**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…**3 **Date of intake…**01/02/2024

**Client Code…**A3  **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:** 17  
**Marital status:** Single

**Relevant history concerning previous counselling treatment( if any)**

No previous counselling treatment.

**The current situation (allow the client to share whatever has brought him/her for therapy)**

The client has been experiencing physical symptoms for the past three months, including regular headaches, back pain, weakness, and difficulty in walking. Despite seeking medical help, no physiological causes have been identified for these symptoms. These issues have negatively impacted her academic performance, suggesting a significant level of distress. The symptoms align with Conversion Disorder, a condition where psychological stress manifests as physical symptoms.

**What is your initial assessment of the client; cognitively, emotionally, socially and physically in relation to his/her concerns?**

Cognitively: The client appears to be cognitively intact, as there is no mention of any cognitive impairments. However, her academic performance has been affected, which may indicate concentration difficulties or other cognitive disruptions related to her physical symptoms.  
Emotionally: While the client has not explicitly expressed her emotional state, the presence of physical symptoms without a physiological cause often indicates emotional distress. Further exploration is needed to understand her emotional well-being.  
Socially: There is no information provided about the client’s social situation. It would be beneficial to understand her social support system, relationships, and any potential social stressors.  
Physically: The client is experiencing multiple physical symptoms, including headaches, back pain, and difficulty walking. These symptoms are significant enough to interfere with her daily activities and academic performance. Despite medical consultations, no physiological cause has been found, leading to a potential diagnosis of Conversion Disorder.

**SESSION 1 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A3 | 01/02/2024 | 10.30 am | 1 | 1 ½ hrs | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**

The client's primary concern is the experience of physical illnesses persisting for the past 3 months, which have significantly impacted her daily life and academic performance. Despite seeking medical help, no physiological causes have been identified, leading to distress and uncertainty about the origin and management of her symptoms. The client is seeking therapy to explore the underlying factors contributing to her physical symptoms and to develop coping strategies to manage her distress effectively.

**Goal(s) for therapy**

Explore and understand the psychological factors contributing to the client's physical symptoms, including potential stressors, emotional triggers, and coping mechanisms.

Develop coping strategies and resilience skills to manage the distress associated with the symptoms and uncertainty about their cause.

Enhance the client's ability to maintain academic performance and engage in daily activities despite the presence of physical symptoms.

Foster a sense of empowerment and agency in the client's ability to navigate and advocate for her physical and emotional well-being.

**Interventions (state theories used)**

1. Psycho-education: Provide information and psycho education about conversion disorder and the mind-body connection to help the client understand the interplay between psychological factors and physical symptoms.

2. Exploratory Therapy: Explore the client's past experiences, family dynamics, and stressors to identify potential underlying factors contributing to her symptoms and develop insight into her emotional and psychological well-being.

**Plans for next session**

In the upcoming session, our primary focus will be on creating a safe and exploratory space for the client to delve deeper into her experiences and emotions related to her physical symptoms. We will adopt a collaborative approach to uncovering the underlying psychological factors contributing to her symptoms, with the goal of gaining greater insight and understanding.

**Student Counsellor’s signature… Date…**01/02/2024

**SESSION 2 CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A3 | 07/02/2024 | 9.40 | 2 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy):**

The client faces significant challenges in her family life, particularly regarding her inability to reconnect with her biological father for 17 years, spanning her entire life. Despite genuine efforts to establish contact, she faces ongoing obstacles, leading to unresolved questions and deep emotional pain. Feeling resigned, she believes cutting ties with her father is the best solution. This underscores her profound emotional turmoil and the complexities of family estrangement.

**Goal(s) for therapy:**

1. Facilitate emotional processing and resolution of unresolved feelings surrounding the client's absent father.

2. Develop coping strategies to manage distress and navigate the complexities of familial estrangement.

3. Explore possibilities for reconciliation or closure regarding the client's relationship with her father.

4. Foster a sense of empowerment and self-awareness in navigating familial relationships and personal growth.

**Interventions (state theories used):**

Psychodynamic Theory: Explore unconscious processes and unresolved conflicts related to the client's familial dynamics and emotional experiences.

Attachment Theory: Investigate the client's attachment patterns and relational dynamics, particularly in the context of her relationship with her father.

Cognitive-Behavioural Therapy (CBT): Challenge negative thought patterns and beliefs associated with the client's perceptions of her father and her current situation.

Mindfulness-Based Interventions: Cultivate present-moment awareness and emotional regulation skills to manage distress and enhance coping abilities.

**Plans for next session:**

1. Explore the client's thoughts and emotions surrounding her attempts to reach out to her father and the impact of these efforts on her emotional well-being.

2. Introduce mindfulness techniques to help the client regulate her emotions and manage distress associated with her father's absence.

3. Begin exploring the client's expectations and hopes for potential outcomes of therapy, setting the stage for collaborative goal setting and treatment planning.

4. Provide psycho-education on attachment theory and its relevance to understanding the client's relational dynamics and experiences of loss and separation.

**Student Counsellor’s signature… Date…**