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| **Structural 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:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Additional:

*Broader System Problem Descriptions:* 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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| **Family Life Cycle Stage** |

*Check all that apply:*

Single Adult

Committed Couple

Family with Young Children

Family with Adolescent Children

Divorce

Blended Family

Launching Children

Later Life

Describe struggles with mastering developmental tasks in one or more of these stages:

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| **Subsystems** |

*Describe who is in each subsystem and the general dynamics of the subsystem and how the subsystem is related to the presenting problem:*

* Parental, including grandparents, stepparents, parentified children:
* Couple: Is this system distinct from the parental subsystem?
* Sibling, including step-siblings:
* Other:

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| **Hierarchy** |

*Hierarchy between Parents and Children:*  NA

Adult Age:  Effective  Insufficient (permissive)  Excessive (authoritarian)  Inconsistent/Variable

Adult Age:  Effective  Insufficient (permissive)  Excessive (authoritarian)  Inconsistent/Variable

*Description/Example to illustrate:*

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| **Boundaries** |

*Boundaries with/between:*

Primary Couple  Enmeshed  Clear  Disengaged  NA Describe:

Adult Age & Children  Enmeshed  Clear  Disengaged  NA Describe:

Adult Age: & Children  Enmeshed  Clear  Disengaged  NA Describe:

Siblings  Enmeshed  Clear  Disengaged  NA Describe:

Extended Family  Enmeshed  Clear  Disengaged  NA Describe:

Friends/Peers Enmeshed  Clear  Disengaged  NA Describe:

Broader Community Enmeshed  Clear  Disengaged  NA Describe:

*Describe patterns of managing closeness and distance, especially when conflict arises:*

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| **Coalitions** |

Cross-generational coalitions within family: Describe:

Coalitions between adult with his/her family of origin: Describe:

Other coalitions:

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| **Complementary Patterns** |

*Complementary Patterns Between* *and      :*

Pursuer/distancer

Over/under-functioner

Emotional/logical

Good/bad parent

Other:

*Example of pattern:*

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| **Role of Symptom in the System** |

*Describe relation between the family and symptom:*

Family as ineffectual “challenger” of the symptom:

Family as “shaper” of the individual’s symptom:

Family as “beneficiary” of the symptom:

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| **Problematic or Contradictory Family Rules and Myths** |

*Describe the family’s rules, myths, values, and/or standards that are related to the presenting problem; these often include unspoken rules about achievement, emotional expression, loyalty, valuing of members, etc:*

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| **Client/Family Strengths and Social Location** |

*Strengths and Resources:*

Personal:

Relational/Social:

Spiritual:

*Based on the client’s social location—age, gender race, ethnicity, sexual orientation, gender identity, social class, religion, geographic region, language, family configuration, abilities, etc.--identify potential resources and challenges:*

Unique Resources:

Potential Challenges: