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| **Solution-Focused Counseling Case Conceptualization 4.0** |

*For use with individual, couple, or family clients*

**Date:**       **Clinician:**       **Client/Case #:**

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| **Introduction to Client & Significant Others** |

*List all significant others who will be included in the case conceptualization.*

*Additional identifiers may include: religion, language, sexuality, immigration status, economic status, neurodiversity, chronic health conditions, client’s position/role within their system(s), significant hobbies/interests or similar information.*

**Adult(s)**

Adult Age: Gender:       Ethnoracial Identity:       Occupation:       Additional identifiers:

Adult Age: Gender:       Ethnoracial Identity:       Occupation:       Additional identifiers:

**Child(ren)**

Child Age: Gender:       Ethnoracial Identity:       School/Grade:       Additional identifiers:

Child Age: Gender:       Ethnoracial Identity:       School/Grade:       Additional identifiers:

Child Age: Gender:       Ethnoracial Identity:       School/Grade:       Additional identifiers:

Others in Household/Family/Significant Persons:

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| **Presenting Concerns** |

*Describe each significant person’s description of the problem, focusing on OBSERVABLE behaviors:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Additional:

*Broader System:* *Description of problem from extended family, referring party, school, legal system, etc.:*

Extended Family*:*

Name:

Name:

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| **Background Information** |

*Trauma/Abuse History (recent and past):*

*Substance Use/Abuse (current and past; self, family of origin, significant others):*

*Precipitating Events (recent life changes, first symptoms, stressors, etc.):*

*Related Historical Background (earlier incidents, family history, related issues, prior treatment, etc.):*

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| **Strengths** |

*Describe unique client strengths, including:*

* Personal strengths and abilities:
* Relational and social strengths and resources:
* Spiritual resources:

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| **Exceptions, Previous Solutions, and What Works** |

*Describe times, places, relationships, contexts, etc. when the problem is less of a problem or when things even slightly better*

1.

2.

3.

4.

5.      

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| **Miracle Question Answer** |

*Identify what client will be doing differently when the problem is resolved*

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| **Client Motivation** |

*Describe client’s level of motivation*

Visitor:

Complainant:

Customer for change:

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| **Solution-Focused Description of Problem and/or Solution** |

*Describe problem using solution-focused language that avoids pathologizing language and negative labels and instead highlights concrete behaviors that need to be changed and/or new behaviors to be adopted. The solution-focused language should be detaled and inspire hope and/or a positive vision of change.*

*Relational and Social: Describe potentially useful relational and social resources for enacting the preferred solution.*

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*Community, Diversity, and Spiritual: Describe potentially useful resources for enacting the preferred solution:*

* *Actual or potential supportive social communities, including ethnic, racial, LGBTQ, religious, gender, linguistic, local/regional, immigrant, socio-economic, professional/job-related, etc.*
* *Spiritual beliefs and religious practices that are coping resources*

1.

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5.      

*Health and Hobbies: Describe potentially useful resources for enacting the preferred solution:*

* *Healthy habits, such as exercising, eating well, regular sleep, stress-reduction strategies, etc.*
* *Hobbies, sources of fun, and non-vocational skills*

1.

2.

3.

4.

5.