**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 7 **Date of intake…** 12/03/2024

**Group Code…** G7 **Practicum site… MTRH**

**Group demographic information (type of group)**2 elderly female members of family of a renal patient. One was the daughter and the other sister to the patient.

**The current situation (allow the group to share whatever brought them for therapy).**Family members of the patient came to counselling in order to get a clear understanding of the haemodialysis procedure that their patient was going to undergo. They were seeking clarification on the effects and consequences of the procedure and how it would help improve their patient's condition and overall health.

**What is your initial assessment of the group; cognitively, emotionally, socially and physically in relation to their concerns**?   
Insight: good with sane judgment.

Mood and Affect**:** euthymic.

Social behaviour: appropriate.

Appearance**:** 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** |
| G7 | 12/03/2024 | 3.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The family members' primary concern bringing them to therapy was their lack of understanding about the haemodialysis procedure their loved one was undergoing. They sought clarification on the procedure's effects, consequences, and its potential to improve the patient's health condition.

**Goal(s) for therapy**1. To provide the family members with accurate information and education about the haemodialysis procedure, addressing their concerns and alleviating any fears or uncertainties they may have.  
2. To support the family members in coping with the emotional impact of their loved one's health condition and treatment, fostering resilience and adaptive coping strategies.  
  
**Interventions (state theories used)**  
1.Psychoeducation: Detailed information about the haemodialysis procedure, including its purpose, process, potential benefits, and risks, was provided to the family members. This intervention aimed to enhance their understanding and processing of medical information, drawing upon the principles of Information Processing Theory.  
2. Supportive Counselling: Empathetic support and validation were offered to the family members as they navigated their concerns and emotions related to their loved one's health condition and treatment. This intervention was grounded in the principles of Person-Centred Therapy, prioritising the therapeutic relationship and the client's subjective experience.  
3. Stress Management Techniques: Stress management techniques, such as relaxation exercises and mindfulness practices, were taught to the family members to help them cope with the emotional distress and uncertainty associated with their loved one's health condition and treatment. This intervention drew upon principles of Stress and Coping Theory, aiming to enhance the family members' adaptive coping skills and resilience.

**Plans for next session (If any)**This is the final session.

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