**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 21 **Date of intake…** 5/03/2024

**Client Code…** A21 **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:** 23 **Marital status:** Single

**Relevant history concerning previous counselling treatment( if any)**Has had previous counselling experience.

**The current situation (allow the client to share whatever has brought him/her for therapy).**Client is a college student who recently broke up with his girlfriend. He finds it hard to move in. He regrets revealing some secrets to his ex girlfriend. He has been drinking heavily to cope with the overwhelming emotional and psychological stress he is going through.

**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: dysphoric

Social behaviour: appropriate

Appearance: neat and well-kempt.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A21 | 5/03/2024 | 10.00 am | 1 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client's primary concern revolves around his recent breakup with his girlfriend, which has left him struggling to cope with overwhelming emotional and psychological stress. He regrets disclosing certain personal secrets to his ex-girlfriend and has resorted to heavy drinking as a means of managing his distress.

**Goal(s) for therapy**1. Exploration: Facilitate a comprehensive exploration of the client's feelings, thoughts, and experiences surrounding the breakup, including the underlying reasons for his regret and the impact of heavy drinking on his well-being.  
2. Provide a Safe Space for Client to Open Up: Create a supportive and non-judgmental environment where the client feels comfortable expressing his emotions, processing his thoughts, and discussing his concerns openly.

**Interventions (state theories used)**1. Person-Centered Therapy (PCT): Integrated to establish a therapeutic alliance characterized by empathy, unconditional positive regard, and authenticity. The therapist employed active listening and reflection to validate the client's feelings, enhance self-awareness, and foster a sense of acceptance and self-exploration.  
2. Psychoanalysis: Utilized to delve into the client's subconscious and uncover underlying conflicts, emotions, and patterns of behaviour related to the breakup and his coping mechanisms. By exploring past experiences and unconscious processes, the therapist aimed to gain insight into the client's current difficulties and facilitate emotional healing and growth.

**Plans for next session**In the next session, we will continue to provide a supportive space for the client to explore his feelings and experiences related to the breakup. Additionally, we will further delve into the client's coping strategies, particularly his heavy drinking, and collaboratively work with him to identify healthier coping mechanisms. The session will focus on developing personalized strategies to manage distress and promote emotional well-being.

**Student Counsellor’s signature… Date…** 5/03/2024

**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** |
| A21 | 14/03/2024 | 9.15 am | 2 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**Client would like to disclose and share the secrets he revealed to his ex girlfriend. He feels like they are too heavy and should share them with someone he can trust. Client shares that he revealed to his ex girlfriend how he hates one of his close friends(a boy) due to the fact that he was dating a girl he had a crush on and that he would anything to harm his friend out of resentment. He even went as far as revealing that he was willing to set him up so that he could be charged by the police for crimes his friend did not commit so that he could end up in jail.

**Goal(s) for therapy**1. Provide a safe space for the client to express and process his emotions and experiences without judgment.

2. Explore underlying reasons for the client's intense feelings of resentment and anger towards his friend.

3. Develop coping strategies to manage negative emotions and cultivate healthier relationships.

**Interventions (state theories used)**1. Narrative Therapy: Assist the client in reconstructing his personal narrative, reframing negative experiences, and exploring alternative perspectives on his relationships and emotions.  
2. Solution-Focused Therapy: Focus on identifying the client's strengths and resources, setting achievable goals, and generating solutions to address his feelings of resentment and desire for revenge.  
3. Mindfulness-Based Stress Reduction (MBSR): Introduce mindfulness techniques to help the client develop self-awareness, regulate emotions, and cultivate acceptance of his thoughts and feelings without judgment.

**Plans for next session**1. Continue exploring the client's experiences and emotions related to his friend and the disclosed secrets.  
2. Implement mindfulness exercises to help the client manage intense emotions and promote emotional regulation.  
3. Collaboratively develop a plan to address the client's feelings of resentment and develop healthier coping strategies.  
4. Discuss potential long-term goals and strategies for maintaining emotional well-being and healthy relationships.

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

**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** |
| A21 | 15/03/2024 | 9.00 am | 3 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client's primary concern revolves around his recent breakup with his girlfriend, which has left him struggling to cope with overwhelming emotional and psychological stress. He regrets disclosing certain personal secrets to his ex-girlfriend and has resorted to heavy drinking as a means of managing his distress.

**Goal(s) for therapy**1. Continue exploring the client's experiences and emotions related to his friend and the disclosed secrets.  
2. Implement mindfulness exercises to help the client manage intense emotions and promote emotional regulation.  
3. Collaboratively develop a plan to address the client's feelings of resentment and develop healthier coping strategies.  
4. Discuss potential long-term goals and strategies for maintaining emotional well-being and healthy relationships.

**Interventions (state theories used)**1. Cognitive-Behavioural Therapy (CBT): Employ CBT techniques to help the client identify and challenge maladaptive thoughts and beliefs related to his breakup and disclose secrets. This may involve cognitive restructuring to address any irrational or harmful thought patterns contributing to his distress.  
2. Mindfulness-Based Stress Reduction (MBSR): Introduce mindfulness exercises and techniques to help the client cultivate present-moment awareness and develop skills for managing intense emotions. This may include mindfulness meditation, deep breathing exercises, and body scans to promote emotional regulation and reduce stress.  
3. Psychoeducation: Provide the client with information and education about healthy coping strategies, the effects of alcohol on mental health, and the importance of seeking professional help when experiencing distress. This may include discussing the risks of using alcohol as a coping mechanism and exploring alternative, healthier ways of managing emotions.

**Plans for next session**

1. Begin by reviewing the client's progress with implementing mindfulness exercises and CBT techniques discussed in previous sessions.  
2. Discuss potential long-term goals for therapy, such as enhancing self-esteem, improving interpersonal relationships, and developing healthier coping mechanisms.

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