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| **Solution-Focused 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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| **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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| **Preferred Solutions and Miracle Day** |

*Describe each significant person’s description of the solution or miracle day, focusing on OBSERVABLE actual behaviors (what a video camera would see) rather than what would not be happening:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Additional:

*Significance: What difference do clients say these behaviors and events make? What meanings are ascribed?*

Adult Age:

Adult Age:

Child Age:

Child Age:

Additional:

*Relational: Who is likely to notice first? What will they see? What difference would that make to them? What difference does that make for you?*

Adult Age:

Adult Age:

Child Age:

Child Age:

Additional:

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| **Exceptions and Partial Solutions** |

*Identify as many times, places, relationships, context, etc. when the problem is less of a problem, —or—the solution is enacted in part or entirely. Describe these exceptions in detail, including who, where, when, what, and any other factors that might relate to the exception.*

Exceptions:

1.

2.

3.

4.

5.      

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| **Solution Scaling** |

*On a scale where 10 is the miracle day and 0 is the opposite, where are clients:*

Adult Age: At initial interview:       Most recent session:

Adult Age: At initial interview:       Most recent session:

Child Age: At initial interview:       Most recent session:

Child Age: At initial interview:       Most recent session:

Additional:

What does one small step on the scale look like in behavioral terms?

Adult Age:

Adult Age:

Child Age:

Child Age:

Additional:

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| **Interpersonal Patterns** |

*Identify one or more solution above, and describe the positive interaction pattern(s) related to the solution, including behavioral descriptions of each person’s part of the pattern (e.g., showing affection/appreciating affection) or for individuals, their internal pattern (e.g., thinking positive/trying harder).*

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| **Resources for Preferred Solutions** |

*Personal: Describe potentially useful personal resources and qualities for enacting the preferred solution.*

1.

2.

3.

4.

5.      

*Relational and Social: Describe potentially useful relational and social resources for enacting the preferred solution.*

1.

2.

3.

4.

5.      

*Community, Diversity, and Spiritual: Describe potentially useful resources for enacting the preferred solution:*

* *Actual or potential supportive social communities, including ethnic, racial, LGBTQ, religious, gender, linguistic, local/regional, immigrant, socio-economic, professional/job-related, etc.*
* *Spiritual beliefs and religious practices that are coping resources*

1.

2.

3.

4.

5.      

*Health and Hobbies: Describe potentially useful resources for enacting the preferred solution:*

* *Healthy habits, such as exercising, eating well, regular sleep, stress-reduction strategies, etc.*
* *Hobbies, sources of fun, and non-vocational skills*

1.

2.

3.

4.

5.