



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

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3 Sheets

1. Medical History
2. Current Social History
3. Family History

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3 Fields

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

Apply to every person involved

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3 Generations

1. Patient
2. Parents
3. Grandparents

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Detecting the hidden agenda

- Understanding the triggering constellation
- Tracking the coping strategies
- Discovering the biographical script

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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



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