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| **Satir Human Growth Model 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):*

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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| **Communication and Validation Patterns** |

*Describe the communication and validation patterns for all significant persons related to client:*

Adult Age: *Stance(s) when feels invalidated:*  Placating  Blaming  Superreasonable  Irrelevant

*Relational dynamics that triggers survival stance:*

*Relational/family belief or rule that informs this triggering dynamic:*

*Relational dynamics that enable person to communicate congruently:*

Adult Age: *Stance(s) when feels invalidated:*  Placating  Blaming  Superreasonable  Irrelevant

*Relational dynamics that triggers survival stance:*

*Relational/family belief or rule that informs this triggering dynamic:*

*Relational dynamics that enable person to communicate congruently:*

Child Age: *Stance(s) when feels invalidated:*  Placating  Blaming  Superreasonable  Irrelevant

*Relational dynamics that triggers survival stance:*

*Relational/family belief or rule that informs this triggering dynamic:*

*Relational dynamics that enable person to communicate congruently:*

Child Age: *Stance(s) when feels invalidated:*  Placating  Blaming  Superreasonable  Irrelevant

*Relational dynamics that triggers survival stance:*

*Relational/family belief or rule that informs this triggering dynamic:*

*Relational dynamics that enable person to communicate congruently:*

Child Age: *Stance(s) when feels invalidated:*  Placating  Blaming  Superreasonable  Irrelevant

*Relational dynamics that triggers survival stance:*

*Relational/family belief or rule that informs this triggering dynamic:*

*Relational dynamics that enable person to communicate congruently:*

Additional:

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| **Self-Worth and Self-Esteem** |

*Describe the dynamics of each person’s sense of self-worth and self-esteem, including contexts in which each has greater or lesser sense of worth:*

Adult Age:

Adult Age:

Child Age:

Child Age:

Child Age:

Additional:

*Describe dynamics of social location, such as cultural, gender, social class, or other diversity factors, that inform evaluation of self:*

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| **Relational Life Chronology** |

*Describe significant events, specifically those that may relate to sense of validation and worth, in family and/or relational life; please list in chronological order:*

Year:       Event:       Significance:

Year:       Event:       Significance:

Year:       Event:       Significance:

Year:       Event:       Significance:

Year:       Event:       Significance:

Year:       Event:       Significance:

Additional:

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| **Relational/Family Dynamics** |

*Describe salient dynamics:*

Power struggle/coalitions in family: Describe:

Parental conflicts: Describe:

Expression of intimacy/warmth between parents/children and/or within couple: Describe:

Describe salient family/relational roles:

Martyr:

Victim/helpless:

Rescuer:

Good/bad child:

Good/bad parent:

Other:

*Describe how client’s social location—ethnicity, race, gender, sexual orientation, social class, and other diversity factors—inform these dynamics:*

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| **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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| **Social Location** |

*Describe how the client’s social location and related issues of power and marginalization inform communication patterns and family dynamics (e.g., ethnoracial identity, gender, immigration status, economic class, sexual/gender orientation, religion, ability):*