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| **Psychodynamic Counseling 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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| **Levels of Consciousness** |

*Describe salient dynamics of conscious vs. unconscious processes:*

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| **Structures of the Self:** |

*Describe the functioning and relationship between the client’s ego, superego, and id:*

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| **Secondary Gains:** |

*Describe possible secondary gains related to client symptoms:*

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| **Defense Mechanisms:** |

*Describe 3-4 of client’s most frequently used defense mechanisms, which may include:*

Acting out:

Denial:

Displacement:

Help-rejecting complaining:

Humor:

Passive aggression:

Projection*:*

Projective identification:

Rationalization:

Reaction formation:

Repression:

Splitting:

Sublimination:

Suppression:

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| **Erikson’s Psychosocial Stages of Development** |

*Describe salient issues at development at each stage up to current stage*

* Trust versus mistrust (infant stage):
* Autonomy versus shame and doubt (toddler stage):
* Initiative versus guilt (preschool age):
* Industry versus inferiority (school age):
* Identity versus identity confusion (adolescence):
* Intimacy versus isolation (young adulthood):
* Generativity versus stagnation (adulthood):
* Integrity versus despair (late adulthood):

N/A

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| **Object Relations Theory/True Self:** |

*Describe attachment (secure, anxious, avoidant, or anxious-avoidant), general quality of relationship, and any attachment traumas with:*

* Early caregivers, in past and present:
* Current intimate relationships (partners, children, close friends):

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| **Relational Matrix** |

*Describe the web of relationships and contexts through which the client understands self and world. Include intra- and interpersonal dynamics:*

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| **Unconscious Organizing Principles and Culture** |

*Describe unconscious organizing principles, highlighting those derived from racial, ethnic, gender, social class, sexual identity, ability and other cultural dynamics:*