

## Case Conceptualization and Treatment Plan

### System:

First Name (IP), age, gender, and role

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### Number of Sessions:

Family History: Recent and remote events that provide context: marriages, births, number of children, occupations, separations, divorces, deployments, job losses, illness, deaths, etc. Should identify all the key players and relevant family events. 5-10 sentence.

Genogram: Should be three generations. Okay to attach it separately.

Problem History: Names and describes the problem including its onset, symptoms, periods of remission, processes and patterns the support the problem, underlying emotions, etc. Okay to use the client's language. 5-10 sentences.

Client Goals: Report what the client wants out of therapy and how you prioritized the goals. 3-8 sentences.

DSM5 Diagnosis: Possible diagnoses (with code) and what information you need to rule in/out. Or, your diagnosis with a justification.

Safety Issues: Note if there is anything that would take priority in treatment such as IPV, drug/alcohol use, ongoing abuse, suicidal ideation, hallucinations, or extreme symptoms. Can also include things like an ongoing affair, undisclosed sexual identity, or a secret that would undermine therapy.

Contextual Considerations: Identify contextual issues that might affect conceptualization and treatment such as race/ethnicity, religiosity, health/ability, sexuality, SES, court mandated, CPS involvement, events that might affect therapy (moving, vacations, holidays)—anything that might affect treatment or be a self-of-the-therapist issue.

Theoretical/Systemic Diagnoses: An explanation of the problem from a theoretical lens that uses the language of the model (pursuer-distancer, triangle, burden, part, loyalty conflict, enmeshment...). 5-10 sentences.

Intervention Target: Explanation of what needs to happen to resolve the problem (disrupt the NIC through increased empathy, end problematic alcohol use, teach emotional regulation). At least one target needs to be directly related to the systemic diagnosis. Interventions should make sense based on all the previously provided information. Numbered list is okay but be detailed.

Interventions: A description of interventions related to the targets. Numbered list is okay but be detailed.

Progress: A description of how you will know that the interventions were successful. Numbered list okay but be detailed.