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| **Trauma-Focused Cognitive Behavioral Therapy Case Conceptualization** |

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

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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(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** |

*Client’s Description(s) of Problem(s); focus on OBSERVABLE behaviors:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

*Family Description(s) of Problems (extended):*

*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 (family history, related issues, previous counseling, medical/mental health history, etc.):*

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| **Trauma History** |

*Type of trauma:*

* Presenting trauma

Single incident:

Chronic:

Multiple:

* Other traumas, which may include

Childhood abuse and neglect:

Bullying, harassment:

Immigration-related trauma:

Natural disasters, war, terrorism:

Serious childhood illness, or caretaker or sibling with serious/life-threatening illness:

Major losses or deaths:

Other:

* Cultural/diversity issues related to abuse

Cultural interpretation/beliefs related to abuse:

Cultural resources/limitations related to abuse:

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| **Trauma Symptoms** |

*Identify mutually reinforcing behaviors that sustain symptom:*

*Cognitive function:* Dysfunctional thought patterns, learning problems, or concentration difficulties:

*Relational functioning:* Increased conflicts with friends or family, avoiding friends or family, or impaired trust in interpersonal relationships:

*Affective functioning:* Difficulty expressing emotions and/or managing feelings of anxiety, depression, or anger.

*Family/Caretaker problems:* Parenting difficulties, parent-child conflict, difficulties with extended families, foster home placements, etc.:

*Traumatic behavior:* Avoidance symptoms, sexual acting out, aggression, and/or noncompliance:

*Somatic symptoms:* Sleep problems, hyperarousal, headaches, stomachaches, or other physical reactions to traumatic memories or triggers:

*Other psychiatric diagnoses:* Depression, anxiety, substance abuse, etc.:

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| **Functioning Prior to Trauma** |

*Describe the following for the client:*

* Temperament:
* Coping skills:
* Preexisting psychological issues:
* Strengths and interests:

To what degree are these still present in child’s life?

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| **Baseline Narrative** |

*Summarize the following:*

**Summary of positive event**

*Describe Child’s ability to identify feelings and thoughts:*

Good:

Fair:

Poor:

**Summary of trauma narrative**

*Describe Affect, ability to discuss and describe events:*

* Affect:
* Ability to discuss and describe events:

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| **Parental Functioning** |

*Describe client’s experiences during childhood and thereafter*

**Parental history of trauma from childhood to present**

* Have past traumas been clinically addressed?
* Is parent currently experiencing trauma symptoms?
* Does parent have sufficient support to work through own trauma?

**Parental response to child’s trauma**

* Parental coping:

Good:

Fair:

Poor:

* Coping mechanism? Does parent’s coping style affect child?
* Is parent currently able to provide child needed support?
* Parent-child relationship/attachment prior to trauma
  + Parenting style and effectiveness:
  + Cultural issues: