**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 28 **Date of intake…** 23/03/2024

**Client Code…** A28  **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:** 26 **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 a newly wed lady, one and a half years into her marriage. She complains of her violent husband who has been physically abusing her whenever they get into an argument. She has tried several times to talk to him about the issue but to no vail. She has even tried involving parents but nothing has changed. She feels constrained and imprisoned in that marriage and would like to find a way out.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**Insight: The client demonstrates a commendable understanding of their circumstances and condition, reflecting insightful awareness.

Judgment: The client showcases prudent decision-making skills, indicating the ability to make sensible choices considering their circumstances.

Speech: The client communicates cohesively, expressing their thoughts and emotions with clarity and coherence.

Mood and Affect: The client's mood and affect are euthymic, suggesting a balanced emotional state despite the challenges they face.

Social Behaviour: The client engages in appropriate social interactions, demonstrating effective communication and interpersonal skills.

Appearance: The client presents themselves with care and tidiness, reflecting a commitment to self-presentation and upkeep despite their current challenges.

**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** |
| A28 | 23/03/2024 | 9.00 am | 1 | 1 ½ hours | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client, a newly-wed woman, is seeking therapy due to the physical abuse she has been experiencing from her husband during arguments. Despite multiple attempts to address the issue with him and involve their parents, the violence persists. She feels trapped and imprisoned in her marriage and is seeking support to find a way out of this situation.

**Goal(s) for therapy**1. Provide the client with emotional support and validation as she navigates the challenges of her abusive marriage.  
2. Explore strategies to increase the client's safety and well-being within the context of her relationship.  
3. Assist the client in developing a plan for addressing the abuse and exploring options for ending the marriage if necessary.  
4. Empower the client to establish healthy boundaries and advocate for herself in her relationship.

**Interventions (state theories used)**1. Trauma-Informed Therapy: Utilized trauma-informed approaches to help the client process the emotional impact of the abuse and develop coping strategies for managing trauma symptoms.  
2. Cognitive-Behavioural Therapy (CBT): Employed CBT techniques to challenge negative thought patterns and beliefs perpetuated by the abusive relationship, empowering the client to reframe her perspective and build resilience.  
3. Empowerment Counselling: Provided empowerment-focused counselling to help the client identify her strengths and resources, fostering a sense of agency and self-efficacy in navigating her circumstances.  
4. Safety Planning: Collaborated with the client to develop a safety plan tailored to her specific needs and circumstances, including strategies for de-escalating conflict and accessing support during instances of abuse.

**Plans for next session**1. Explore childhood experiences that might be perpetrating her current situation.  
2. Review and refine the safety plan to ensure it remains effective in promoting the client's safety and well-being.  
3. Discuss any progress or setbacks the client has experienced since the previous session and adjust interventions accordingly.

**Student Counsellor’s signature… Date…** 23/03/2024