**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 10 **Date of intake…** 19/02/2024

**Client Code…** A10 **Practicum Site…MTRH**

**Client’s demographic information (gender, age, number of siblings, marital status etc. Allow the client to share what s/he is comfortable with).**

**Gender:** Female **Age:** 24 **Marital status:** Single  **Relevant history concerning previous counselling treatment( if any)**

Has had previous counselling experience.

**The current situation (allow the client to share whatever has brought him/her for therapy).**

Client is a 24 year old female diagnosed with bipolar substance abuse. She is the second born in a family of 3. She has a daughter. She is single. She was adherent to medication but condition got worse after stopping medication. She reports family issues with her grandmother whom she grew up with after her mother passed away when she was 2. She also reports that her cousin sisters are jealous of her whenever she succeeds in anything. Currently her daughter is being raised by her grandmother.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**

Cognitively: The client appears well-oriented and cognitively intact, displaying coherence and clarity in communication.

Emotionally, the client presents as stable, although underlying distress and unresolved family issues may contribute to internal turmoil.

Socially, client's social behaviour appears appropriate, though interpersonal conflicts and strained family relationships may impact her social interactions and support network.

Physically, the client appears well-kempt, suggesting a level of self-care and maintenance of personal hygiene.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A10 | 19/02/2024 | 2.30 pm | 1 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**

The client, a 24-year-old female diagnosed with bipolar disorder and substance abuse, seeks therapy due to the worsening of her condition after discontinuing medication. She also expresses distress over family issues, including conflicts with her grandmother, who raised her after her mother's passing, and jealousy from her cousin sisters. Additionally, the client's daughter is currently being raised by her grandmother, adding to her emotional burden and concerns.

**Goal(s) for therapy**

1. Stabilize and manage symptoms of bipolar disorder and substance abuse to improve overall functioning and quality of life.  
2. Address and process unresolved grief and family conflicts related to the client's upbringing and relationships.  
3. Develop coping strategies to manage stressors and triggers associated with family dynamics and interpersonal conflicts.  
4. Enhance parenting skills and support the client in navigating the complexities of raising her daughter while managing her mental health condition and family issues.

**Interventions (state theories used)**

1. Narrative Therapy: Employed to explore the client's life experiences, including her upbringing, loss of her mother, and family dynamics, to facilitate understanding, healing, and reframing of personal narratives.

2. Motivational Interviewing: Integrated to explore the client's ambivalence towards treatment adherence and substance use, to enhance motivation for change, and to support the client in making informed decisions regarding her health and well-being.

**Plans for next session**

In the next session, we will focus on establishing a therapeutic rapport and exploring the client's concerns and goals in greater depth. We will further assess the impact of family dynamics and interpersonal conflicts on the client's mental health and well-being. Additionally, we will collaboratively develop a treatment plan tailored to the client's unique needs, incorporating interventions aimed at symptom management, coping skills development, and resolution of unresolved issues. The session will prioritize creating a safe and supportive space for the client to explore and address her concerns, fostering empowerment and resilience in her journey towards healing and recovery.

**Student Counsellor’s signature… Date…** 19/02/2024

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\*\*Initial Assessment of the Client:\*\*

\*\*Goal(s) for Therapy:\*\*

\*\*Interventions (State Theories Used):\*\*

\*\*Plans for Next Session:\*\*