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| **Cognitive-Behavioral Therapy Counseling Case Conceptualization** |

**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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| **Baseline Assessment of Symptomatic Behavior** |

*Provide a baseline assessment of the symptomatic behavior:*

*Symptom:* Define behaviorally; also include the following:

* Frequency:
* Duration:
* Context(s):
* Events before:
* Events after:

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| **A-B-C Analysis of Irrational Beliefs:** |

*Describe the activating events, consequences, and mediating beliefs related to the problem (or particular incident):*

* Activating event (“problem”):
* Consequence (mood, behavior, etc.):
* Mediating beliefs unhelpful beliefs about that result in C):

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| **Schema and Core Beliefs** |

*Describe 3-5 problematic Schemas and core beliefs that relate to the presenting problem(s), which may include:*

* Arbitrary inference:
* Selective abstraction:
* Overgeneralization:
* Absolutist/dichotomous thinking:
* Mislabeling:
* Mind reading:

Describe any expectations or standards related to the presenting issue that are derived from the client’s social location, including: race, ethnicity, gender, socio-economic status, sexual orientation, and other relevant contexts:

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| **BASIC-ID** |

*Assess the client in all areas:*

Behavior:

Affect:

Sensation:

Imagery:

Cognition:

Interpersonal relationships:

Drugs and biology: