

Case Conceptualization Worksheet

Students will complete the worksheet for case presentations & supervisory discussions. These student responses will specifically inform the supervisor for Questions #7 & #11 of the Dyadic Supervisors Evaluation.

CASE CONCEPTUALIZATION WORKSHEET

4/04/2023

Tina

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

1. The MFT theory which was applied in this case appeared to be CBT.

Evidence: The Therapist demonstrates the need to spend some time on restructuring the thoughts of the young lady.

2) How would you conceptualize the presenting problem/clinical issue in terms of an MFT theory? The young man realizes that his behavior from the past in previous relationships may be influencing his present relationship.

3) Based on that theoretical assessment, what is a coherent clinical goal for this client? A coherent clinical goal for this client is to adjust his behavior as it is affecting his girlfriend.

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

Another intervention which could be suggested is to encourage the young lady to develop positive thoughts about her boyfriend.