**CP FORM 4**

**MOI UNIVERSITY**

**Department of Sociology, Psychology and Anthropology**

**BSc Counselling Psychology**

**Initial Assessment Form for Groups**

**Student counsellor’s name...SHEIKH ABDULGHANI NOOR Reg. No...CP/30/19**

**Case Number…** 1 **Date of intake…** 06/02/2024

**Group Code…** G1 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group consisted of 18 members: 16 male and 2 female.   
Age bracket of the group was between 20 – 55 years.

**The current situation (allow the group to share whatever brought them for therapy).**The group members self-identified as recovering addicts with past dependencies on alcohol and drugs. They joined the group therapy as part of their 90-day recovery program to share challenges faced in their journeys. Shared difficulties include:

**Triggers:** Situations, emotions, or substances that elicit cravings or urge to use.

**Social relationships:** Maintaining healthy connections while avoiding negative influences or enabling behaviours.

**Root causes:** Understanding the underlying factors that contributed to their addiction.

**Addiction understanding:** Gaining deeper insights into their addictive patterns and thought processes.

**What is your initial assessment of the group; cognitively, emotionally, socially and physically in relation to their concerns**?

**Cognitive:** Group members demonstrated varying levels of awareness and understanding of their addictive patterns and triggers. Some exhibited cognitive distortions or negative self-beliefs related to their past use.  
**Emotional:** A range of emotions were expressed, including vulnerability, fear of relapse, frustration, and hope for recovery. Some members might require support managing difficult emotions effectively.

**Social:** The group dynamic appeared supportive and encouraging, offering a safe space for members to share openly. However, potential power imbalances or interpersonal conflicts should be monitored.  
**Physical:** No specific physical concerns were mentioned.

**CP FORM 5**

**MOI UNIVERSITY**

**Department of Sociology, Psychology and Anthropology**

**Group Treatment Plan Form**

**Student counsellor’s name...SHEIKH ABDULGHANI NOOR Reg. No...CP/30/19**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G1 | 06/02/2024 | 9.20 am | 1 | 2 hrs | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**

* Managing triggers and cravings.
* Building healthy social relationships.
* Identifying and addressing root causes of addiction.
* Developing a deeper understanding of addictive patterns and behaviors.

**3. Goals for therapy:**

* Increase awareness and identification of personal triggers.
* Develop coping mechanisms to manage cravings and urges effectively.
* Enhance communication and interpersonal skills for building supportive relationships.
* Explore underlying factors contributing to addiction and develop healthier coping strategies.
* Foster self-compassion and acceptance to promote sustained recovery.

**4. Interventions:**

**Psycho-education:** Provide information on addiction, relapse prevention, and healthy coping mechanisms.

**Cognitive-behavioural therapy (CBT):** Challenge negative thought patterns and develop skills for managing triggers and cravings.

**Group discussions and exercises:** Encourage open sharing, peer support, and learning from shared experiences.

**Relapse prevention planning:** Identify high-risk situations and develop personalized strategies to avoid relapse.

**Mindfulness and relaxation techniques:** Promote emotional regulation and stress management.

**5. Plans for next session:**

* Introduce the concept of triggers and their identification using group discussion and individual exercises.
* Facilitate sharing of personal experiences with triggers and initial coping strategies employed.
* Introduce relaxation techniques for managing cravings and emotional distress.

**Student Counsellor’s signature… Date…** 06/02/2024

**CP FORM 6**

**MOI UNIVERSITY**

**Department of Sociology, Psychology and Anthropology**

**Student counsellor’s name...SHEIKH ABDULGHANI NOOR Reg. No...CP/30/19**

**GROUP LOG FORM**

**SUMMARY OF GROUP CONTACT HOURS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP CODE** | **DATE:**  **FROM** | **DATE:**  **TO** | **No. OF SESSIONS** | **No. OF HOURS** | **PRESENTING CONCERNS AND MAIN ISSUES EXPLORED** |
| G1 | 6/2/24 | - | 1 | 2 | The presenting concerns of the group revolve around the multifaceted challenges faced by members in their recovery from addiction. These include the imperative need to manage triggers and cravings effectively, fostering the establishment of healthy social relationships to navigate positive support systems, delving into the identification and resolution of the root causes underlying their addiction, and developing a profound understanding of addictive patterns and behaviors. The group aims to collectively address these concerns, fostering an environment conducive to sustained recovery and personal growth. |
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|  |  |  |  |  |  |
|  |  |  |  |  |  |

**TOTAL HOURS…** 2 **COLLECTIVE HOURS…** 2

**STUDENT COUNSELLOR’S SIGNATURE… DATE…** 06/02/2024

**SITE SUPERVISOR’S NAME… SIG… DATE…**

**UNIVERSITY SUPERVISOR’S NAME… SIG… DATE…**