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| **Collaborative Therapy 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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| **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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| **Who’s Talking About the Problem** |

*Multiple dimensions of the problem*

* Client’s definition of the problem:
* Extended Family’s definition of the problem:
* Broader system definition (school, work, friends, etc.):

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| **Social Construction of Problem** |

*Describe client’s significant meanings and constructions related to the problem (e.g., constructions of love, depression, duties of family members, etc.)*

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| **Client’s Worldview** |

*Describe client’s worldview, inner dialogue, and/or narrative of the problem and/or their life/relational circumstances related to it*

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| **Social Location and Dominant Discourses** |

*Describe the client(s) overall social location (the groups a person belongs to based on diversity factors) and influential dominant discourses related to presenting concerns:*

* ***Ethnic, Race, Class, Immigration Status, and Religious Discourses:*** *How do key cultural discourses inform client identity(ies), what is perceived as the problem, and possible solutions (specify ethnicity, e.g. Italian American rather than White or Caucasian)?*
* ***Gender and Sexuality Discourses****: How do gender and sexuality discourses inform identity(ies), what is perceived as a problem and the possible solutions? Do these intersect with ethnicity and/or religion?*
* ***Community, School, Work and/or Extended Family Discourses****: How do other important community discourses inform identity(ies), what is perceived as a problem and the possible solutions?*

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| **Local/Alternative narratives** |

*Identity/Self Narratives: How has the problem shaped each family member’s identity?*

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| **Local or Preferred Discourses** |

*What is the client’s preferred identity narrative and/or narrative about the problem? Are there local (alternative) discourses about the problem that are preferred?*