**CP FORM 4**

**Initial Assessment Form for Groups**

**Case Number…** 1 **Date of intake…** 06/02/2024

**Group Code…** G1 **Practicum Site…MTRH**

**Group demographic information (type of group)**Group consisted of 18 members: 16 male and 2 female.   
Age bracket of the group was between 20 – 55 years.

**The current situation (allow the group to share whatever brought them for therapy).**The group members self-identified as recovering addicts with past dependencies on alcohol and drugs. They joined the group therapy as part of their 90-day recovery program to share challenges faced in their journeys. Shared difficulties include:

**Triggers:** Situations, emotions, or substances that elicit cravings or urge to use.

**Social relationships:** Maintaining healthy connections while avoiding negative influences or enabling behaviours.

**Root causes:** Understanding the underlying factors that contributed to their addiction.

**Addiction understanding:** Gaining deeper insights into their addictive patterns and thought processes.

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

**Cognitive:** Group members demonstrated varying levels of awareness and understanding of their addictive patterns and triggers. Some exhibited cognitive distortions or negative self-beliefs related to their past use.  
**Emotional:** A range of emotions were expressed, including vulnerability, fear of relapse, frustration, and hope for recovery. Some members might require support managing difficult emotions effectively.

**Social:** The group dynamic appeared supportive and encouraging, offering a safe space for members to share openly. However, potential power imbalances or interpersonal conflicts should be monitored.  
**Physical:** No specific physical concerns were mentioned.

**CP FORM 5**

**Group Treatment Plan Form**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G1 | 06/02/2024 | 9.20 am | 1 | 2 hrs | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**1. Managing triggers and cravings.  
2. Building healthy social relationships.  
3. Identifying and addressing root causes of addiction.  
4. Developing a deeper understanding of addictive patterns and behaviors.

**3. Goals for therapy:**1. Increase awareness and identification of personal triggers.  
2. Develop coping mechanisms to manage cravings and urges effectively.  
3. Enhance communication and interpersonal skills for building supportive relationships.  
4. Explore underlying factors contributing to addiction and develop healthier coping strategies.  
5. Foster self-compassion and acceptance to promote sustained recovery.

**4. Interventions:**1. Psycho-education: Provide information on addiction, relapse prevention, and healthy coping mechanisms.  
2. Cognitive-behavioural therapy (CBT): Challenge negative thought patterns and develop skills for managing triggers and cravings.  
3. Group discussions and exercises: Encourage open sharing, peer support, and learning from shared experiences.  
4. Relapse prevention planning: Identify high-risk situations and develop personalized strategies to avoid relapse.  
5. Mindfulness and relaxation techniques: Promote emotional regulation and stress management.

**5. Plans for next session:**1. Introduce the concept of triggers and their identification using group discussion and individual exercises.  
2. Facilitate sharing of personal experiences with triggers and initial coping strategies employed.  
3. Introduce relaxation techniques for managing cravings and emotional distress.

**Student Counsellor’s signature… Date…** 06/02/2024

**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 2 **Date of intake…** 07/02/2024

**Group Code…** G2 **Practicum Site…MTRH**

**Group demographic information (type of group)**

Group consisted of 7 family members who came to a family therapy session for their recovering daughter. Age range of 19 – 51 years. 4 male members and 5 female members.

**The current situation (allow the group to share whatever brought them for therapy).**

Family members attended the session for the release of their daughter who had completed her 90-day recovery program. The daughter is a recovering addict who was an alcoholic. They came to discuss about an exit plan for their daughter and how they are planning to continue supporting her in recovery after discharge from the rehabilitation facility.

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

Cognitively: The group members demonstrate clear thinking and effective communication skills, indicating cognitive clarity and understanding of their situation.

Emotionally: They express excitement and determination regarding the daughter's recovery, suggesting a strong emotional investment in her well-being and the success of the therapy process.

Socially: The family exhibits cohesion and a shared commitment to supporting the daughter, reflecting strong social bonds and a willingness to work together toward a common goal.

Physically: There are no apparent signs of illness or impairment among the group members, indicating physical well-being and readiness to actively participate in the therapy sessions.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G2 | 07/02/2024 | 2.15 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**

The family's primary concern is ensuring a successful transition for their daughter after completing her 90-day recovery program for alcohol addiction. They are seeking guidance on creating an exit plan and establishing sustainable support systems to aid her ongoing recovery journey.

**Goal(s) for therapy**

The goal of therapy is to facilitate a smooth transition for the daughter post-rehabilitation. This involves strengthening family communication and support networks to provide a nurturing environment conducive to her recovery.

**Interventions (state theories used)**

We employed family systems theory to explore the dynamics within the family unit. By understanding how each member interacts and influences one another, we identified patterns of behavior and communication that could impact the daughter's recovery. Through this lens, I facilitated discussions to help the family recognize their roles in both contributing to and supporting the recovery process.

Cognitive-behavioural techniques were utilized to address triggers and prevent relapse. Together, we identified potential triggers for the daughter's alcohol use and developed coping strategies to manage them effectively. By challenging negative thought patterns and implementing healthy coping mechanisms, the family learned practical ways to support the daughter during challenging times.

Psycho-education on addiction and recovery was provided to increase understanding and reduce stigma surrounding substance abuse. By discussing the physiological and psychological aspects of addiction, the family gained insight into the challenges their daughter faces and the importance of ongoing support in her recovery journey.

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

In the upcoming sessions, the therapist will delve deeper into exploring family roles and responsibilities in supporting the daughter's recovery journey. Concrete strategies will be developed collaboratively to address potential challenges that may arise post-discharge. The therapist will continue to foster open communication and encourage active participation from all family members to ensure a supportive and conducive environment for the daughter's ongoing recovery.

**Student Counsellor’s signature… Date…** 07/02/2024

**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 3  **Date of intake…** 26/02/2024

**Group Code…** G3  **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 schizoaffective 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**?

In assessing the group, cognitively, the clients exhibit good and stable insights into their conditions, suggesting a level of understanding and awareness. Emotionally, they appear stable, indicating a capacity to engage in therapeutic work. Socially, their behaviour appears appropriate, indicating a potential for constructive group dynamics. Physically, they present as healthy and stable, which is a positive foundation for their therapeutic journey.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G4 | 26/02/2024 | 9.40 | 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

**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 3 **Date of intake…** 20/02/2024

**Group Code…** G3  **Practicum Site…MTRH**

**Group demographic information (type of group)**

Family members of a kidney transplant patients and a neighbour. Family consists of the father (the patient), mother, two sons (one is the donor), sister and a neighbour.

**The current situation (allow the group to share whatever brought them for therapy).**

The family members of a kidney transplant patient, including the father (the patient), mother, two sons (one of whom is the donor), sister, and a neighbour, have sought therapy for clarification and psychoeducation regarding the kidney transplant process. They express concerns about understanding the entire transplant journey, including finding a willing kidney donor, adhering to medication, establishing a support system, and having contingency plans in place.

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

Cognitively, the group appears cognitively stable and well-oriented, demonstrating understanding and comprehension of the information provided during psychoeducation sessions.  
Emotionally, the group presents as stable, showing readiness and openness to engage in the therapeutic process and address their concerns collaboratively.  
Socially, the group exhibits appropriate social behavior, fostering a supportive and cohesive environment conducive to open communication and mutual understanding.  
Physically, the group members appear well-kempt, reflecting a level of self-care and attention to personal appearance.

**CP FORM 5**

**GROUP TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G3 | 20/02/2024 | 10.00 am | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**

The family members of the kidney transplant patient, including the father (the patient), mother, two sons (one being the donor), sister, and neighbour, have sought therapy to gain clarity and psychoeducation about the kidney transplant process. They are concerned about understanding every aspect of the journey, from finding a willing kidney donor to grasping the significance of medication adherence. Additionally, they aim to establish a dependable support system and prepare contingency plans, such as identifying a second willing donor if necessary. Their primary focus is on comprehending the complexities of the transplant procedure and ensuring the patient's well-being throughout the process.

**Goal(s) for therapy**1. Enhance understanding and clarity regarding the kidney transplant process, including the roles and responsibilities of family members, potential challenges, and strategies for effective coping and support.  
2. Facilitate open communication and mutual support within the family system, fostering resilience and cohesion during the transplant journey.  
3. Develop practical skills and resources to navigate the complexities of post-transplant care, including medication adherence, lifestyle adjustments, and the importance of maintaining a healthy support network.  
4. Explore and address any emotional concerns or anxieties related to the transplant process, promoting emotional well-being and resilience among family members.

**Interventions (state theories used)**1. Family Systems Theory: Employed to explore the interconnectedness of family dynamics and roles within the context of the kidney transplant process, promoting understanding and collaboration among family members.  
2. Psychoeducation: Utilized to provide comprehensive information and clarification regarding the transplant process, medication adherence, potential challenges, and coping strategies, empowering family members to make informed decisions and actively participate in the care process.  
3. Cognitive-Behavioural Techniques: Integrated to address any cognitive distortions or maladaptive beliefs that may arise during the transplant journey, promoting adaptive coping skills and resilience among family members.

**Plans for next session (If any)**In the next session, we will continue to explore the family's concerns and experiences related to the kidney transplant process, addressing any emerging questions or uncertainties. We will further delve into strategies for fostering effective communication, problem-solving, and mutual support within the family system. Additionally, we will introduce practical tools and resources to facilitate successful navigation of the post-transplant period, including medication management, lifestyle adjustments, and ongoing emotional support.

**Student Counsellor’s signature… Date…**  20/02/2024

**CP FORM 6**

**GROUP LOG FORM**

**SUMMARY OF GROUP CONTACT HOURS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP CODE** | **DATE:**  **FROM** | **DATE:**  **TO** | **No. OF SESSIONS** | **No. OF HOURS** | **PRESENTING CONCERNS AND MAIN ISSUES EXPLORED** |
| G1 | 6/2/24 | 6/2/24 | 1 | 2 | The presenting concerns of the group revolve around the multifaceted challenges faced by members in their recovery from addiction. These include the imperative need to manage triggers and cravings effectively, fostering the establishment of healthy social relationships to navigate positive support systems, delving into the identification and resolution of the root causes underlying their addiction, and developing a profound understanding of addictive patterns and behaviours. The group aims to collectively address these concerns, fostering an environment conducive to sustained recovery and personal growth. |
| G2 | 7/2/24 | 7/2/24 | 1 | 2 | During the session, family members gathered to discuss the release of their daughter, who had recently completed a 90-day recovery program for alcohol addiction. The primary focus was on establishing an exit plan for their daughter and strategising how to continue supporting her recovery journey post-discharge from the rehabilitation facility. The family explored various aspects of ongoing support, including creating a supportive environment at home, identifying potential triggers, and maintaining open communication channels. Discussions also revolved around implementing healthy coping mechanisms and establishing boundaries to facilitate their daughter's successful transition back into daily life while minimizing the risk of relapse. |
| G3 | 20/2/24 | 20/2/24 | 1 | 2 | The family members of a kidney transplant patient, comprising the father (the patient), mother, two sons (one being the donor), sister, and a neighbor, seek clarification and psychoeducation regarding the kidney transplant process. Their concerns revolve around comprehensively understanding the entire transplant journey, encompassing finding a willing kidney donor, adhering to medication regimens, establishing a robust support system, and formulating contingency plans. The family explores the intricacies of the transplant process, addressing emotional and practical aspects, and collaboratively strategises to navigate the challenges associated with the transplant journey, ensuring optimal support and preparedness for all involved parties. |
| G4 | 26/2/24 | 26/2/24 | 1 | 2 | The clients presented with a spectrum of mental health challenges, including schizophrenia, bipolar disorder, depression, substance abuse, and schizoaffective disorder, each grappling with unique manifestations of their conditions. Despite the diversity in diagnoses, they shared a common aspiration to enhance their coping mechanisms and prevent relapses or setbacks. They aimed to develop strategies for symptom management and stability maintenance. Their goal was to empower themselves with knowledge and skills, fostering resilience and pursuing fulfillment in their lives. |

**TOTAL HOURS…** 8 **COLLECTIVE HOURS…** 8

**STUDENT COUNSELLOR’S SIGNATURE… DATE…** 03/03/2024

**SITE SUPERVISOR’S NAME…   
SIG… DATE…**

**UNIVERSITY SUPERVISOR’S NAME…   
SIG… DATE…**