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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: