**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 13 **Date of intake…** 23/03/2024

**Group Code…** G13 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group was a couple between ages 27-32 years.

**The current situation (allow the group to share whatever brought them for therapy).**The husband had been treated and discharged recently after ingesting poison in an attempt to take his file citing marital disputes as the main factor. He shares that his wife has befriended a number of men in the neighbourhood whom she spends time with when he is away. The wife on the other hand has shared how her husband comes home late every day leaving her lonely at home. They explain how they love each other and would like to resolve their issues maturely.

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

Insight: The client demonstrates a commendable understanding of their circumstances and condition, reflecting insightful awareness.

Judgment: The client showcases prudent decision-making skills, indicating the ability to make sensible choices considering their circumstances.

Speech: The client communicates cohesively, expressing their thoughts and emotions with clarity and coherence.

Mood and Affect: euthymic

Social Behaviour: The client engages in appropriate social interactions, demonstrating effective communication and interpersonal skills.

Appearance: The client presents themselves in a neat and well-kempt manner.

**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** |
| G13 | 23/03/2024 | 3.30 pm | 1 | 2 ½ hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The couple sought therapy due to marital disputes and concerns about infidelity. The husband attempted self-harm, expressing distress over his wife's friendships with other men. The wife, feeling neglected due to her husband's long working hours, sought support to address feelings of loneliness and improve communication in their relationship.

**Goal(s) for therapy**1. To improve communication: The goal of therapy was to facilitate open and honest communication between the couple, allowing them to express their concerns, needs, and feelings in a constructive manner.  
2. To address trust issues: Therapy aimed to address trust issues stemming from suspicions of infidelity, helping the couple rebuild trust and strengthen their marital bond.  
3. To promote conflict resolution: Another goal was to equip the couple with conflict resolution skills to address disagreements and resolve conflicts in a respectful and mutually beneficial manner.

**Interventions (state theories used)**1. Emotionally Focused Therapy (EFT): Employed principles of EFT to help the couple identify and express their underlying emotions, such as fear, insecurity, and sadness, related to their marital issues.  
2. Cognitive-Behavioural Therapy (CBT): Utilised CBT techniques to challenge negative thought patterns and irrational beliefs contributing to mistrust and conflict in the relationship.  
3. Couples Counselling: Implemented couples counselling interventions to facilitate dialogue, promote understanding, and foster empathy between the husband and wife.  
4. Solution-Focused Brief Therapy (SFBT): Utilised SFBT techniques to identify and build upon the couple's strengths and resources, focusing on solutions and positive outcomes in their relationship.

**Plans for next session (If any)**In the next session, we will continue to work with the couple to address their marital concerns and develop strategies for improving communication and resolving conflicts. We may explore deeper issues underlying their relationship dynamics and introduce additional interventions tailored to their specific needs and progress. Additionally, we will reinforce positive changes and encourage ongoing commitment to the therapeutic process.

**Student Counsellor’s signature… Date…** 23/03/2024