**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 13 **Date of intake…** 28/02/2024

**Client Code…** A13 **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:** 30 **Marital status:** Married  **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).**During our session, the client shared her journey coping with epilepsy-induced psychosis with mood features while being a mother of two. She has been hospitalized twice due to her condition. Managing anger has been a significant challenge for her, especially when her family doesn't meet her high expectations, leading to disappointment and triggering her anger. She described feeling unconscious during moments of anger and often becomes violent, only realizing the extent of her actions after her anger subsides. Additionally, she expressed feeling stressed due to a lack of support system and a meaningful source of income.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**Cognitively client experiences cognitive challenges during episodes anger psychosis potentially affecting ability reason make sound judgments.  
Emotionally client appears struggle with regulating emotions particularly anger which seems escalate beyond control.  
Socially client feels isolated perceived lack support system which further exacerbate stress feelings frustration.  
Physically impacted by the stress and strain of managing her condition, as well as the toll of her emotional struggles.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A13 | 28/02/2024 | 1.30pm | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client seeks therapy to address difficulties managing anger, coping with epilepsy-induced psychosis, and finding support and stability. She aims to explore strategies for anger management, develop coping mechanisms for her condition, and establish meaningful support systems.

**Goal(s) for therapy**1. Develop effective anger management strategies to prevent violent outbursts and enhance self-awareness during episodes anger.  
2. Explore coping mechanisms to better manage the challenges associated with epilepsy induced psychosis.  
3. Establish a support system to provide emotional and practical assistance during times of need.  
4. Identify and pursue meaningful avenues of income generation to reduce financial stress and increase stability in her life.

**Interventions (state theories used)**

Cognitive-Behavioural Therapy (CBT) to pinpoint and challenge negative thought patterns while helping the client develop coping strategies for managing her emotions and behaviours effectively. Through active engagement and collaborative exploration, we identified triggers and thought distortions, working together to reframe them into more adaptive perspectives.  
  
Psychoeducation on self-awareness, offering structured sessions to impart knowledge and insights into the client's own thoughts, emotions, and behaviours. This approach aimed to empower her with a deeper understanding of herself, fostering increased self-awareness and insight into her personal challenges.  
  
Supportive Therapy: facilitated a supportive environment where the client felt safe to explore her experiences and express her emotions openly. By offering empathy, validation, and encouragement, I helped her gain new perspectives and insights into her challenges, fostering growth and resilience along the way.

**Plans for next session**

No plans for next session. Client is scheduled for discharge.

**Student Counsellor’s signature… Date…** 28/02/2024