**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 17 **Date of intake…** 12/02/2024

**Client Code…** A17 **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:** Married **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 is a mother of 3 high-school going children. She has been having disagreements and conflicts with her husband. She once tried to commit suicide after a heated exchange with her husband. This is the second attempt at suicide after her husband got violent with her condemning her for selling firewood that he claims was his property. She feels like she cannot continue coexisting with her husband and would like to stay away from him.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**The client demonstrates good insight and judgment regarding their circumstances. Their mood and affect appear euthymic, and their social behaviour is appropriate. However, their appearance is unkempt, they avoid eye contact, and exhibit a slouched posture, suggesting possible discomfort or distress.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A17 | 12/02/2024 | 9.30 am | 1 | 1 hour | MTRH |

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

The client, a mother of three high-school going children, sought therapy due to ongoing disagreements and conflicts with her husband. She experienced significant distress, culminating in two suicide attempts, particularly after a heated exchange and violence from her husband regarding the sale of firewood. The client expressed a strong desire to distance herself from her husband due to the toxic nature of their relationship.

**Goal(s) for therapy**The primary goal of therapy was to help the client navigate and resolve conflicts within her marriage, develop healthy coping mechanisms for managing distress, and explore options for improving her overall well-being and safety.

**Interventions (state theories used)**The therapy interventions primarily drew from Cognitive-Behavioural Therapy (CBT) to help the client challenge and restructure maladaptive thought patterns contributing to her distress. Additionally, Solution-Focused Brief Therapy (SFBT) techniques were utilized to explore potential solutions and coping strategies, focusing on the client's strengths and resources.

**Plans for next session**In the next session, we planned to continue exploring the client's experiences within the marriage, identify specific triggers for conflicts, and further develop coping strategies and safety plans to address the client's concerns and enhance her overall emotional well-being. Additionally, we aimed to explore potential support networks and community resources available to the client.

**Student Counsellor’s signature… Date…** 12/02/2024