**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 29  **Date of intake…** 23/03/2024

**Client Code…** A29 **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:** 32 **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).**The client,a father of four, who works as a bodaboda operator, ingested poison in an attempt to take away his life due to the overwhelming pressure to provide for his family's ever growing needs. He came to realise that his wife developed a habit of giving out food and other household items to her friends and neighbours. This really broke his heart resulting in the failed suicide attempt.

**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, but he is physically worn out due to the effects of the ingested poison.

**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** |
| A29 | 23/03/2024 | 11.30 am | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client, a father of four working as a bodaboda operator, attempted suicide due to overwhelming pressure to provide for his family's needs. He discovered that his wife was giving away food and household items to friends and neighbours, causing him significant distress and contributing to his feelings of hopelessness and despair.

**Goal(s) for therapy**1. Provide the client with emotional support and validation as he navigates the challenges of providing for his family.  
2. Explore coping strategies to manage feelings of overwhelm and hopelessness related to financial stress and marital discord.  
3. Facilitate open communication between the client and his wife to address underlying issues and improve their relationship dynamics.  
4. Help the client develop a sense of purpose and meaning beyond his role as a provider, fostering self-worth and resilience.

**Interventions (state theories used)**1. Narrative Therapy: Utilize narrative therapy techniques to explore the client's story and how his experiences have shaped his sense of self and identity within his family.  
2. Solution-Focused Brief Therapy (SFBT): Implement SFBT strategies to identify the client's strengths and resources, focusing on practical solutions and achievable goals to address his immediate concerns.  
3. Cognitive-Behavioural Therapy (CBT): Introduce CBT techniques to help the client challenge negative thought patterns and develop more adaptive coping strategies for managing stress and distress.

**Plans for next session**1. Explore the client's experiences and emotions surrounding the discovery of his wife's actions and how it has impacted his sense of trust and security in their relationship.  
2. Work collaboratively with the client to develop strategies for addressing financial stressors and finding alternative ways to meet his family's needs.

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