**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 15 **Date of intake…** 04/03/2024

**Client Code…** A15  **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:** Male **Age:** 31 **Marital status:** Single **Relevant history concerning previous counselling treatment( if any)**No previous counselling experience.

**The current situation (allow the client to share whatever has brought him/her for therapy).**Client has been experiencing migraines and chronic insomnia due to stress for the past five years. He started experiencing these symptoms after discovering that his brother-in-law, whom he idolizes, was diagnosed with mental illness. The incident that led to this discovery was an ambush by police officers after the brother-in-law arrived home with a carrier bag full of marijuana. This incident was very traumatic to the client. Client experiences suicidal thoughts due to the overwhelming levels of pain he undergoes due to stress. He has even attempted suicide by way of overdose of painkillers.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**Cognitively, client is stable with good insight and judgment.  
Emotionally, client is anxious and unstable due to sharing of past painful experiences.  
Social behaviour is appropriate.  
Physically, client appears healthy and fit despite losing weight.

After administering the Beck depression inventory to the client, he had a high score which translated to *severe depression.*

**SESSION 1 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

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| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A15 | 04/03/2024 | 9.30 am | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client seeks therapy to address his chronic migraines, insomnia, overwhelming stress, and severe depression, exacerbated by traumatic experiences and suicidal ideation.

**Goal(s) for therapy**1. Exploring the Client's History and Background: I delved deeply into the client's past experiences, family dynamics, and significant life events to uncover the root causes and triggers of their current challenges. Through this exploration, I aimed to identify patterns, traumas, and unresolved issues that may contribute to their present difficulties.  
2. Psycho-educating on the Effects of Stress: I provided details on the impacts of stress on the mind and body in order to empower the client with insights to make informed choices and adopt effective stress management strategies.  
3. Creating a Safe Space for Sharing: I strived to establish a secure and nurturing environment where the client felt validated, respected, and supported. By fostering trust and confidentiality, I encouraged the client to freely express their thoughts, feelings, and experiences without fear of judgment or rejection.

**Interventions (state theories used)**1. Psychodynamic Therapy: I employed psychodynamic principles to uncover unconscious conflicts, defences, and relational patterns underlying the client's symptoms and distress. By exploring childhood experiences, family dynamics, and unconscious processes, I aimed to bring hidden aspects of the client's psyche into awareness, promoting insight and resolution.  
2. Cognitive-Behavioural Therapy (CBT): I equipped the client with practical skills and strategies to identify, challenge, and modify negative thought patterns and maladaptive behaviours associated with stress. Through teaching cognitive restructuring techniques, relaxation exercises, and problem-solving skills, I empowered the client to manage stress more effectively and cultivate resilience.  
3. Humanistic Therapy: I emphasized empathy, authenticity, and unconditional positive regard within our therapeutic relationship. Through empathetic listening, reflection, and validation, I fostered a non-judgmental and accepting atmosphere where the client felt heard, understood, and accepted unconditionally.

**Plans for next session**1. Exploration of the client's personal history, including significant life events, relationships, and developmental milestones, to gain deeper insight into their unique experiences and challenges.  
2. Psycho-educate on stress management techniques, relaxation exercises, and lifestyle modifications tailored to the client's specific needs and preferences.  
3. Establish a safe and trusting therapeutic alliance, allowing the client to gradually explore and process sensitive or difficult emotions and experiences at their own pace.

**Student Counsellor’s signature… Date…** 04/03/2024

**SESSION 2 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

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| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A15 | 06/03/2024 | 2.30 pm | 2 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**This is a follow up session on the initial assessment session. Client shared more about his past including childhood traumas where he narrowly escaped after being drove over by a car on the road. He also states that among the issues contributing to his stress are the thoughts of being a failure and not reaching his potential at his age therefore leading to suicidal thoughts. During instances when he is financially unstable, he reports that his grandmother often labels him as a failure and disappointment and even abuses his mother at times.

**Goal(s) for therapy**1. Explore and address childhood traumas and their impact on current emotional well-being.  
2. Develop coping strategies to manage feelings of failure and suicidal ideation.  
3. Establish healthier boundaries and address dysfunctional family dynamics, particularly concerning the client's relationship with his grandmother.

**Interventions (state theories used)**1. Trauma-focused therapy: This method was used to help the client work through and heal from past traumatic experiences, particularly childhood traumas. By addressing these traumas directly, I aimed to integrate the associated emotions and memories, helping the client build emotional resilience and cope better with distressing memories.  
2. Cognitive-behavioural therapy (CBT): Through CBT, I focused on identifying and challenging negative thought patterns that contribute to the client's feelings of failure and inadequacy. By helping the client recognize and reframe these negative thoughts, I aimed to develop more adaptive coping mechanisms for dealing with stress and negative emotions.

**Plans for next session**1. Further explore the client's childhood traumas and their ongoing impact on his mental health.  
2. Introduce cognitive restructuring techniques to challenge negative self-perceptions and cultivate a more positive self-image.  
3. Discuss strategies for setting boundaries with family members and assertively addressing issues of criticism and abuse.

**Student Counsellor’s signature… Date…** 06/03/2024

**SESSION 3 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

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| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A15 | 08/03/2024 | 10.00 am | 3 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**This is a follow up session on the previous session.

**Goal(s) for therapy**The primary goals for therapy include continuing the exploration of the client's experiences, particularly revisiting childhood events to gain deeper insight into their psychological landscape. Additionally, we aim to restructure dysfunctional thought patterns using Cognitive-Behavioural Therapy (CBT) techniques, promoting cognitive flexibility and emotional well-being.

**Interventions (state theories used)**1. Psychoanalysis: Through psychoanalytic techniques, we delved deeper into the client's childhood experiences, aiming to uncover potential root causes contributing to their current circumstances.  
2. Person-Centered Therapy (PCT): Utilizing PCT principles, we endeavoured to create a safe and supportive space wherein the client could freely explore their past experiences. This approach fosters empathy, genuineness, and unconditional positive regard, facilitating the client's self-exploration and expression.  
3. Cognitive-Behavioural Therapy (CBT): Employing CBT strategies, we actively challenged and restructured the client's maladaptive thought patterns. By replacing negative beliefs with more adaptive alternatives, we aimed to promote cognitive restructuring and foster emotional resilience. Additionally, the client was assigned two tasks to complete independently, serving as practical applications of the therapeutic concepts discussed.

**Plans for next session**In the next session, we will continue our therapeutic journey by further exploring the client's childhood experiences and emotional responses. We will engage in psychoanalytic discussions to uncover deeper insights and promote emotional healing. Additionally, we will integrate CBT techniques to address and restructure dysfunctional thoughts, empowering the client to develop healthier cognitive patterns. The session aims to provide ongoing support and guidance as the client progresses towards their therapeutic goals.

**Student Counsellor’s signature… Date…** 08/03/2024

**SESSION 4 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

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| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A15 | 11/03/2024 | 10.05 am | 4 | 1 25 min | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**During this follow-up session, the client expressed concern about their lack of motivation to go to work, primarily stemming from an undesirable work environment characterized by gossip among colleagues. The client expressed a desire to isolate themselves rather than face the challenges of the workplace.

**Goal(s) for therapy**The goal of therapy was to equip the client with social skills necessary to navigate the challenging work environment and effectively interact with their colleagues.

**Interventions (state theories used)**Reality therapy was employed to address the client's concerns and develop practical strategies for improving social interactions and coping with workplace challenges. This approach focused on helping the client understand their choices, take responsibility for their actions, and make positive changes in their behaviour to achieve their goals.

**Plans for next session**The next session will involve reviewing progress made in implementing the strategies discussed during therapy and further exploring past experiences that led to depression.

**Student Counsellor’s signature… Date…** 11/03/2024

**SESSION 5 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

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| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A15 | 19/03/2024 | 10.00 am | 5 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client feels a lack of purpose in his job whenever he overcharges clients as instructed by his boss. This usually triggers depressive thoughts and in turn suicidal ideation. He also feels like the management at his workplace is not the best and that deterers a lot of clients.

**Goal(s) for therapy**1. Assist the client in shifting his focus towards aspects of his job that he can control, fostering a sense of agency and empowerment.  
2. Facilitate a change in perspective regarding elements of his job that he cannot control, helping him develop coping strategies to manage feelings of frustration and helplessness.

**Interventions (state theories used)**1. Cognitive-Behavioural Therapy (CBT): CBT techniques were implemented to assist the client in identifying and challenging negative thought patterns associated with his job. The goal was to address feelings of purposelessness and hopelessness triggered by overcharging clients. The client was encouraged to reframe his thoughts and develop more adaptive coping strategies to manage depressive symptoms and suicidal ideation.  
2. Solution-Focused Brief Therapy (SFBT): SFBT was utilized to explore the client's strengths and resources. The focus was on practical solutions and achievable goals to address his concerns about feeling purposeless in his job and the management issues at his workplace. The client was supported in identifying small steps he could take to regain a sense of purpose and control in his work environment.

**Plans for next session**Monitor the client's depressive symptoms and suicidal ideation to ensure his safety and well-being.

**Student Counsellor’s signature… Date…** 19/03/2024