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| **Psychodynamic Family Therapy 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** |

*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:* 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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| **Defenses** |

*Describe internal conflicts and defenses commonly used by client, significant other, and/or key family members:*

Splitting:

Projection/Projective Identification:

Repression/Suppression:

Minimizing:

Displacement:

Other internal conflicts and defenses:

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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.*

Adult Age:  Anxious  Avoidant  Anxious/Avoidant. Frequency: Describe:

Adult Age:  Anxious  Avoidant  Anxious/Avoidant. Frequency: Describe:

Child Age:  Anxious  Avoidant  Anxious/Avoidant. Frequency: Describe:

Child Age:  Anxious  Avoidant  Anxious/Avoidant. Frequency: Describe:

Child Age:  Anxious  Avoidant  Anxious/Avoidant. Frequency: Describe:

Others in Household/Family/Significant Persons:

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| **Self-Object Relations Patterns, Parental Introjects, and Transference** |

*Describe self-object relation patterns and parental introjects for client, significant other, and/or key family members, especially patterns those related to managing anxiety, criticism, conflict, vulnerability, intimacy, etc.:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Others in Household/Family/Significant Persons:

*Describe transference of parental introjects and other repressed material onto others in the couple/family:*

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| **Interlocking Pathologies** |

*Based on above analysis, describe unconscious interlocking pathogies between the client(s) and significant others:*

*Describe the basic pattern of how these interlocking pathologies affect the interaction patterns related to the presenting problem:*  Pursuing/Distancing  Criticizing/Defending  Controlling/Resisting  Other:

* Start of Tension:
* Conflict/Symptom Escalation:
* Return to “Normal”/Homeostasis:
* Expression of Interlocking Pathologies:
* *Describe how the the clients’ social location—age, gender, race, ethnicity, sexual orientation, gender identity, social class, religion, geographic region, language, family configuration, abilities, etc.—affects the relational dynamics:*