**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 2 **Date of intake…** 07/02/2024

**Group Code…** G2 **Practicum Site…MTRH**

**Group demographic information (type of group)**

Group consisted of 7 family members who came to a family therapy session for their recovering daughter. Age range of 19 – 51 years. 4 male members and 5 female members.

**The current situation (allow the group to share whatever brought them for therapy).**

Family members attended the session for the release of their daughter who had completed her 90-day recovery program. The daughter is a recovering addict who was an alcoholic. They came to discuss about an exit plan for their daughter and how they are planning to continue supporting her in recovery after discharge from the rehabilitation facility.

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

Cognitively: The group members demonstrate clear thinking and effective communication skills, indicating cognitive clarity and understanding of their situation.

Emotionally: They express excitement and determination regarding the daughter's recovery, suggesting a strong emotional investment in her well-being and the success of the therapy process.

Socially: The family exhibits cohesion and a shared commitment to supporting the daughter, reflecting strong social bonds and a willingness to work together toward a common goal.

Physically: There are no apparent signs of illness or impairment among the group members, indicating physical well-being and readiness to actively participate in the therapy sessions.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G3 | 07/02/2024 | 2.15 pm | 1 | 2 hours | MTRH |

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

The family's primary concern is ensuring a successful transition for their daughter after completing her 90-day recovery program for alcohol addiction. They are seeking guidance on creating an exit plan and establishing sustainable support systems to aid her ongoing recovery journey.

**Goal(s) for therapy**

The goal of therapy is to facilitate a smooth transition for the daughter post-rehabilitation. This involves strengthening family communication and support networks to provide a nurturing environment conducive to her recovery.

**Interventions (state theories used)**

We employed family systems theory to explore the dynamics within the family unit. By understanding how each member interacts and influences one another, we identified patterns of behavior and communication that could impact the daughter's recovery. Through this lens, I facilitated discussions to help the family recognize their roles in both contributing to and supporting the recovery process.

Cognitive-behavioural techniques were utilized to address triggers and prevent relapse. Together, we identified potential triggers for the daughter's alcohol use and developed coping strategies to manage them effectively. By challenging negative thought patterns and implementing healthy coping mechanisms, the family learned practical ways to support the daughter during challenging times.

Psycho-education on addiction and recovery was provided to increase understanding and reduce stigma surrounding substance abuse. By discussing the physiological and psychological aspects of addiction, the family gained insight into the challenges their daughter faces and the importance of ongoing support in her recovery journey.

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

In the upcoming sessions, the therapist will delve deeper into exploring family roles and responsibilities in supporting the daughter's recovery journey. Concrete strategies will be developed collaboratively to address potential challenges that may arise post-discharge. The therapist will continue to foster open communication and encourage active participation from all family members to ensure a supportive and conducive environment for the daughter's ongoing recovery.

**Student Counsellor’s signature… Date…**