**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**?

- The group demonstrates good insight and judgment, indicating a capacity for self-awareness and rational decision-making.

- Speech is coherent, suggesting clear communication and cognitive functioning.

- Mood and affect are euthymic, indicating a balanced emotional state and appropriate expression of emotions.

- Appearance is neat and well-kempt, reflecting a level of self-care and attention to personal hygiene.

- Social behaviour is appropriate, suggesting the ability to engage in meaningful interactions and maintain appropriate boundaries within the group setting.

**SESSION 1 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** |
| G4 | 26/02/2024 | 9.40 am | 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

**SESSION 2 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** |
| G4 | 27/02/2024 | 9.00 am | 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**Learn about:   
1. Practical Facts About Mental Illnesses  
2. How are mental illnesses diagnosed  
3. What causes mental illnesses

**Interventions (state theories used)**

Utilized psychoeducation techniques to provide information and resources about mental illnesses, including practical facts, diagnostic procedures, and potential causes. Offered structured learning sessions and discussions to enhance understanding and promote awareness among participants.

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

1. Continue psychoeducation sessions focusing on specific mental illnesses, their symptoms, and available treatment options.

2. Facilitate group discussions and activities to encourage active engagement and application of knowledge.

3. Provide resources and referrals for further exploration and support outside of the therapy sessions.

**Student Counsellor’s signature… Date…** 27/02/2024

**SESSION 3 CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G4 | 28/02/2024 | 9.00 am | 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**

Learn about:

1. The Stress-Vulnerability Model and Treatment Strategies  
2. Reducing biological vulnerability to stress  
3. Treatment options available

**Interventions (state theories used)**

Psychoeduaction: Utilized psychoeducation to introduce the Stress-Vulnerability Model and its relevance to mental health. Provided information on how stress impacts vulnerability and discussed strategies for reducing stress and enhancing resilience. Tailored treatment strategies were discussed based on individual needs and preferences.

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

1. Further explore individual stressors and triggers contributing to vulnerability, using case examples and group discussions.

2. Introduce stress management techniques such as mindfulness, relaxation exercises, and cognitive restructuring.

3. Review treatment options available for addressing mental health concerns and discuss potential barriers to accessing treatment.

4. Facilitate group activities to promote peer support and shared coping strategies.

5. Assign homework tasks related to stress reduction and self-care practices to reinforce learning between sessions.

**Student Counsellor’s signature… Date…** 28/02/2024

**SESSION 4 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** |
| G4 | 29/02/2024 | 9.00 am | 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**Developing a sober lifestyle1. Identify reasons for not using substances.  
2. Manage “high-risk” situations.  
3. Find new ways to have your needs met.

**Interventions (state theories used)**Motivational Interviewing: Utilize motivational interviewing techniques to explore the client's intrinsic motivations for sobriety and reinforce their commitment to change. Help the client identify personal values and goals that align with maintaining a sober lifestyle.

Cognitive-Behavioural Therapy (CBT): Implement CBT strategies to challenge maladaptive thought patterns and develop coping skills for managing cravings and high-risk situations. Work on identifying and modifying triggers and developing effective problem-solving strategies.

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

1. Conduct a functional analysis of past substance use patterns to identify triggers and high-risk situations.

2. Develop a personalized relapse prevention plan, including coping strategies and alternative behaviours to manage cravings and prevent relapse.

3. Practice relaxation techniques and stress management strategies to cope with emotional distress without turning to substances.

4. Assign homework tasks to reinforce skills learned in session and encourage continued progress towards sobriety.

**Student Counsellor’s signature… Date…** 29/02/2024

**SESSION 5 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** |
| G4 | 01/03/2024 | 9.00 am | 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**

1. Psychoeduaction on relapse   
2. Developing a personalised relapses prevention plan  
3. Identifying alternative ways of meeting your needs

**Interventions (state theories used)**

1. Psychoeducation: Provide comprehensive information about the nature of relapse, including common triggers, warning signs, and risk factors. Educate the client on the cyclical nature of addiction and the importance of proactive relapse prevention strategies to maintain sobriety.  
2. Cognitive-Behavioural Therapy (CBT): Utilize CBT techniques to identify and challenge negative thought patterns associated with relapse, and develop cognitive restructuring strategies to modify irrational beliefs and increase coping self-efficacy.  
3. Motivational Interviewing (MI): Employ MI principles to enhance the client's intrinsic motivation for change and increase their commitment to adhering to the relapse prevention plan. Explore ambivalence towards change and elicit the client's own reasons for maintaining sobriety.

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

1. Review and refine the personalized relapse prevention plan based on the client's feedback and experiences since the previous session.  
2. Practice coping skills and relapse prevention strategies through role-playing exercises and behavioural rehearsal.  
3. Discuss potential challenges or barriers to implementing the relapse prevention plan and develop strategies to address them effectively.  
4. Explore additional topics related to maintaining sobriety, such as managing cravings, improving communication skills, and building a supportive social network.

**Student Counsellor’s signature… Date…** 01/03/2024