**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 11 **Date of intake…** 21/02/2024

**Client Code…** A11  **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:** 35 **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).**

The client, diagnosed with Schizoaffective disorder, is a mother of three who lost her husband ten years ago. She had her last episode three years ago. She expresses her main challenge as the ability to maintain employment, citing impulsive decision-making as a significant factor in quitting her last three jobs. She struggles with decision-making, often regretting choices made without consultation due to a lack of a nearby support system. Additionally, she recently experienced a miscarriage from a relationship outside of marriage, leading to conflicts with her religious mother. She feels lost and seeks guidance.

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

Cognitively, client demonstrates cognitive functioning sufficient for self-awareness and introspection but may struggle with impulse control and decision-making processes.  
Emotionally, the client appears overwhelmed, experiencing a range of emotions including regret, loss, and confusion.  
Socially, the client lacks a close support system, with her closest friends residing out of the country, limiting her ability to seek guidance and support.  
Physically, the client appears to be managing her health adequately, but emotional distress may impact her overall well-being.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A11 | 21/02/2024 | 9.40 am | 1 | 2 hours | MTRH |

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

The client seeks therapy due to challenges with decision-making, job stability, and emotional distress from a recent miscarriage and conflicts with her religious mother. Her impulsive actions have led to job losses, contributing to regret and frustration. The emotional toll of the miscarriage and strained familial relationships exacerbates her vulnerability. Seeking therapy indicates her recognition of the need for support and guidance to navigate these issues. She aims to address her behaviour patterns, develop coping strategies, and gain insight into her emotions to foster resilience.

**Goal(s) for therapy**

1. Enhance the client's ability to make informed decisions and manage impulsivity.  
2. Develop coping strategies to navigate conflicts with her mother and cope with the emotional aftermath of the miscarriage.  
3. Establish a supportive network and improve social connections to mitigate feelings of isolation and loneliness.  
4. Improve self-esteem and self-confidence to pursue and maintain stable employment.

**Interventions (state theories used)**

Cognitive-Behavioural Therapy: used to identify and challenge maladaptive thought patterns and impulsive behaviours. Through CBT, the client learned to recognize negative thoughts and gained practical strategies for fostering healthier decision-making processes. This included cognitive restructuring techniques to reframe negative thoughts into more balanced perspectives. By addressing maladaptive patterns, CBT empowered the client to make deliberate choices, leading to improved outcomes and increased well-being.

Narrative Therapy: I facilitated the client's exploration and reconstruction of their personal narrative, emphasizing empowering stories of resilience and strength. By re-framing past experiences and exploring alternative perspectives, the client gained a deeper understanding of themselves and their circumstances, leading to positive changes in behaviour and emotional well-being.

**Plans for next session**

In the next session, we will focus on exploring the client's coping mechanisms and identifying triggers for impulsive decision-making. We will also begin to address the client's conflicts with her mother and the emotional distress surrounding the recent miscarriage. Additionally, we will work towards establishing a supportive network.

**Student Counsellor’s signature… Date…** 21/02/2024