**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 16 **Date of intake…** 29/03/2024

**Client Code…** A16 **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:** 16 **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).**The client sought therapy due to struggles with drug addiction and academic challenges. He admitted to experimenting with drugs, primarily marijuana and alcohol, as a coping mechanism for stress and peer pressure. Recently, his substance use escalated, leading to conflicts at home and declining academic performance. He expressed concern about his future and recognized the need for support to address his addiction and academic concerns.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**Cognitively, the client exhibits impaired decision-making and problem-solving skills, likely influenced by substance use.   
Emotionally, he appears overwhelmed, experiencing feelings of guilt, shame, and hopelessness. Socially, he has withdrawn from family and friends, leading to strained relationships.   
Physically, he shows signs of fatigue due to irregular sleep patterns and poor nutrition.

**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** |
| A16 | 29/02/2024 | 10.00 am | 1 | 1 ½ hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client's primary concerns revolve around his escalating drug addiction, academic struggles, strained relationships, and uncertain future prospects. He recognizes the need for intervention to address these issues and regain control of his life.

**Goal(s) for therapy**1. Help the client achieve and maintain sobriety from drug and alcohol use.  
2. Improve academic performance and develop effective study habits.  
3. Enhance coping skills to manage stress, peer pressure, and emotional challenges.  
4. Rebuild and strengthen familial and social relationships.

**Interventions (state theories used)**1. Motivational Interviewing: Utilized to explore and resolve ambivalence towards change, enhance intrinsic motivation for sobriety, and set achievable goals.  
2. Cognitive-Behavioural Therapy (CBT): Implemented to challenge negative thought patterns, identify triggers for substance use, and develop coping strategies to prevent relapse.  
3. Family Therapy: Incorporated to address familial conflicts, improve communication, and foster a supportive environment for the client's recovery.  
4. Psychoeducation: Provided to increase awareness of the effects of drug addiction, enhance understanding of academic challenges, and promote healthy lifestyle choices.

**Plans for next session**In the next session, we will:  
- Conduct a detailed assessment of the client's substance use history and triggers.  
- Begin exploring underlying factors contributing to the client's drug addiction and academic struggles.  
- Collaboratively set short-term and long-term goals to address the client's concerns.  
- Introduce coping strategies and relapse prevention techniques.  
- Discuss family involvement and potential referrals to support groups or rehabilitation programs.

**Student Counsellor’s signature… Date…** 29/02/2024

**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** |
| A16 | 03/03/2024 | 10.20 am | 1 | 1 hours | MTRH |

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

The client continues to struggle with drug addiction and academic challenges. He expresses feelings of frustration and uncertainty about his future, recognizing the need for support to overcome these obstacles.

**Goal(s) for therapy:**1. Achieve and maintain sobriety from drug and alcohol use.  
2. Improve academic performance and develop effective study habits.  
3. Enhance coping skills to manage stress, peer pressure, and emotional challenges.  
4. Rebuild and strengthen familial and social relationships.

**Interventions (state theories used):**Motivational Interviewing: Utilized to explore and resolve ambivalence towards change, enhance intrinsic motivation for sobriety, and set achievable goals.  
Cognitive-Behavioural Therapy (CBT): Implemented to challenge negative thought patterns, identify triggers for substance use, and develop coping strategies to prevent relapse.  
Family Therapy: Incorporated to address familial conflicts, improve communication, and foster a supportive environment for the client's recovery.  
Psychoeducation: Provided to increase awareness of the effects of drug addiction, enhance understanding of academic challenges, and promote healthy lifestyle choices.

**Plans for next session:**- Review progress made towards sobriety and academic goals since the last session.  
- Explore any challenges or barriers encountered during the implementation of coping strategies.  
- Assess the client's level of family support and discuss opportunities for family involvement in the treatment process.  
- Further refine and tailor intervention strategies based on the client's evolving needs and progress.  
- Discuss potential referrals to support groups, vocational training programs, or additional therapeutic services as needed.

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

**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** |
| A16 | 07/02/2024 | 2.00 pm | 3 | 1 ½ hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client sought therapy to address drug addiction and academic challenges, particularly the risk of dropping out of school.

**Goal(s) for therapy**1. Achieve Sobriety and Maintain Abstinence: The primary goal was for the client to overcome drug addiction and stay sober.  
2. Strengthen Relapse Prevention: Develop strategies to prevent relapse and maintain progress.  
3. Set Long-Term Objectives: Establish long-term goals for personal growth and academic success.  
4. Enhance Coping Mechanisms: Learn healthy coping mechanisms to deal with stress and triggers.  
5. Discuss Closure: Address unresolved issues and bring closure to the therapeutic process.  
6. Foster Support Networks: Build a supportive network of friends, family, and community resources.

**Interventions (state theories used)**Reflective Listening: Actively listened to the client's concerns and feelings, providing empathy and validation.  
Solution-Focused Therapy: Collaboratively identified solutions and set achievable goals to address the client's challenges.  
Relapse Prevention: Implemented strategies to identify triggers, develop coping skills, and prevent relapse.

**Progress and Challenges Resolved:**  
The client has made significant progress in achieving sobriety and maintaining abstinence from drugs and alcohol. He is currently enrolled in a rehabilitation program and continues to attend support group meetings regularly. Academically, he has shown improvement in his grades and has developed effective study habits with the support of tutoring and academic counselling services at school. Additionally, the client has strengthened his familial relationships and has established a supportive network of friends who encourage his recovery journey.

**Plans for next session**As this is our final session, there are no plans for the next session.

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