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| Person-Centered Case Conceptualization |

**Date:**       **Clinician:**       **Client #:**      

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| Introduction to Client |

*Identify primary client and significant others*

*Additional identifiers may include: religion, language, sexuality, immigration status, economic status, neurodiversity, chronic health conditions, mental health diagnoses, 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 Concern(s) |

*Client Description of Problem(s):*

*Significant Other/Family Description(s) of Problems:*

*Broader System Problem Descriptions:* Description of problem from referring party, teachers, relatives, legal system, etc.:

*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* (family history, related issues, previous counseling, etc.)**:**

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| Client Strengths and Diversity |

**Client Strengths**

Personal:

Relational/Social:

Spiritual:

**Diversity: Resources and Limitations**

Identify potential resources and limitations available to clients based on their age, gender, sexual orientation, cultural background, socio-economic status, religion, regional community, language, family background, family configuration, abilities, etc.

Unique Resources:

Potential Limitations:

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| Person-centered Conceptualization |

*Describe the client’s areas of functioning based on the Roger’s stages of change process:*

*Stage of Change Process: Describe client’s approximate stage in the change process (Stages 1-7):*

*Experience of Problems:**Are problems perceived as internal or external (caused by others, circumstance, etc.)?*

Predominantly internal

Mixed

Predominantlyexternal

*Agency and Responsibility: Is self or other discussed as agent of story? Does client take clear responsibility for situation?*

Strong sense of agency and responsibility

Agency in some areas

Little agency; frequently blames others/situation

Often feels victimized

*Recognition and Expression of Feelings:**Are feelings readily recognized, owned, and experienced?*

Easily expresses feelings

Identifies feelings with prompting

Difficulty recognizing feelings

*Here-and-Now Experiencing:**Is the client able to experience full range of feelings as they are happening in the present moment?*

Easily experiences emotions in present moment

Experiences some present emotions with assistance

Difficulty with present moment experiencing

*Personal Constructs and Facades:**Is the client able to recognize and go beyond roles? Is identity rigid or tentatively held?*

Tentatively held; able to critique and question

Some awareness of facades and construction of identity

Identity rigidly defined; seems like “fact”

*Complexity and Contradictions:**Are internal contradictions owned and explored?**Is client able to fully engage the complexity of identity and life?*

Aware of and resolves contradictions

Some recognition of contradictions

Unaware of internal contradictions

*“Shoulds”:**Is client able to question socially imposed “shoulds" and “oughts”?**Can client balance desire to please others and desire to be authentic?*

Able to balance authenticity with social obligation

Identifies tension between social expectations and personal desires

Primarily focuses on external shoulds

*List shoulds:*

*Acceptance of Others:**Is client able to accept others and modify expectations of others to be more realistic?*

Readily accepts others as they are

Recognizes expectations of others are unrealistic but still strong emotional reaction to expectations not being met

Difficulty accepting others as is; always wanting others to change to meet expectations

*Trust of Self:**Is client able to trust self as process (rather than a stabile object)?*

Able to trust and express authentic self

Trust of self in certain contexts

Difficulty trusting self in most contexts

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| Diversity Considerations |

*Diversity discourses* informing definition of problem:

* *Ethnic, Class and Religious Discourses: How do key cultural discourses inform what is perceived as a problem and the possible solutions?*
* *Gender and Sexuality Discourses: How do the gender/sexual discourses inform what is perceived as a problem and the possible solutions?*
* *Community, School, and Extended Family Discourses: How do other important community discourses inform what is perceived as a problem and the possible solutions?*