

Case Studies

When completing your case studies you will need to create and complete client records. You can create your own form for this purpose or you can use this form as you develop your style and decide exactly what prompts you want and how to capture your client records.

Please note that if you do use this as a guide it is for your own use and is not submitted to your supervisor as part of your reflective supervision sessions.

Volunteer Ref No:

No. of sessions agreed:

Confirm here that the initial consultation form along with GP details was completed and retained

Yes / No

Confirm here that the contract was discussed and signed by the volunteer.

Yes / No

Presenting Problem

Provide a summary of the client's presenting problem and issues of concern. Include; factors leading up to, past events and current circumstances. Remember building of rapport and the therapeutic alliance start here.

Are there any other issues, problems or circumstances to take into account?

Client history

Provide a summary of the client's medical history.

PHQ scores:

GAD7 scores:

Other questionnaires used:

Details of previous therapy

Other relevant history

Case Conceptualisation

Multimodal assessment of symptoms

SMART goals – detail the client’s goals, what they wish to achieve in sessions and their desired outcome. Describe within the SMART principles

Summarise your assessment hypothesis and outline your initial treatment plan. Include the number of sessions you are proposing.

Explain CBH model

Provide an overview of your volunteer's self-assessment of their 1) motivation, 2) expectations 3) readiness to change 4) attitude to treatment. Provide a scale 0 – 10 and narrative as discussed with them.

Session 1

Outline the plan for session 1

Outline any psycho-education discussed in session 1

Outline all interventions in session 1, include; socialisation, convincers, scripts, CBT techniques etc

Outline any homework tasks assigned

Outline feedback from the client

Outline any post session information that is sent to the client

Session 2
Outline the plan for session 2
Outline any psycho-education discussed in session 2
Outline all interventions in session 2, include; socialisation, convincers, scripts, CBT techniques etc
Outline any homework tasks assigned
Outline feedback from the client
Outline any post session information that is sent to the client

Session 3

Outline the plan for session 3

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Outline any psycho-education discussed in session 2

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Outline all interventions in session 2, include; socialisation, convincers, scripts, CBT techniques etc

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Outline any homework tasks assigned

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Outline feedback from the client

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Outline any post session information that is sent to the client

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