

CASE CONCEPTUALIZATION WORKSHEET

1. Which MFT Theories were employed in this case? Provide brief evidence.

1. ___ STRATEGIC

Evidence:

2. ___ CBT

Evidence:

3. ___ SOLUTION FOCUSED

Evidence:

4. ___ STRUCTURAL

Evidence:

5. ___ **EMOTIONAL-FOCUSED**

Evidence: Therapist is attempting to drive session discussion towards sensation, feeling, and emotion.

6. ___ NARRATIVE

Evidence:

7. ___ BOWENIAN

Evidence:

8. ___ CONTEXTUAL

Evidence:

9. ___ OBJECT RELATIONS

Evidence:

2. How would you conceptualize the presenting problem/clinical issue in terms of an MFT theory?

The client experiences a symptom of “numbness” and avoidance when dealing with emotions.

3. Based on that theoretical assessment, what is a coherent clinical goal for this client?

Enhancing emotional vocabulary.

4. Based on that clinical goal, what other interventions (in office or as homework) would you suggest?

More reflection of client’s statements to elicit confirmation and communicate therapist curiosity. Clarity of client’s goal within the session. Motivational interviewing to assess his current level of resistance and stage of change.

Why are you giving advice, Aevita?