

CASE CONCEPTUALIZATION WORKSHEET FOR 2/21/2023

1) Which MFT Theories were employed in **Shawn'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 shows to be trying to help the couple to be able to experience their own emotions, needs, and fears and to express them to one another in order to experience the other partner responding to those emotions, needs, and fears.

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 married couple appears distressed in their relationship and to be getting caught in negative repetitive sequences of interaction where partners express more secondary emotions rather than primary emotions.

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 identify and break negative interactional patterns in the married couple's relationship and to increase emotional engagement between the couple.

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 use the Feelings Wheel to help both partners get closer with their emotions and to learn to be in touch with their primary emotions which may draw the partners closer together whereas their secondary emotions can be pushing one another away.

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 focuses on the effects of the “problem” more than the cause and the client’s stories that organize the client’s experience and shapes her behavior.

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 feeling depressed and anxious for more than six months and her depressive thoughts are connected with viewing herself as weak.

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

Based on the theoretical assessment, a coherent goal for this client is to continue to change the way the client views herself and assist her in re-authoring her story in a positive light.

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 open up space for the client to remember and talk more about the different stories in her life that don’t include problems.