

### CASE CONCEPTUALIZATION WORKSHEET FOR 1/31/2023

1) Which MFT Theories were employed in **Grace's** case? Provide brief evidence.

1. \_\_\_ STRATEGIC

*Evidence:*

2. \_\_\_ CBT

*Evidence:*

3. \_\_\_ SOLUTION FOCUSED

*Evidence:*

4. \_\_\_ STRUCTURAL

*Evidence:*

5. \_\_\_ EMOTIONAL-FOCUSED

*Evidence:*

6. X NARRATIVE

*Evidence:* The therapist asked the client what the title of her story would be if she were to write a story about herself. The therapist continued to ask the first story would be as she opened up this "book" of how people see her.

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 has been depressed and anxious for more than six months. The client has depressive beliefs about herself, which contributes to her depression and anxiety. It would be important to identify the client's self-judgments and to increase her self-compassion in order to decrease the client's depressive thoughts, which she has when she views herself as weak.

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

Based on that theoretical assessment, a coherent goal for this client would be to change the way the client views herself and assist her in re-authoring her story in a positive light. In other words, a clinical goal for this client would be to find the alternative but preferred story that is not problem-saturated, specifically for this client, by working towards building a new narrative of herself as brave and not weak.

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

Based on that clinical goal, another intervention I would suggest is to ask questions to open space for the client to process how important the two people the client mentioned in the session are that their criticisms changed who the client was.

1) Which MFT Theories were employed in **Lisa's** case? Provide brief evidence.

1. \_\_\_\_ STRATEGIC

*Evidence:*

2. \_\_\_\_ CBT

*Evidence:*

3. \_\_\_\_ SOLUTION FOCUSED

*Evidence:*

4. \_\_\_\_ STRUCTURAL

*Evidence:*

5. X EXPERIENTIAL

*Evidence:* The therapist assessed the client's self-expression and levels of defensiveness and the family interactions that stifle healthy interaction.

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 mother and the daughter came to therapy and are not doing emotionally well in their family dynamic.

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

Based on that theoretical assessment, a coherent clinical goal for this client would be to promote growth, change, creativity, and flexibility in order to improve the functioning of the family group.

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

Based on that clinical goal, other interventions I would suggest is to model and teach clear communication skills with the use of "I" statements in order to help the mother and the daughter talk to each other and listen to one another.