**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 9 **Date of intake…** 14/03/2024

**Group Code…** A9 **Practicum Site…MTRH**

**Group demographic information (type of group)**Relatives of a deceased. 13 members, 5 males and 8 females aged between 22 – 65.

**The current situation (allow the group to share whatever brought them for therapy).**The clients are grieving the loss of their fallen grandmother who was diagnosed with lung complications.

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

Insight: good

Judgment: good

Mood and Affect**:** sad

Social behaviour : appropriate.

Appearance: well kempt and neat

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G9 | 14/03/2024 | 2.30 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The primary concern bringing the clients to therapy was the grieving process following the loss of their grandmother, who had been diagnosed with lung complications.

**Goal(s) for therapy**1. To facilitate the grieving process: The goal of therapy was to provide a supportive environment where clients could express their emotions, share memories of their grandmother, and work through the stages of grief at their own pace. This would allow them to process their feelings of loss and begin to find meaning and acceptance in their grandmother's passing.  
2. To promote coping skills: Another goal was to equip clients with effective coping strategies to manage their grief and navigate the challenges of bereavement. This may include learning relaxation techniques, practising mindfulness, and engaging in activities that provide comfort and solace during difficult moments.

**Interventions (state theories used)**1. Supportive Counselling: Utilising principles of Person-Centred Therapy, the therapist provided empathetic support and validation to clients as they navigated their grief. This involved active listening, reflecting feelings, and offering a safe space for clients to express their emotions openly without judgment.  
2. Grief Counselling Techniques: Drawing from techniques of grief counselling, such as narrative therapy and expressive arts therapy, clients were encouraged to share memories of their grandmother, explore their feelings of loss through creative expression, and reconstruct their sense of identity in the absence of their loved one.  
3. Psychoeducation: Providing information about the grieving process and common reactions to loss helped clients understand that their experiences of grief were normal and valid. This intervention aimed to reduce feelings of confusion and self-doubt, promoting self-compassion and acceptance during the grieving journey.  
4. Group Support: Encouraging group members to share their experiences, offer mutual support, and validate each other's feelings created a sense of solidarity and belonging within the group. This collective support helped clients feel less alone in their grief and provided opportunities for shared healing and growth.

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

**Student Counsellor’s signature… Date…** 14/03/2024