**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 10 **Date of intake…** 19/03/2024

**Group Code…** G10 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group consisted of 3 family members related to the patient; 2 elderly men and one woman. Age range was between 40-55 years.

**The current situation (allow the group to share whatever brought them for therapy).**Group sought therapy to get closure about their chronically ill patient who was diagnosed with advanced oesophagus cancer with no hope for recovery. Family members had recovery expectations. This session was meant to give them closure about the current state of affairs in relation to their patient.

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

Insight is good, judgement too

Mood and Affect: euthymic

Social behaviour is appropriate

Appearance: neat and well kempt

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

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| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G10 | 19/03/2024 | 1.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group sought therapy to gain closure regarding their chronically ill patient diagnosed with advanced oesophagus cancer, for whom recovery expectations were held. They are grappling with the emotional turmoil and uncertainty surrounding the patient's prognosis and seek support in processing their feelings and finding closure.

**Goal(s) for therapy**1. Provide emotional support and validation to the group members as they navigate their grief and uncertainty surrounding the patient's prognosis.  
2. Facilitate open communication and expression of emotions within the group, allowing them to share their experiences and perspectives in a safe and supportive environment.  
3. Help the group members gain acceptance and understanding of the current state of affairs regarding the patient's condition, fostering a sense of closure and peace.  
4. Educate the family on palliative care options and support them in making informed decisions regarding the patient's care.

**Interventions (state theories used)**1. Supportive Therapy: Utilized supportive therapy techniques to provide emotional validation and empathy to the group members as they navigate their grief and uncertainty. Encouraged active listening and validation of each other's experiences to foster a sense of solidarity and support within the group.  
2. Psychoeducation: Provided information and education about the patient's diagnosis and prognosis, helping the group members gain a better understanding of the medical realities and uncertainties surrounding the illness. Offered guidance on coping strategies and emotional self-care techniques to manage their distress.  
3. Grief Counselling: Employed grief counselling interventions to help the group members process their feelings of loss and sadness related to the patient's condition. Facilitated open expression of emotions and encouraged the group to explore their individual experiences of grief and mourning.  
4. Palliative Care Education: Conducted sessions to educate the family members about palliative care options, including pain management and end-of-life care, to support them in making decisions aligned with the patient's comfort and dignity.

**Plans for next session (If any)**

No plans for next session. Client is due to be discharged.

**Student Counsellor’s signature… Date…** 19/03/2024