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| **Integrated Behavioral Couples Therapy Case Conceptualization** |

*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** |

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

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Additional:

*Broader System Problem Descriptions:* Description of Problem from referring party, teachers, relatives, 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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| **Differences and Incompatibilities** |

*Describe the basic underlying theme of the couple’s conflict:*

Distance-Closeness: Conflict over needs for closeness vs. separation:

Control-Responsibility: Conflict over power in one or more areas:

Artist-Scientist: Conflict over predictability vs. spontaneity:

Other:

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| **Emotional Reaction, Sensitivities, and Vulnerabilities** |

*Describe the general theme of the couple’s emotional reactions, sensitivities and vulnerabilities:*

Describe emotional reactions of each, especially during conflict:

Describe emotional sensitivities of each (e.g., what tends to trigger hurt, conflict, etc.):

Describe the vulnerabilities of each to help the partners’ increase their empathy for one another:

Other:

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| **External Circumstances and Stressors** |

Describe current stressors for the couple:

Describe ongoing stressors for the couple (e.g., work, extended family, health, etc.):

Describe sociocultural stressors (e.g. experience of marginalization):

Other stressors:

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| **Patterns of Communication and Interactions** |

*Behaviorally describe the couple’s interaction cycle and who does what using one of the four types below:*

Pattern:  Pursue/withdraw  Withdraw/withdraw  Attack/attack  Complexcycle/other

Person A: Person B:

*Describe the couple’s interaction/communication style, highlighting any polarization:*