**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 4 **Date of intake…** 07/02/2024

**Client Code…** A4 **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:   
Marital status:** Married

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

Client has attended counselling sessions in the past. Most of these sessions were conducted in a rehabilitation centre where he was recovering from Alcohol addiction.

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

Client is grappling with alcohol addiction, which has persisted for several years. He initiated alcohol consumption during his time at university out of curiosity and peer pressure. The desire to avoid isolation and fit in with his social circle led him deeper into alcohol abuse. This addiction has inflicted significant personal and social distress upon him. He expresses a strong desire to overcome this addiction and reclaim control over his life.

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

Cognitively: Client appears coherent and able to engage in meaningful conversation.

Emotionally: Client expresses a sense of distress and determination to overcome the challenges posed by alcohol addiction.

Socially: Client's social interactions have been significantly influenced by alcohol consumption, leading to both isolation and distress.

Physically: Client presents as physically stable, without apparent signs of illness or distress related to his addiction.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A4 | 07/02/2024 | 11.20 am | 1 | 1 hour | MTRH |

**Client’s Concerns (Issue bringing him/her for therapy)**The client's primary concern revolved around a persistent struggle with alcohol addiction, marking a significant impact on various facets of their life. The repercussions extended to both personal well-being and social relationships. The client recognized that the challenges posed by alcohol addiction had led to a substantial negative influence on their overall quality of life.

**Goal(s) for therapy**The overarching goal for therapy was to support the client in overcoming his alcohol addiction and regaining control over his life. Specific goals included developing coping strategies to manage cravings, enhancing self-awareness and insight into triggers for alcohol abuse, and rebuilding healthy interpersonal relationships free from the influence of alcohol.

**Interventions (state theories used)**Cognitive-Behavioral Therapy (CBT): I utilized this approach to help the client identify and challenge distorted thought patterns and beliefs related to alcohol use, as well as develop more adaptive coping mechanisms to manage triggers and cravings.

Motivational Interviewing (MI): I employed MI techniques to explore the client's ambivalence about change and to enhance his intrinsic motivation to overcome alcohol addiction. Through empathic listening and collaborative goal-setting, I helped the client identify personal values and goals that aligned with sobriety.

**Plans for next session**In the next session, I will continue to explore the client's relationship with alcohol, including identifying specific triggers and stressors that contribute to his drinking behavior. Additionally, I will introduce strategies for coping with cravings and managing high-risk situations effectively. The session will also focus on reinforcing the client's motivation for change and exploring any potential barriers to treatment engagement.

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