**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 11  **Date of intake…** 22/022024

**Group Code…** G11 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group comprised of a single mother and her teenage son.

**The current situation (allow the group to share whatever brought them for therapy).**The mother has been having a hard time with her teenage son (fifteen years old) for the past few months. The son has been aggressive, violent and doesn’t listen to anyone other than his friends. He has even threatened to drop out of school if the mother doesn’t leave him alone. The mother has tried all means but to no success. She seeks therapy in order to find a way to communicate with her so he can listen to her.

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

Insight: The mother demonstrates a strong understanding of their situation, showing insightful awareness regarding her son's behaviour and its impact. In contrast, the son appears to have limited insight into the consequences of his actions, showing resistance to authority and parental guidance.

Judgment: While the mother exhibits sound decision-making skills given her circumstances, seeking therapy as a proactive step to address the challenges, the son's decision-making skills may be impulsive and influenced by peer pressure, as evidenced by his threats to drop out of school.

Speech: Both communicate coherently, expressing thoughts and emotions clearly, although the son's communication may be characterised by defiance or aggression, reflecting underlying emotional turmoil.

Mood and Affect: The mother displays a dysphoric mood, expressing sadness and despair about her son's behaviour, while the son may exhibit volatile mood swings, alternating between aggression and withdrawal.

Social Behaviour: Both engage appropriately in social interactions, demonstrating effective communication skills, but the son's social interactions may be primarily with friends who validate his behaviour, contributing to his defiance towards authority figures.

Appearance: Both maintain a neat and well-groomed appearance, although the son's appearance may reflect a lack of concern for personal grooming or presentation, potentially indicative of underlying emotional distress.

**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** |
| G11 | 22/022024 | 3.30 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The primary concern bringing the mother and son to therapy was the ongoing conflict and communication breakdown in their relationship. The mother struggled with her son's aggressive and defiant behaviour, feeling helpless and unable to reach him. The son, on the other hand, may have felt misunderstood and unsupported, resorting to extreme actions to assert his independence and autonomy.

**Goal(s) for therapy**1. To improve communication: The goal of therapy was to establish open and effective communication channels between the mother and son, allowing them to express their feelings, concerns, and needs in a constructive manner.  
2. To address behavioural issues: Therapy aimed to address the son's aggressive and violent behaviour, helping him understand the consequences of his actions and develop healthier coping strategies to manage his emotions.  
3. To rebuild trust and connection: Another goal was to rebuild trust and strengthen the mother-son bond, fostering a supportive and nurturing environment where both felt valued, understood, and respected.

**Interventions (state theories used)**1. Family Systems Theory: Utilising principles of Family Systems Theory, therapy focused on understanding the dynamics of the mother-son relationship within the broader family context. This approach helped identify underlying patterns of interaction and communication that contributed to the current issues.  
2. Cognitive-Behavioural Therapy (CBT): Employing CBT techniques to address the son's aggressive behaviour and negative thought patterns. This involved identifying and challenging distorted beliefs, teaching anger management skills, and promoting positive coping strategies.  
3. Emotion-Focused Therapy (EFT): Incorporating EFT principles to explore and validate the emotions underlying the mother and son's interactions. This intervention focused on helping them express their feelings openly and empathetically towards each other.

**Plans for next session (If any)**In the next session, we will continue to work with the mother and son to further develop their communication and conflict resolution skills. We will explore deeper issues underlying the mother-son relationship and continue to implement strategies to address the son's behavioural issues.

**Student Counsellor’s signature… Date…** 22/022024

**SESSION 2 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** |
| G11 | 15/03/2024 | 2.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The son was able to open up in the previous session about how his peers were a big part of his behaviour change. He shared the kind of risky activities they engage in like role playing using real weapons to imitate gangs and everything they do. He also explained how his peers were constantly pushing him to drop out of school. His mother was terrified and surprised by all this information.

**Goal(s) for therapy**1. To address peer influence: help the son develop resilience against peer pressure and make positive choices.  
2. To promote school engagement: help son in re-engaging with his education and resisting pressure to drop out of school.  
3. To enhance family communication: improve communication between the mother and son

**Interventions (state theories used)**1. Cognitive Restructuring: Utilised cognitive restructuring techniques to help the son identify and challenge irrational thoughts and beliefs driving his risky behaviours. This intervention aimed to promote more adaptive thinking patterns and decision-making.  
2. Family Therapy: Implemented family therapy techniques to improve communication and understanding between the mother and son. This involved facilitating discussions about family dynamics, setting boundaries, and exploring ways to support each other.  
3. Psychoeducation: Provided the mother and son with information about the risks and consequences of engaging in risky behaviours and the importance of staying in school. This intervention aimed to increase their awareness and understanding of the potential impact of their actions.

**Plans for next session (If any)**In the next session, we will continue to work with the mother and son to develop strategies for resisting peer pressure and re-engaging with school. we will explore coping mechanisms for dealing with peer influence and strengthen communication skills within the family.

**Student Counsellor’s signature… Date…** 15/03/2024

**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** |
| G11 | 19/03/2024 | 3.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The mother sought therapy to be able to open up and confess on how she used to treat her son while he was young. She was also willing to appologise for all the wrongs she did to him citing them as the main reason why he felt pushed away by his mom. She aims to rsolve all the past mistakes that they encountered with her son in order to regain her sons trust and affection.

**Goal(s) for therapy**1. To facilitate healing and reconciliation

2. To improve communication and understanding

3. To promote forgiveness and closure

**Interventions (state theories used)**1. Person-Centred Therapy: Utilised principles of Person-Centred Therapy to create a non-judgmental and empathetic environment where the mother felt safe to explore and express her feelings and experiences.  
2. Narrative Therapy: Employed Narrative Therapy techniques to help the mother and son construct and make sense of their shared story, allowing them to reframe past experiences and create a new narrative that promotes healing and understanding.  
3. Apology and Reconciliation: Facilitated a process of apology and reconciliation between the mother and son, allowing them to acknowledge past hurts and work towards forgiveness and healing.  
4. Family Systems Theory: Explored dynamics within the family system to understand how past interactions and relationships may have influenced the mother-son relationship, guiding interventions to address underlying issues and promote positive change.

**Plans for next session (If any)**In the next session, we will continue to support the mother and son in their journey towards healing and reconciliation. We will explore further opportunities for open communication and understanding, and continue to work on strategies to rebuild trust and strengthen their relationship. Additionally, we may explore additional interventions or involve other family members to provide support and facilitate the healing process.

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