**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 5  **Date of intake…** 11/03/2024

**Group Code…** G5 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group of 6 family members. 2 males and 4 females. All related to the deceased.

**The current situation (allow the group to share whatever brought them for therapy).**Group is grieving their deceased mother who succumbed to cancer.

**What is your initial assessment of the group; cognitively, emotionally, socially and physically in relation to their concerns**?   
1. Cognitive Assessment: The clients demonstrated stability and exhibited good insight into their situations. They appeared capable of processing information and understanding the complexities of their grief and emotions.

2. Emotional Assessment: Emotionally, the group members were experiencing a wide range of intense emotions, including profound sadness, anger, guilt, and confusion. These emotions reflected the depth of their grief and the complexity of their feelings surrounding the loss of their mother.

3. Social Assessment: Socially, some group members may have been feeling isolated or withdrawn, indicating potential challenges in their social interactions and support networks. The loss of their mother may have disrupted their social connections and left them feeling disconnected from others.

4. Physical Assessment: Physically, the group members exhibited symptoms of stress or exhaustion, likely stemming from the emotional distress associated with their grief. These physical manifestations underscored the profound impact of their emotional experiences on their overall well-being.

**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** |
| G5 | 11/03/2024 | 3.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The primary concern prompting therapy for the group is their collective grief over their mother's passing from cancer. They're grappling with understanding their emotions, coping with their grief, and adjusting to life without their mother.

**Goal(s) for therapy**1. Create a safe and supportive environment to allow members to express and process their grief.  
2. Gain insight into their emotions surrounding the loss of their mother.  
3. Develop healthy coping strategies to manage their grief effectively.  
4. Find meaningful ways to honour and remember their mother while adjusting to life without her physical presence.

**Interventions (state theories used)**1. Narrative therapy techniques were utilised to assist the group in constructing and articulating their individual grief stories. Through storytelling and exploration of their experiences, members were encouraged to make sense of their emotions and find meaning in their loss.  
2. Mindfulness exercises were integrated into sessions to help members manage overwhelming emotions associated with grief. By focusing on the present moment and cultivating awareness of their thoughts and feelings without judgment, participants were supported in developing coping strategies to navigate their grief journey more effectively.  
3. Psychoeducation about the grieving process was provided to validate the group members' experiences and reactions. Information and insights into the normalcy of grief responses were shared, empowering individuals to understand and contextualise their own grief experiences within a broader framework.

**Plans for next session (If any)**No plans for further sessions.

**Student Counsellor’s signature… Date…** 11/03/2024