**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 3 **Date of intake…** 20/02/2024

**Group Code…** G3  **Practicum Site…MTRH**

**Group demographic information (type of group)**Family members of a kidney transplant patients and a neighbour. Family consists of the father (the patient), mother, two sons (one is the donor), sister and a neighbour.

**The current situation (allow the group to share whatever brought them for therapy).**The family members of a kidney transplant patient, including the father (the patient), mother, two sons (one of whom is the donor), sister, and a neighbour, have sought therapy for clarification and psychoeducation regarding the kidney transplant process. They express concerns about understanding the entire transplant journey, including finding a willing kidney donor, adhering to medication, establishing a support system, and having contingency plans in place.

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

Cognitively, the group appears cognitively stable and well-oriented, demonstrating understanding and comprehension of the information provided during psychoeducation sessions.  
Emotionally, the group presents as stable, showing readiness and openness to engage in the therapeutic process and address their concerns collaboratively.  
Socially, the group exhibits appropriate social behavior, fostering a supportive and cohesive environment conducive to open communication and mutual understanding.  
Physically, the group members appear well-kempt, reflecting a level of self-care and attention to personal appearance.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G3 | 20/02/2024 | 10.00 am | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The family members of the kidney transplant patient have sought therapy to gain clarity and psychoeducation about the kidney transplant process. They are concerned about understanding every aspect of the journey, from finding a willing kidney donor to grasping the significance of medication adherence. Additionally, they aim to establish a dependable support system and prepare contingency plans, such as identifying a second willing donor if necessary. Their primary focus is on comprehending the complexities of the transplant procedure and ensuring the patient's well-being throughout the process.

**Goal(s) for therapy**1. Enhance understanding and clarity regarding the kidney transplant process, including the roles and responsibilities of family members, potential challenges, and strategies for effective coping and support.  
2. Facilitate open communication and mutual support within the family system, fostering resilience and cohesion during the transplant journey.  
3. Develop practical skills and resources to navigate the complexities of post-transplant care, including medication adherence, lifestyle adjustments, and the importance of maintaining a healthy support network.  
4. Explore and address any emotional concerns or anxieties related to the transplant process, promoting emotional well-being and resilience among family members.

**Interventions (state theories used)**1. Family Systems Theory: Employed to explore the interconnectedness of family dynamics and roles within the context of the kidney transplant process, promoting understanding and collaboration among family members.  
2. Psychoeducation: Utilized to provide comprehensive information and clarification regarding the transplant process, medication adherence, potential challenges, and coping strategies, empowering family members to make informed decisions and actively participate in the care process.  
3. Cognitive-Behavioural Techniques: Integrated to address any cognitive distortions or maladaptive beliefs that may arise during the transplant journey, promoting adaptive coping skills and resilience among family members.

**Plans for next session (If any)**In the next session, we will continue to explore the family's concerns and experiences related to the kidney transplant process, addressing any emerging questions or uncertainties. We will further delve into strategies for fostering effective communication, problem-solving, and mutual support within the family system. Additionally, we will introduce practical tools and resources to facilitate successful navigation of the post-transplant period, including medication management, lifestyle adjustments, and ongoing emotional support.

**Student Counsellor’s signature… Date…**  20/02/2024