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| **Emotionally 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 Concern(s)** |

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

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

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| **Negative Interaction Pattern** |

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

Pattern: [ ]  Pursue/withdraw [ ]  Withdraw/withdraw [ ]  Attack/attack [ ]  Complex cycle

Person A: Person B:

A’s Behaviors in Cycle:

A’ Attributions of B:

A’s Secondary Emotions:

A’s Primary Emotions:

B’s Behaviors in Cycle:

B’s Attributions of A:

B’s Secondary Emotions:

B’s Primary Emotions:

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| **Social Location**  |

*Describe how each party’s social location relates to problem interaction cycle, including gender, race, ethnicity, immigration status, socio-economic class, sexual/gender orientation, religion, and ability:*

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| **Attachment History** |

*Describe key events in each person’s attachment history, including current attachment patterns:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Others in Household/Family/Significant Persons:

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| **Attachment Injuries** |

*Describe attachment injuries in the couple/family relationship, if any:*

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| **Attachment Patterns** |

*Describe when (if at all), client(s) feel securely connected in their current attached relationship(s):*

Adult Age: Regularity of secure attachment: . Relationships/conditions for secure attachment:

Adult Age: Regularity of secure attachment: . Relationships/conditions for secure attachment:

Child Age: Regularity of secure attachment: . Relationships/conditions for secure attachment:

Child Age: Regularity of secure attachment: . Relationships/conditions for secure attachment:

Child Age: Regularity of secure attachment: . Relationships/conditions for secure attachment:

Others in Household/Family/Significant Persons:

*Describe typical attachment behavior when person does not feel secure in relationships.*

: [ ]  Anxious [ ]  Avoidant [ ]  Anxious/Avoidant. Frequency: Describe:

: [ ]  Anxious [ ]  Avoidant [ ]  Anxious/Avoidant. Frequency: Describe:

: [ ]  Anxious [ ]  Avoidant [ ]  Anxious/Avoidant. Frequency: Describe:

: [ ]  Anxious [ ]  Avoidant [ ]  Anxious/Avoidant. Frequency: Describe:

Additional: