**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 20 **Date of intake…** 14/03/2024

**Client Code…** A20 **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:** 24 **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 having personal issues as well as with her family and relatives. She feels like she is burden to her family and relatives. She has been having suicidal ideation.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**The client exhibits good insight and judgment, demonstrating a clear understanding of their circumstances and making reasonable decisions. However, their mood and affect appear low and sad, suggesting a sense of melancholy or emotional distress. Despite this, their social behaviour remains appropriate, and they present themselves in a neat and well-kempt manner.

**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** |
| A20 | 14/03/2024 | 4.00 pm | 1 | 30 min | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client has been having personal issues as well as with her family and relatives. She feels like she is burden to her family and relatives. She has been having suicidal ideation.

**Goal(s) for therapy**1. Exploration: Allow client to share her childhood and past experiences to gain deeper insight into the root causes of her personal and interpersonal issues and challenges

**Interventions (state theories used)**1. Person-Centered Therapy (PCT): Integrated to create a safe and supportive therapeutic environment where the client feels accepted, understood, and empowered to explore her thoughts and feelings openly. The therapist employed emphatic listening, unconditional positive regard, and genuineness to foster a trusting therapeutic relationship, facilitating the client's self-exploration and personal growth. PCT aimed to empower the client to make autonomous decisions and facilitate her journey toward psychological well-being.

2. Psychoanalysis: Employed to delve deeply into the client's childhood and past experiences, aiming to uncover unconscious conflicts, traumas, and patterns of behaviour that may be contributing to her current personal and interpersonal challenges. Through exploration of early memories, dreams, and relationships, the therapist facilitated insight into the client's unconscious processes, providing a foundation for understanding and resolving deep-seated emotional issues. The goal was to bring unconscious material into conscious awareness, allowing the client to gain insight, resolve inner conflicts, and ultimately achieve psychological healing and growth.

**Plans for next session**Continue exploring more about her past especially her childhood experiences.

**Student Counsellor’s signature… Date…** 14/03/2024

**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** |
| A20 | 15/03/2024 | 3.20 pm | 2 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client shared her childhood experiences. Client is the second born in a family of eight. Client shares that she was born through a miscarriage and her mother left her at 6 months old. Client grew up with her aunt where Client was provided a good life. Client never had the chance to meet her other siblings living with her biological mother. At age 12 Client was taken back to her biological mother and started living with her. Client explain how difficult it was to adapt to her new life, home environment and even school life. Client experienced social anxiety due to the abrupt change of environments. Client explains how she would cry during break time because Client didn’t like the new environment. Her mother used to cane her because of her introverted nature at school. Client feels like all of these experiences have made her feel like a burden to her family.

**Goal(s) for therapy**1. Explore and process the client's childhood experiences to gain insight into their impact on her current feelings of inadequacy and social anxiety.  
2. Foster self-acceptance and resilience by addressing underlying issues contributing to the client's perception of herself as a burden.  
3. Develop coping strategies to manage social anxiety and improve self-esteem in various environments.

**Interventions (state theories used)**1. Person-Centered Therapy (PCT): This approach prioritized creating a safe and empathetic space where the client could freely express her emotions and experiences. By fostering an atmosphere of unconditional positive regard, empathy, and congruence, the therapist aimed to facilitate the client's self-exploration and personal growth without fear of judgment.  
2. Psychoanalysis: employed techniques to delve deeper into the client's childhood experiences. By exploring memories, dreams, and subconscious thoughts, we uncovered underlying psychological patterns and conflicts that may be contributing to the client's current feelings of inadequacy and social anxiety. This process aimed to bring about insight and promote emotional healing and resolution of inner conflicts.

**Plans for next session**In the next session, we will continue exploring the client's childhood experiences and their impact on her current feelings of inadequacy. Focus on identifying and challenging negative beliefs about herself while providing support and validation. Additionally, introduce techniques to manage social anxiety and enhance self-esteem.

**Student Counsellor’s signature… Date…** 15/03/2024

**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** |
| A20 | 16/03/2024 | 9.25am | 2 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**After high school, the client had a tough time with her family, especially her mother and siblings. She was closest to her dad. Even though she did well in her exams and got into university, her family didn't support her decision to go to college. When she joined a different church, her family cut her off completely, which made her feel really sad. She had to work odd jobs to pay for school because her family wouldn't help her. During breaks, she volunteered for church activities but avoided going home because her family accused her of bad things, which made her feel really bad about herself.

**Goal(s) for therapy**1. Rebuild Self-Esteem: Assist the client in rebuilding her self-esteem and self-worth that have been negatively impacted by familial rejection and accusations.  
2. Process Trauma: Support the client in processing the traumatic experiences she faced due to familial rejection and accusations of immoral behaviour, helping her to cope with the emotional distress and heal from past wounds.  
3. Improve Coping Skills: Equip the client with effective coping strategies to manage stress, navigate familial conflicts, and build resilience in the face of adversity.  
4. Foster Self-Identity: Help the client explore and affirm her identity, including her religious beliefs and personal values, to establish a sense of self-authenticity and confidence.

**Interventions (state theories used)**1. Narrative Therapy: Utilize narrative techniques to help the client reframe her experiences, viewing them as separate from her identity and empowering her to construct a new narrative that emphasizes resilience and self-empowerment.  
2. Cognitive Restructuring: Implement cognitive-behavioural techniques to challenge negative thought patterns and beliefs stemming from familial rejection, assisting the client in developing more adaptive and constructive ways of thinking.  
3. Solution-Focused Brief Therapy (SFBT): Utilize SFBT principles to identify the client's strengths, resources, and past successes, focusing on practical solutions and achievable goals to address current challenges and move towards positive change.

**Plans for next session**In the next session, we'll delve deeper into the client's feelings about their family's rejection and the accusations they faced. We'll also work on changing negative thoughts and boosting self-esteem using cognitive techniques.

**Student Counsellor’s signature… Date…** 16/03/2024

**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** |
| A20 | 17/03/2024 | 10.00 am | 4 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client is working as a teacher in a secondary school. Being the second born and the only one currently employed, she is forced to take care of her needs as well as her family’s(mother and siblings). This has caused a significant amount of distress as the responsibility placed on her is overwhelming. She is sometimes forced to take loans so that she can sustain her family back at home, loans that she doesn’t know how she is going to repay. Client explains that she hasn’t had the opportunity to take good care of herself and enjoy the fruits of her labour due to the never ending financial demands of her family.

**Goal(s) for therapy**1. Financial Management: Assist the client in developing practical strategies for managing her finances more effectively, including budgeting, debt repayment plans, and exploring alternative sources of income to alleviate financial stress.  
2. Boundaries and Self-Care: Support the client in establishing healthy boundaries with her family members and prioritizing her own self-care needs, empowering her to set limits on her caregiving responsibilities and carve out time for personal well-being and leisure activities.  
3. Coping Skills: Equip the client with coping skills and stress management techniques to better navigate the emotional challenges associated with her caregiving role, promoting resilience and emotional well-being in the face of adversity.  
  
**Interventions (state theories used)**1. Solution-Focused Brief Therapy (SFBT): utilized to identify the client's strengths, resources, and past successes, focusing on practical solutions and achievable goals to address her current financial challenges and alleviate stress.  
2. Cognitive-Behavioural Therapy (CBT): employed to help the client recognize and challenge maladaptive thought patterns and beliefs related to guilt, obligation, and self-sacrifice, promoting more adaptive coping strategies and a healthier mindset.  
3. Family Systems Theory: applied to explore the dynamics and patterns within the client's family system, identifying roles and expectations that contributed to her caregiving burden and exploring opportunities for change and boundary-setting.

**Plans for next session**Psychoeducate client on the importance of self care and how it contributes to overall quality of life.

**Student Counsellor’s signature… Date…** 17/03/2024

**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** |
| A20 | 18/03/2024 | 9.20 am | 5 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client shared her experiences of past relationships she was engaged in. She explains how all her past relationships have broken her and how she doesn’t feel its worth it to pursue relationships in future. She shared how her ex boyfriends used to perceive her as a burden whenever she opened up to them about the challenges she and her family were going through leading to her abandonment. This really broke her heart and vowed never to trust men again. She feels like isolating herself is the best solution currently.

**Goal(s) for therapy**1. Develop healthier relationship boundaries to avoid oversharing and maintain emotional boundaries.  
2. Identify recurring patterns in past relationships and explore how they contribute to the same negative outcomes each time.  
3. Focus on self-development and rebuilding self-esteem to cultivate a more positive self-image and sense of worth.  
4. Take a break from pursuing romantic relationships to allow time for self-reflection and exploration of personal goals and values.

**Interventions (state theories used)**During therapy, Reality Therapy was employed to delve into the client's current perceptions and behaviours within the context of her past relationships. This approach facilitated a deep exploration of the client's present-moment awareness, allowing her to gain insights into how her thoughts, feelings, and actions contribute to her relationship dynamics. Through open dialogue and guided reflection, the client was encouraged to take responsibility for her choices and actions, empowering her to recognize the role she plays in shaping her interpersonal experiences. By focusing on the here and now, Reality Therapy provided a framework for the client to explore alternative ways of thinking and behaving that align with her personal values and goals, ultimately promoting positive changes in her relationship patterns.

**Plans for next session**In the next session, we will continue exploring the client's past relationship experiences, delving deeper into the underlying patterns and examining ways to break free from destructive cycles. Additionally, we will begin implementing strategies for self-development and establishing healthier relationship boundaries.

**Student Counsellor’s signature… Date…** 18/03/2024