

# Case Conceptualization Worksheet

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date: \_\_\_\_\_

## Clinical presentation

*Describe the primary symptoms or concerns the client is experiencing. Include the reason the client is seeking therapy or the presenting problem.*

## Background information

*Provide relevant personal, social, and family history.*

## Psychological assessments and results

*Summarize any psychological assessments. Include the results and any key findings that help understand the client's issues.*

## Interpretation

*Interpret the findings from psychological assessments. Consider how the results align with the clinical presentation and any patterns observed during the assessment.*

**Formulation**

*Provide an overall conceptualization of the client's difficulties, integrating information from the clinical presentation, background, assessments, and other factors.*

**Diagnosis (if applicable)**

*List any formal diagnoses (e.g., DSM-5 or ICD-10) based on the clinical presentation, assessments, and formulation.*

**Protective factors and strengths**

*Identify the client's strengths, resources, and coping strategies that help protect them from worsening symptoms.*

**Perpetuates and/or limitations**

*List factors that perpetuate the client's problems or limitations in their functioning.*

**Risk factors**

*Identify any risk factors that could lead to further deterioration in the client's condition or increase vulnerability to harm.*

## **Contributing factors**

*Describe factors that contribute to the development or exacerbation of the client's problems, such as genetic predispositions, environmental stressors, or significant life events.*

## **Pattern**

*Identify recurring patterns in the client's thoughts, behaviors, or emotions. Look for cycles that contribute to their difficulties and patterns that might offer insight into how the problem has persisted.*

## **Precipitants**

*Describe any specific triggers or events that have worsened the client's symptoms or caused a crisis.*

## **Goals**

*List the therapeutic goals for the client. These should be specific, measurable, and achievable outcomes, focusing on what the client wants to accomplish through treatment.*

## **Interventions and strategies**

*Outline the interventions or strategies to be used in therapy to address the client's issues.*

## **Treatment approach**

*Provide a brief summary of the treatment approach. This includes the modality or therapeutic framework, frequency of sessions, and any long-term plans or referrals to other services.*

## **Prognosis**

*Provide a prognosis based on the client's current presentation, strengths, and resources.*

## **Additional notes**

*Any other relevant information that does not fit in the categories above, such as cultural considerations, ethical issues, or any other noteworthy details.*