**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 26 **Date of intake…** 21/03/2024

**Client Code…** A26 **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:** 22 **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 ingested poison in an attempt to commit suicide. She shares that her ex-boyfriend recently broke up with her after she caught him cheating with another lady. Client explains that her boyfriend lied to her that he was not seeing anyone else apart from her. On confrontation, he turned and even revealed to the client that she was not beautiful neither lovable. These words really broke her leading to attempted suicide.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**The client exhibits good insight during the session, demonstrating an understanding of their circumstances and behaviours. However, their mood and affect appear dysphoric, indicating feelings of sadness or discomfort. Despite this, their social behaviour remains appropriate, suggesting an ability to interact effectively with others. However, their appearance appears rough and unkempt, which may reflect underlying distress or neglect. It's important to explore further to understand the factors contributing to their dysphoric mood and unkempt appearance, allowing for tailored interventions to address their needs effectively.

**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** |
| A26 | 21/03/2024 | 9.30 am | 1 | 1 ½ hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client attempted suicide after her recent breakup with her boyfriend, who she discovered was cheating on her with another woman. She experienced profound emotional distress upon learning about the infidelity and was deeply hurt by her boyfriend's hurtful comments about her appearance and worthiness of love.

**Goal(s) for therapy**1. Address the client's emotional distress and suicidal ideation stemming from the breakup and hurtful comments made by her ex-boyfriend.  
2. Enhance the client's self-esteem and self-worth by challenging negative beliefs about herself and fostering a positive self-image.  
3. Develop coping strategies to manage distressing emotions and thoughts related to the breakup and betrayal.  
4. Explore healthy ways of processing and expressing emotions, such as grief and anger, in response to the relationship ending.

**Interventions (state theories used)**1. Cognitive-Behavioural Therapy (CBT): Employed CBT techniques to challenge and reframe the client's negative thoughts and beliefs about herself, her worth, and her desirability. Encouraged the client to identify and challenge cognitive distortions related to the breakup and her ex-boyfriend's hurtful comments.  
2. Dialectical Behaviour Therapy (DBT): Utilized DBT skills training to help the client develop emotion regulation strategies and distress tolerance skills to manage intense emotions and prevent impulsive behaviours, such as suicide attempts. Taught mindfulness techniques to increase awareness of emotions and reduce emotional reactivity.  
3. Supportive Counselling: Provided empathetic support and validation to the client as she processed her feelings of grief, betrayal, and heartbreak. Offered a safe space for the client to express her emotions and experiences without judgment, fostering a therapeutic alliance based on trust and understanding.

**Plans for next session**1. Continue exploring the client's feelings and experiences  
2. Review and reinforce coping strategies learned in therapy  
3. Collaboratively set goals for ongoing therapy sessions, tailoring interventions to address the client's evolving needs and goals for recovery and emotional well-being.

**Student Counsellor’s signature… Date…** 21/03/2024