**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 6  **Date of intake…** 12/03/2024

**Group Code…** G6 **Practicum Site…MTRH**

**Group demographic information (type of group)**2 males. A brother to the patient and a husband to the patient.

**The current situation (allow the group to share whatever brought them for therapy).**Clients came to get closure about their patient who was diagnosed with possible Breast cancer. Patient had stayed in hospital for 2 weeks while doctors worked round the clock to investigate the presence of cancerous tissue in the patient’s breast.

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

Insight and judgment are good.

Mood and Affect are euthymic.

Social behaviour is appropriate.

Appearance is neat and well kempt.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G6 | 12/03/2024 |  | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group's primary concern bringing them to therapy was the uncertainty and anxiety surrounding the potential diagnosis of breast cancer for their loved one. They were grappling with fear, worry, and a sense of helplessness in the face of this challenging situation.

**Goal(s) for therapy**The goal of therapy for the group was to provide support, validation, and coping strategies as they navigated the emotional turmoil associated with their loved one's possible breast cancer diagnosis. Specific objectives included fostering open communication, reducing anxiety and stress levels, and promoting resilience and support among group members.

**Interventions (state theories used)**1. Psychoeducation: Providing information about breast cancer, diagnostic procedures, and treatment options to help the group members better understand the situation and feel more empowered in supporting their loved one.  
2. Cognitive-Behavioural Techniques: Helping group members identify and challenge unhelpful thought patterns and beliefs related to the diagnosis, and teaching coping skills to manage anxiety and distress effectively.  
3. Supportive Group Discussions: Providing a safe and non-judgmental space for group members to share their thoughts, feelings, and experiences related to the diagnosis, and offering mutual support and validation within the group.

**Plans for next session (If any)**In the next session, we will continue to explore their emotions and reactions to the possible breast cancer diagnosis, further discussing coping strategies and support networks. Additionally, we will delve into communication techniques for effectively supporting their loved one through the diagnostic process and treatment journey.

**Student Counsellor’s signature… Date…** 12/03/2024