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| **Gestalt 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:*

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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| **Assessing the Field** |

*Describe the client’s following:*

*Field (experience):*

*Background (broader context, relationships, etc):*

*The dynamic relationship between the two (field and background):*

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| **Contact Boundaries and Encounters** |

*Describe the typical contact boundary pattern*

Desensitization: Failing to notice problems

Introjection: Take in others’ views whole and unedited

Projection: Assign undesired parts of self to others

Retroflection: Direct action to self rather than other

Deflection: Avoid direct contact with another or self

Egotism: Not allowing outside to influence self

Confluence: Agree with another to extent that boundary is blurred

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| **Polarities and Disowned Parts** |

*Describe polarities and disowned parts, which may include:*

Social self versus natural self:

Adult versus child:

Perfect versus failure:

Emotional versus logical:

Shallow versus deep:

Responsible versus carefree:

Other:

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| **Shoulds** |

*Describe problematic should that relate specifically to the problem and those that more generally organize the client’s life*

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| **Unfinished Business** |

*Identify any unfinished business, such as resentments and guilt, that client has yet to deal with*