**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 5 **Date of intake…** 12/02/2024

**Client Code…** A5 **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:** 31 **Marital status:** Engaged

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

No previous counselling.

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

The client, a recovering alcohol addict, sought counselling to address concerns regarding his exit plan as he prepared for discharge. His challenges included experiencing a lack of support from siblings and relatives, leading to feelings of anger and resentment towards them. Furthermore, he struggled with a lack of a meaningful income source, anger management issues, and instances of relapse triggered by stress.

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

**Cognitively**: The client exhibited a level of insight into his challenges, demonstrating an understanding of the factors contributing to his current situation, including his lack of familial support, financial instability, and anger management issues. He appeared receptive to discussing and exploring strategies for addressing these concerns, indicating a willingness to engage in the therapeutic process.

**Emotionally**: The client displayed a range of emotions, including frustration, resentment, and stress, particularly in response to the perceived lack of support from his siblings and relatives. These emotions seemed to impact his overall well-being and ability to cope effectively with his circumstances. However, the client also expressed a desire for change and improvement, suggesting a degree of emotional resilience and motivation for growth.

**Socially**: The client's social interactions and support network appeared limited, with strained relationships evident, particularly within his family circle. The lack of support from siblings and relatives contributed to feelings of isolation and exacerbation of his emotional distress.

**Physically**: The client appears to be in good health and stable.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A5 | 12/02/2024 | 9.00 am | 1 | 1 hour | MTRH |

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

The client's primary concern revolves around his enduring struggle with alcohol addiction, which has had a profound impact on various facets of his life, including personal well-being and social relationships. This addiction has intertwined with emotional, psychological, and interpersonal dimensions, affecting his self-perception, coping mechanisms, and ability to maintain healthy connections with others. Therapy aims to explore the specific ways in which alcohol addiction has disrupted his daily functioning, emotional state, and relationships, with the goal of understanding his unique experiences and challenges to facilitate meaningful progress towards recovery and improved quality of life.

**Goal(s) for therapy**

1. Overcoming alcohol addiction and achieving sobriety.

2. Developing effective coping strategies to manage triggers, cravings, and underlying emotional challenges.

3. Rebuilding healthy interpersonal relationships and fostering personal growth and resilience.

4. Develop a relapse prevention plan to maintain long-term sobriety and overall well-being.

**Interventions (state theories used)**

Motivational interviewing was employed to engage the client in exploring intrinsic motivations for change and enhancing commitment to therapy. Through active listening and empathetic understanding, I aimed to elicit the client's reasons for considering change, exploring their values, goals, and aspirations. This approach acknowledged the client's autonomy and empowered them to take ownership of their recovery journey. By collaboratively setting achievable goals aligned with the client's values, motivational interviewing facilitated commitment to positive change. Addressing ambivalence towards change, the approach prompted reflection on the benefits of overcoming substance use and its impact on various life domains. Overall, motivational interviewing provided a client-centered framework that fostered exploration of motivations, values, and goals, enhancing commitment to change and promoting a healthier, more fulfilling life. Through empathy and collaboration, the client was empowered to embrace transformation and embark on a journey towards recovery with insight, motivation, and resilience.

**Plans for next session**

Continue exploring the client's concerns and progress towards his goals. Specific interventions will include further exploration of family dynamics and strategies to enhance social support, as well as continued work on anger management and relapse prevention techniques. Additionally, assist the client in identifying and exploring potential income sources and practical steps to address financial instability. Finally, the session will aim to reinforce the client's motivation and commitment to his recovery journey.

**Student Counsellor’s signature… Date…** 12/02/2024