**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?**Insight: good

Judgment: good

Mood and Affect: low and sad

Social behaviour: appropriate

Appearance: neat and well-kempt

**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)**Client shares experiences she went through after high-school and during campus. Client mentions that her relationship with her mother and siblings is not good and she is only close to her dad. Client performed well in her KCSE examinations excelling more than her elder brother and got a slot in university. This really angered her mother who wanted her daughter to not join campus. After joining campus, client join the Seventh Day Adventist church abandoning her original catholic church. This led to being cut off by her whole family including her father. This really broke her heart but was not enough to bring her back to the catholic church. Disowned by family and in campus, client had no option but to start sustaining herself by engaging in odd jobs so that she could pay her bills. During long holidays client would join mission activities by her church and never went home. Due to this her mother accused her of being a prostitute trying to get money from men. This really traumatized her and lowered her self-esteem.

**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 will continue to explore the client's experiences and emotions related to familial rejection and accusations, while also implementing cognitive restructuring techniques to challenge negative thought patterns and build self-esteem. Additionally, we will introduce mindfulness-based stress reduction exercises to help the client develop coping skills and promote emotional resilience.

**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** |
|  |  |  |  |  | MTRH |

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

**Goal(s) for therapy**

**Interventions (state theories used)**

**Plans for next session**

**Student Counsellor’s signature… Date…**

**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** |
|  |  |  |  |  | MTRH |

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

**Goal(s) for therapy**

**Interventions (state theories used)**

**Plans for next session**

**Student Counsellor’s signature… Date…**