

Olga Buddington. - 9/19/22

MFT796 DYADIC SUPERVISION

Case Conceptualization Worksheet

Grace

1. MFT theory used CBT. - Unsettled cognitions and behavior patterns of family members were displayed.
2. An atmosphere of anxiety had developed in the home as a result of existing worrying health issues which others were experiencing. This led to a change in behavioral pattern of the family.
3. A clinical goal for this client is to reduce her anxiety cognitively and behaviorally.
4. Actively planning an outing in office with client which could be taken and making sure that it be followed through. Working on restructuring of cognition to improve worrying and fears.

Tina

1. MFT theory used, Solution Focus - The client finally got the chance to self- disclose – see how she needed to be, and CBT, Client's feelings were discussed,
2. The client has overly taken on responsibilities of the family, some of which may have been expected of her by her family.
3. A clinical goal for the client could be to assist her in living in the present and reducing her feeling of guilt in terms of her family.
4. Encourage client to communicate with family regarding existing situation and how it could be changed. Ask client to engage in self-care activity which does not involve anyone else. Being present with herself.