

### CASE CONCEPTUALIZATION WORKSHEET FOR 2/14/2023

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

1. \_\_\_\_ STRATEGIC

*Evidence:*

2. \_\_\_\_ CBT

*Evidence:*

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

*Evidence:*

4. \_\_\_\_ STRUCTURAL

*Evidence:*

5. X EMOTIONAL-FOCUSED

*Evidence:* The therapist assessed emotion to be the target and agent of change for this client.

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 demonstrates a closed off behavior in familial and romantic relationships. He struggles to communicate his needs and finds himself performing instead of being honest with himself and others about his feelings.

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 is to help the client feel safe enough to explore his feelings and be able to open up and increase emotional engagement in his romantic and family relationships.

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 educate the client about the difference between primary and secondary emotions and reflect the client's primary and secondary emotions to the client as a way to help the client be able to experience his own emotions, needs, and fears.