**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 4  **Date of intake…** 26/02/2024

**Group Code…** G4  **Practicum Site…MTRH**

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

Group consisted of 8 clients; 3 males and 5 females. Age range was between 20 – 35.

**The current situation (allow the group to share whatever brought them for therapy).**Clients were facing various mental health challenges, such as schizophrenia, bipolar disorder, depression, substance abuse, and schizo-affective disorder. Despite the differences in their diagnoses, they shared a common desire to improve their ability to cope with their conditions and avoid experiencing relapses or setbacks. They sought to gain a deeper understanding of the specific issues they were dealing with and to discover practical strategies to help them manage their symptoms and maintain stability in their lives. Their collective goal was to empower themselves with knowledge and skills that would enable them to navigate their mental health challenges more effectively and lead fulfilling lives despite their conditions.

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

In assessing the group, cognitively, the clients exhibit good and stable insights into their conditions, suggesting a level of understanding and awareness. Emotionally, they appear stable, indicating a capacity to engage in therapeutic work. Socially, their behaviour appears appropriate, indicating a potential for constructive group dynamics. Physically, they present as healthy and stable, which is a positive foundation for their therapeutic journey.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G4 | 26/02/2024 | 9.40 | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group comprises individuals grappling with various mental health challenges, including schizophrenia, bipolar disorder, depression, substance abuse, and schizoaffective disorder. Their shared concern revolves around illness management and relapse prevention. They seek to understand the dynamics of their conditions and learn effective strategies for managing them.

**Goal(s) for therapy**The primary goal for therapy is to provide psychoeducation on their respective mental health conditions, focusing on management and recovery strategies. By enhancing their understanding of their illnesses, they aim to empower themselves to navigate their conditions more effectively and prevent relapses.

**Interventions (state theories used)**The primary intervention employed was psychoeducation. Through structured learning and discussion, clients will gain insights into the nature of their mental health disorders, learn effective coping mechanisms, and explore strategies for recovery. Psychoeducation is a valuable tool for promoting self-awareness and fostering a sense of agency in managing one's mental health.

**Plans for next session (If any)**In the next session, the focus will be on delving deeper into specific aspects of psychoeducation, tailoring the content to address the unique needs and concerns of the group members. Additionally, the session may involve experiential exercises or group discussions to facilitate peer support and reinforce learning objectives.

**Student Counsellor’s signature… Date…** 26/02/2024