**CP FORM 1**

**CLIENT INITIAL ASSESSMENT FORM**

**Case Number…** 7 **Date of intake…** 14/02/2024

**Client Code…** A7 **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:** 50 **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).**

Client is being managed for depression with psychotic features. She reports hostile home environment and that her husband poses a constant risk of violence towards her. As a result she has been dealing depressive symptoms since 2009. She also mentioned that the husband is afraid she might claim ownership of the family wealth(livestock). She states that the main motive of staying in that marriage is her deep concern for her kids. But due to the unbearable circumstances, she has decided to flee from her home and never go back. She is willing to start hustling and working to sustain herself provided she never goes back to her husband.

**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 aware of the detrimental impact of her current situation on her mental well-being and the need for change.   
Emotionally, she exhibits signs of distress, anxiety, and likely trauma resulting from the ongoing threat of violence and the strain of living in a hostile environment for an extended period.   
Socially, the client's relationships are heavily influenced by the dynamics within her marriage, with her primary focus being the welfare of her children.   
  
In relation to her concerns, the client's decision to flee from her home underscores the severity of the situation and the urgency of intervention and support. Her readiness to embark on a new journey of self-reliance demonstrates resilience and a commitment to improving her circumstances. However, the client's emotional and psychological well-being remains at risk due to the trauma and stressors associated with her current environment. It is important to provide immediate support and assistance to ensure her safety, stability, and holistic recovery.

**CP FORM 2**

**INDIVIDUAL TREATMENT PLAN FORM**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Client code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| A7 | 14/02/2024 | 11.00 am | 1 | 1 hour | MTRH |

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

The client is seeking therapy due to a hostile home environment and ongoing risk of violence from her husband, compounded by depressive symptoms with psychotic features since 2009. She expresses deep concern for her children's well-being, but the intolerable circumstances have led her to decide to flee her home and never return. She is willing to work and sustain herself independently but is adamant about avoiding any contact with her husband to ensure her safety and well-being.

**Goal(s) for therapy**1. Provide immediate support and safety planning to ensure the client's well-being during her transition phase.  
2. Address and manage the client's depressive symptoms with psychotic features.  
3. Assist the client in processing and coping with the trauma and emotional distress.  
4. Empower the client to establish boundaries and assert her rights to ensure her safety and autonomy in future relationships.  
5. Support the client in exploring and pursuing avenues for financial independence and stability to sustain herself and her children.

**Interventions (state theories used)**1. Trauma-informed therapy: Utilized to address the client's experiences of trauma and distress resulting from the hostile home environment and ongoing risk of violence. This approach emphasizes safety, trust, and empowerment, while acknowledging the client's resilience and capacity for healing.  
2. Cognitive-behavioural therapy (CBT): Implemented to address the client's depressive symptoms and psychotic features by identifying and challenging negative thought patterns, enhancing coping skills, and promoting adaptive behaviours.  
3. Psycho-education: Offered to help the client understand the dynamics of abusive relationships, recognize warning signs of domestic violence, and develop strategies for safety planning and risk management.  
4. Empowerment-based therapy: Focused on supporting the client in reclaiming control over her life, establishing boundaries, and making decisions that prioritize her safety, autonomy, and well-being.

**Plans for next session**Continue to address the client's emotional needs, provide ongoing support, and explore long-term strategies for achieving independence and rebuilding her life free from the threat of violence. Additionally, develop a safety plan and explore available resources, including emergency shelters and legal assistance if necessary.

**Student Counsellor’s signature… Date…** 14/02/2024