**CP FORM 3**

**CLIENT LOG FORM**

**SUMMARY OF CLIENT CONTACT HOURS**

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| **CLIENT CODE** | **DATE:**  **FROM** | **DATE:**  **TO** | **No. OF SESSIONS** | **No. OF HOURS** | **PRESENTING CONCERNS AND MAIN ISSUES EXPLORED** |
| A1 | 30/1/24 | 30/1/24 | 1 | 1 | The client's main issue centres on her reluctance to proceed with treatment for a diagnosed breast abscess. Her hesitation is deeply rooted in fear, particularly due to the traumatic experience of a relative who passed away after undergoing treatment for a similar condition. This fear is significantly impacting her decision-making process regarding her own health and well-being. |
| A2 | 31/1/24 | 31/1/24 | 1 | 1 | The client's main concern lies in dealing with a septic foot wound necessitating a Below-Knee Amputation (BKA), prompting therapy to navigate the upcoming surgery and its significant impact on his lifestyle. The impending surgery and lifestyle adjustments are primary concerns requiring therapeutic support and preparation. |
| A3 | 1/2/24 | 07/2/24 | 2 | 2 ½ | The client's primary presenting problem revolves around both persistent physical illnesses disrupting her daily life and academic performance, with no identifiable physiological causes found despite medical consultation, and profound familial challenges stemming from her inability to reconnect with her biological father for 17 years, leading to unresolved emotional distress and a sense of resignation. |
| A4 | 7/2/24 | 7/2/24 | 1 | 1 | The client's primary concern revolves around his long-standing alcohol addiction, which began during university due to curiosity and peer pressure. This addiction has caused significant personal and social distress. He is motivated to overcome it and regain control over his life for a more fulfilling future. |
| A5 | 12/2/24 | 12/2/24 | 1 | 1 | The client's main issue centres on his enduring struggle with alcohol addiction, profoundly impacting his personal well-being and relationships. This addiction intertwines with emotional, psychological, and interpersonal dimensions, affecting his self-perception and ability to maintain healthy connections. |
| A6 | 14/2/24 | 14/2/24 | 1 | 1 | The client is deeply troubled by perceived HIV exposure and stigma, despite negative test results. Overthinking and stress have profoundly affected his mental well-being, leading to para-suicidal behaviour. Urgent intervention and support are crucial to address his emotional distress effectively and ensure his well-being. |

**TOTAL HOURS…** 7 ½  **COLLECTIVE HOURS…** 7 ½

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| A7 | 14/2/24 | 14/2/24 | 1 | 1 | Client lives in a hostile home environment and ongoing risk of violence from her husband, accompanied by depressive symptoms with psychotic features since 2009. Concern for her children's well-being drives her decision to flee the home permanently. She aims to work independently and avoid contact with her husband to ensure her safety and well-being. |
| A8 | 15/2/24 | 15/2/24 | 1 | 1 | The client, referred by her doctor, presents symptoms of schizophrenia, Major Depressive Disorder (MDD) with psychotic features, and alcohol addiction. Primary concerns include significant emotional distress stemming from unemployment since graduating in 2019, leading to alcohol misuse. Strained relations with her mother, who becomes violent when she returns home intoxicated, exacerbate her distress. Seven suicide attempts underscore the severity of her distress, necessitating immediate intervention and support to address her complex challenges effectively. |
| A9 | 16/2/24 | 16/2/24 | 1 | 1 | Form 3 student diagnosed with schizophrenia who experienced worsening symptoms after discontinuing medication, including auditory hallucinations, academic decline, excessive sleep, and self-care neglect. Additionally, his adamant behaviour, insistence on repeating Form 2 due to missing a term, and perfectionism pose challenges. Exploring medication adherence, academic progression, family dynamics, and perfectionism tendencies are key areas of focus. |
| A10 | 19/2/24 | 19/2/24 | 1 | 2 | The client, a 24-year-old female diagnosed with bipolar disorder and substance abuse, faces challenges exacerbated by stopping medication. Family dynamics, particularly issues with her grandmother and jealousy from cousin sisters, add to her distress. Being single and raising her daughter, who currently resides with her grandmother, complicate her situation. Exploring medication adherence, family relationships, and parenting dynamics are central to addressing her concerns and enhancing her well-being. |
| A11 | 21/2/24 | 21/2/24 | 1 | 2 | The client, diagnosed with Schizoaffective disorder, faces challenges in maintaining employment due to impulsive decision-making, leading to quitting her last three jobs. She struggles with decision-making and regrets choices made independently, lacking nearby support. Conflict with her religious mother arose after a recent miscarriage from a relationship outside marriage. |

**TOTAL HOURS…** 7 **COLLECTIVE HOURS…** 14 ½

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| A12 | 27/2/24 | 27/2/24 | 1 | 45 min | The client, diagnosed with bipolar mood disorder, expresses distress over a recent medication change without prior notification. Currently admitted to an in-patient ward, she reports experiencing headaches as a side effect of the new medication. Feelings of sadness and anger emerge from the lack of communication regarding the change, leading to discomfort in the current ward. She desires a transfer to another ward, highlighting the need for improved communication and addressing her emotional well-being during her in-patient stay. |
| A13 | 28/2/24 | 28/2/24 | 1 | 1 | The client, coping with epilepsy-induced psychosis with mood features while being a mother of two, faces challenges in managing anger and disappointment. Hospitalized twice due to her condition, she struggles with unconscious moments of anger leading to violence. Lack of a support system and meaningful income sources contribute to her stress. Exploring anger management, coping strategies, and support systems are key areas of focus to enhance her well-being and parenting experience. |
| A14 | 28/2/24 | 28/2/24 | 1 | 1 | Client suffering from learned helplessness, persistent isolation, and the emotional weight of past trauma and familial rejection. Rooted in enduring childhood experiences and ongoing struggles, she grapples with feelings of powerlessness, inadequacy, and social exclusion. Symptoms of anxiety and depression manifest, impacting her ability to trust and navigate daily life. |
| A15 | 4/3/24 | 11/3/24 |  | 6 | The client has been diagnosed with Severe Depression and experiences migraines and chronic insomnia due to stress triggered by his brother-in-law's diagnosis of mental illness. Trauma from witnessing the brother-in-law's arrest with marijuana exacerbates his distress. Suicidal thoughts and attempts arise from overwhelming pain and stress levels. Therapy addresses coping with trauma, managing stress-induced symptoms, and addressing suicidal ideation to support the client's mental health and well-being. |
| A16 | 29/2/24 | 7/4/24 | 3 | 4 | The client seeks therapy for drug addiction and academic challenges. He admits to using marijuana and alcohol as coping mechanisms for stress and peer pressure. Escalating substance use results in conflicts at home and declining academic performance, causing concern for his future. Recognizing the need for support, therapy aims to address addiction, develop healthier coping strategies, and improve academic performance to foster his well-being and future prospects. |

**TOTAL HOURS… COLLECTIVE HOURS…**

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| A17 | 12/3/24 | 12/3/24 | 1 | 1 | The client, a mother of three high-school going children, seeks therapy due to ongoing conflicts and distress in her relationship with her husband. Two suicide attempts followed a heated exchange and violence from her husband, particularly concerning the sale of firewood. The client expresses a strong desire to distance herself from her husband due to the toxic nature of their relationship, highlighting the need to address conflict resolution, emotional distress, and safety concerns in therapy. |
| A18 | 12/3/24 | 12/3/24 | 1 | 1 | The client, a Form 3 student, sought therapy after a suicide attempt by ingesting poison. Poor academic performance and fear of her father's reaction were identified as primary factors contributing to her distress and suicidal behaviour. This highlights the need to address academic stress, family dynamics, and emotional well-being in therapy. |
| A19 | 12/3/24 | 18/3/24 | 3 | 4 | The client, a form 4 student at a boarding school, experiences distress over her recent involvement in a group engaged in lesbianism. This association began during inter-school co-curricular activities, where she befriended girls from another school who introduced her to this behaviour while sharing a dormitory. She now perceives herself as gradually becoming addicted to this lifestyle and wishes to revert to her previous sexual orientation to prevent further entrenchment. |
| A20 |  |  |  |  |  |
| A21 | 5/3/24 | 15/3/24 | 3 | 6 | The client's primary concern revolves around his recent breakup with his girlfriend, which has left him struggling to cope with overwhelming emotional and psychological stress. He regrets disclosing certain personal secrets to his ex-girlfriend and has resorted to heavy drinking as a means of managing his distress. |

**TOTAL HOURS… COLLECTIVE HOURS…**

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| A22 | 15/3/24 | 15/3/24 | 1 | 2 | The client, a concerned mother, seeks therapy grappling with her daughter's medical diagnosis and treatment plan. Despite medical advice, she hesitates to approve further procedures like an MRI scan, convinced her daughter is fine and advocating for her discharge from the hospital. |
| A23 |  |  |  |  |  |
| A24 |  |  |  |  |  |
| A25 |  |  |  |  |  |
| A26 |  |  |  |  |  |

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**TOTAL HOURS… COLLECTIVE HOURS…**

**STUDENT COUNSELLOR’S SIGNATURE… DATE…**

**SITE SUPERVISOR’S NAME…   
SIG… DATE…**

**UNIVERSITY SUPERVISOR’S NAME…   
SIG… DATE…**