**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 22 **Date of intake…** 15/03/2024

**Client Code…** A22 **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:** 36 **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 the mother to a 17 year old girl who has been diagnosed with a number of conditions including: pneumonia, groin injury and brain injury. Mother has refused to consent performing an MRI scan on her daughter by the doctors. Mother believes that her daughter is fine and requests to be discharged contrary to the doctors findings indicating her daughter needs to be examined and treated.

**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: anxious

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** |
| A22 | 15/03/2024 | 10.00 am | 2 | 2 hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client, a concerned mother, seeks therapy grappling with her daughter's medical diagnosis and treatment plan. Despite medical advice, she hesitates to approve further procedures like an MRI scan, convinced her daughter is fine and advocating for her discharge from the hospital.

**Goal(s) for therapy**1. Explore the client's concerns and underlying reasons for refusing medical interventions for her daughter.  
2. Address any fears or anxieties the client may have regarding her daughter's health and treatment.  
3. Provide psychoeducation on the importance of medical assessments and treatments for the daughter's conditions.  
4. Collaborate with the client to develop a plan for decision-making regarding her daughter's healthcare that considers both the client's concerns and the medical recommendations.

**Interventions (state theories used)**1. Person-Centered Therapy (PCT): Created a safe and empathetic environment for the client to express her concerns and feelings without judgment. Utilized active listening and reflective techniques to validate the client's emotions and perspectives.  
2. Cognitive-Behavioural Therapy (CBT): Explored any cognitive distortions or irrational beliefs that may have influenced the client's decision-making process regarding her daughter's medical care. Challenged any negative thoughts or fears and encouraged the client to consider alternative viewpoints.  
3. Psychoeducation: Offered information and resources to help the client better understand her daughter's medical conditions, the recommended treatments, and the potential consequences of refusing medical interventions. Provided support and guidance in making informed decisions about her daughter's healthcare.  
  
**Plans for next session**1. Review the client's progress in understanding and addressing her concerns about her daughter's medical care.  
2. Further explore any barriers or challenges the client may be experiencing in accepting the medical recommendations.  
3. Continue to provide psychoeducation and support to help the client make informed decisions regarding her daughter's healthcare.  
4. Discuss strategies for effective communication with healthcare providers and advocating for her daughter's needs while respecting medical expertise.  
5. Explore any additional support or resources that may be beneficial for the client and her daughter during this challenging time.

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