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| **Strategic-Systemic 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** |

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

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Additional:

*Broader System:* *Description of problem from extended family, referring party, school, 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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| **Interactional Patterns** |

*What is the problem interaction pattern related to the problem scenario? Behaviorally**describe each party’s role in the sequence: rise of tension, escalation, symptom, return to normal. If presenting issue is intrapsychic, describe the client’s behavioral sequence related to the symptoms.*

*Provide a description of a single incident that is characteristic of the primary problem.*

* Describe “Normal”/Baseline behaviors related to symptom:
* Describe start of Tension/Symptom:
* Describe height of Tension/Symptom:
* Describe return to “Normal”/Baseline:

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| **Complementary Roles** |

*Complementary Patterns between* *and      :*

[ ]  Pursuer/distancer [ ]  Over/under-functioner [ ]  Emotional/logical [ ]  Good/bad parent [ ]  Other:

*Example of pattern(s):*

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| **Hypothesis: Role of Symptom in System** |

*Hypothesized homeostatic function of presenting problem: How might the symptom serve to maintain connection, create independence/distance, establish influence, reestablish connection, or otherwise help create a sense of balance in the family?*

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| **Family Life Cycle** |

*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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| **Attempted Solutions** |

*Attempted Solutions that DIDN’T work*:

1.

2.

3.

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| **Social Location**  |

*Describe how the client’s social location and related issues of power and marginalization inform the problem interaction cycle (e.g., cultural, gender, immigration status, economic class, sexual/gender orientation, religion, ability):*