**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 30 **Date of intake…** 23/03/2024

**Client Code…** A30 **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:** 34 **Marital status:** Divorced

**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 an independent woman working for a corporate institution. She was recently married by her life-long partner but their marriage did not last six months due to misunderstandings and confusion of roles and responsibilities. The two were both working and only convened at their house late in the evening after work. They had to share roles due to exhaustion but this did not sit well with the husband. After multiple failed attempts at resolving the issue, they parted ways through divorce.   
The client shares she really needs her husband back and cannot bear living alone, - “I need a companion”- as she put it in her words. She has not gotten over the divorce but is not willing to play the role of a wife in case of a reunion. She is overwhelmed by the breakup and doesn’t know what to do next.

**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: Dysphoric , low mood mixed with feelings of sadness and despair  
Social Behaviour: The client engages in appropriate social interactions, demonstrating effective communication and interpersonal skills.  
Appearance: The client presents themselves in a neat and well-kempt manner.

**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** |
| A30 | 23/03/2024 | 2.00 pm | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client, an independent woman working in a corporate institution, is seeking therapy following the breakdown of her marriage to her long-term partner. The marriage lasted less than six months due to misunderstandings and confusion over roles and responsibilities. Despite their efforts to resolve the issues, they ultimately divorced. The client is struggling with feelings of loneliness and a desire to reconcile with her ex-husband, but she is also hesitant to resume the traditional role of a wife if they were to reunite. She feels overwhelmed by the breakup and is uncertain about her next steps.

**Goal(s) for therapy**1. Explore the client's feelings of loneliness and longing for companionship after the divorce.  
2. Help the client process her emotions surrounding the breakup and come to terms with the end of the relationship.  
3. Explore the client's expectations and desires regarding a potential reunion with her ex-husband, including her hesitations about resuming traditional gender roles.

**Interventions (state theories used)**1. Person-Centered Therapy (PCT): I employed Person-Centered Therapy (PCT) to provide the client with empathetic and non-judgmental support as she explored her feelings and experiences related to the breakup. I created a safe and supportive environment where she felt comfortable expressing herself openly and honestly.  
2. Cognitive-Behavioural Therapy (CBT): In addition, Cognitive-Behavioural Therapy (CBT) techniques were utilized to identify and challenge any negative thought patterns or beliefs the client may have held about herself or her future prospects following the divorce. I worked with her to develop more adaptive coping strategies for managing distress and uncertainty.  
3. Solution-Focused Brief Therapy (SFBT): Furthermore, I incorporated Solution-Focused Brief Therapy (SFBT) to assist the client in setting achievable goals and identifying practical solutions to address her immediate concerns. Together, we focused on finding ways to cope with loneliness and discovering sources of fulfilment outside of romantic relationships.

**Plans for next session**1. Explore client's breakup emotions and desire for companionship.  
2. Collaborate on coping strategies for loneliness and finding fulfilment beyond romantic relationships.  
3. Discuss client's values and goals for envisioning a purposeful future post-relationship.

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