**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 12 **Date of intake…** 20/03/2024

**Group Code…** G12 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group comprised of a mother and her grandson. Age range was between 24-55 years.

**The current situation (allow the group to share whatever brought them for therapy).**They sought therapy due to their recent loss regarding their family member; son of the grandmother and father to the son. The father succumbed to lung cancer after he was hospitalised for three weeks. He was already in stage four at time of admission. The two family members were grieving their deceased.

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

Initial Assessment of the Group:

Insight: The group collectively demonstrates a commendable understanding of their circumstances and condition, reflecting insightful awareness regarding their shared concerns.

Judgment: As a group, they showcase prudent decision-making skills, indicating the ability to make sensible choices considering their circumstances and collaborative decision-making.

Speech: The group communicates cohesively, expressing their thoughts and emotions with clarity and coherence during group discussions and interactions.

Mood and Affect: The group exhibits dysphoric mood, with a low mood mixed with feelings of sadness and despair evident among members during group sessions.

Social Behaviour: Collectively, the group engages in appropriate social interactions, demonstrating effective communication and interpersonal skills in their interactions with each other and the therapist.

Appearance: The group presents themselves in a neat and well-kempt manner, reflecting their attention to self-care and presentation during group therapy sessions.

**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** |
| G12 | 20/03/2024 | 1.30 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group sought therapy following the recent loss of their family member, the son of the grandmother and father to the son. The father passed away from lung cancer after a three-week hospitalisation, already in stage four upon admission. The two family members were grieving their deceased loved one.

**Goal(s) for therapy**1. To facilitate grief processing: The goal of therapy was to provide a safe and supportive environment for the group to express their emotions, share memories, and honour the life of their deceased loved one.

2. To promote emotional healing: Therapy aimed to help the group members work through their grief, find meaning in their loss, and gradually adjust to life without their family member.

3. To strengthen coping skills: Another goal was to equip the group with coping strategies and resources to manage their grief reactions and support each other through the grieving process.

**Interventions (state theories used)**1. Grief Counselling: Employed principles of grief counselling to validate the group's emotions, facilitate emotional expression, and help them come to terms with their loss.

2. Narrative Therapy: Utilised narrative therapy techniques to encourage the group members to share stories and memories of their deceased loved one, fostering a sense of connection and meaning-making in their grief journey.

3. Supportive Group Therapy: Implemented supportive group therapy interventions to promote mutual support, empathy, and solidarity among group members as they navigate through their grief together.

**Plans for next session (If any)**This is the final session.

**Student Counsellor’s signature… Date…** 20/03/2024