**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 27 **Date of intake…** 21/03/2024

**Client Code…** A27 **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:** 27 **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 has been diagnosed with Chronic subdural haemorrhage due to an accident he was involved in as a bodaboda driver. Doctors have been working round the clock but hardly made any progress. The client has been referred for counselling to get closure about his current condition and the poor prognosis.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**The client demonstrates good insight into their thoughts, feelings, and behaviours, indicating an understanding of their current situation. However, their mood and affect are dysphoric, suggesting feelings of sadness or discomfort. Despite this, their social behaviour remains appropriate, indicating the ability to interact effectively with others. Additionally, their appearance is neat and well-kempt, which may contrast with their dysphoric mood and suggest efforts to maintain a composed outward appearance despite internal distress. It's essential to further explore the reasons behind their dysphoric mood despite their outward presentation and support them in addressing any underlying emotional concerns.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A27 | 21/03/2024 | 11.45 am | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client, diagnosed with Chronic subdural haemorrhage following a bodaboda accident, is grappling with the overwhelming emotional distress and uncertainty surrounding his condition and prognosis. He seeks counselling to find closure and support in navigating his current circumstances.

**Goal(s) for therapy**1. Provide emotional support and validation to the client as he processes his feelings of fear, uncertainty, and grief related to his diagnosis and prognosis.  
2. Help the client gain a better understanding of his medical condition and prognosis, fostering acceptance and coping strategies to navigate his current circumstances.  
3. Facilitate open communication and expression of emotions, allowing the client to share his experiences and concerns in a safe and supportive environment.  
  
**Interventions (state theories used)**1. Supportive Counselling: Utilized supportive counselling techniques to provide empathy, validation, and emotional support to the client as he navigates the emotional distress and uncertainty surrounding his diagnosis. Offered a safe space for the client to express his feelings and concerns without judgment, fostering a therapeutic alliance based on trust and understanding.  
2. Psychoeducation: Provided information and education about Chronic subdural haemorrhage, including its causes, symptoms, prognosis, and treatment options. Helped the client gain a better understanding of his medical condition and the challenges he may face, empowering him to make informed decisions and cope effectively.  
3. Cognitive-Behavioural Therapy (CBT): Integrated CBT techniques to help the client challenge and reframe negative thoughts and beliefs related to his diagnosis and prognosis. Encouraged the client to identify and replace maladaptive coping strategies with more adaptive ones, promoting resilience and psychological well-being.

**Plans for next session**1. Continue providing emotional support and validation to the client as he processes his feelings and experiences related to his diagnosis and prognosis.  
2. Explore coping strategies and resilience-building techniques to help the client navigate the challenges posed by his medical condition and treatment journey.  
3. Collaboratively set goals for ongoing therapy sessions, tailoring interventions to address the client's evolving needs and goals for emotional well-being and quality of life.

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