZZO

The Systems

Groups and institutions the client moves through.

LOOK FOR

- School, work, faith, peers
- Housing and neighborhood safety
- Access to transport, care, childcare
- Formal and informal supports

ASK YOURSELF

- Which personal problems are system problems?
- What support am I underusing?

IN THE NOTE

- Name the institution by name, not vaguely as 'environment.'

MACRO

The Structures

Policy, economy, law, culture, history.

LOOK FOR

- Policy, funding, benefits access
- Discrimination and structural racism
- Economic and labor conditions
- Cultural and historical narratives

ASK YOURSELF

- What if the rules were different?
- Am I pathologizing a just response?

IN THE NOTE

- Write macro forces in the Assessment, not just supervision.

CHRONO

The Time

Life stage, historical moment, and the now.

LOOK FOR

- Life stage and developmental tasks
- Historical moment the client lives in
- Recent transitions and anniversaries
- Generational and community history

ASK YOURSELF

- What would I miss if I treated this client as timeless?
- Is this the level I keep skipping?

IN THE NOTE

- Name the moment. Treat chrono as equal, not optional.