

Case Conceptualization

Patient Name: Jayne

Date of Birth: 19/08/2001

Referring Practitioner (if applicable):

Practitioner: Dr. Sarah Hunt

Healthcare facility: St. Johns Mental Health Clinic

Previous treatment (Yes/No): No

Biological Considerations

Jayne may have a genetic predisposition for psychopathology. Her mother suffers from Major depressive disorder.

Psychological Considerations

Persistent worry and fear that is often linked to her early life experiences which exacerbates the level of anxiety she is feeling.

Social Considerations

There is a high level of stress within Jayne's workplace. She has a few strained relationships as of recently - this could also be contributing to the fear she is feeling.

Problem Considerations

Jayne is experiencing excessive worry, restlessness and tension. It has begun to impact her daily life and overall functioning and well-being.

Sample Of A Case Conceptualization Using Theory

Terry C. Jones



Sample Of A Case Conceptualization Using Theory:

Collaborative Case Conceptualization Willem Kuyken,Christine A. Padesky,Robert Dudley,2008-12-10 Presenting an innovative framework for tailoring cognitive behavioral interventions to each client s needs this accessible book is packed with practical pointers and sample dialogues Step by step the authors show how to collaborate with clients to develop and test conceptualizations that illuminate personal strengths as well as problems and that deepen in explanatory power as treatment progresses An extended case illustration demonstrates the three stage conceptualization process over the entire course of therapy with a multiproblem client The approach emphasizes building resilience and coping while decreasing psychological distress Special features include self assessment checklists and learning exercises to help therapists build their conceptualization skills

Practicum and Internship John Charles Boylan,Patrick B. Malley,Eileen Petty Reilly,2001
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The Case Formulation Approach to Cognitive-Behavior Therapy Jacqueline B. Persons,2012-10-22 A major contribution for all clinicians committed to understanding and using what really works in therapy this book belongs on the desks of practitioners students and residents in clinical psychology psychiatry counseling and social work It will serve as a text in graduate level courses on cognitive behavior therapy and in clinical practica

Treatment Planning with Choice Theory and Reality Therapy Michael H. Fulkerson
LPCC-S,2020-05-06 Choice Theory Reality Therapy Treatment Planning describes how to write a theory driven treatment plan compatible with person centered recovery planning principles and satisfy the expectations of insurance companies

Designed to be a primer for mental health practitioners desiring from a choice theory reality therapy perspective the author describes how to conceptualize a case study from a choice theory lens and how to implement a treatment plan using reality therapy Formerly entitled Treatment Planning from a Reality Therapy Perspective this third edition includes three new chapters including one on case conceptualization integrating choice theory reality therapy with person centered recovery planning and a case study example with a case conceptualization treatment plan and a description of the treatment plan implementation Author Michael H Fulkerson provides an explanation of how choice theory reality therapy treatment planning differs from traditional treatment planning models which are usually based on the medical model and or external control psychology He offers a synopsis of his experience and research using reality therapy as a treatment modality presents a review of different treatment models and compares them to reality therapy provides examples of how to write treatment plans from a public health model rather than a medical model covers documentation of progress notes and discusses case studies

An Introduction to Using Theory in Social Work Practice James A. Forte, 2014-01-21 An Introduction to Using Theory in Social Work Practice equips the reader to use fourteen key social work theories to guide each phase of the planned change process from engagement through to evaluation Suitable for a generalist approach this book illustrates the value of applying theory to practice in a variety of social work roles across diverse fields and facing assorted challenges The first section provides a practical foundation for beginning to use theory in your social work practice Section two looks at how you can translate and integrate fourteen theories commonly found in social work across each phase of the planned change process The theories discussed are behavioural interpretive anthropology psychodynamic evolutionary biology cognitive symbolic interactionism strengths social constructionism exchange economics role ecological critical feminist and systems theory The final section addresses some key issues for real life social work practice including common barriers to using theory in practice the potential for multi professional communication and theory sharing and developing an integrative theoretical model for your own personal practice Linking to core competencies identified by the Council of Social Work Education this text supports social work students and practitioners in developing vital skills including critical thinking applying theory and the effective use of the planned change process

The Wiley Handbook on the Theories, Assessment and Treatment of Sexual Offending Douglas P. Boer, 2016-11-14 The Wiley Handbook on the Theories Assessment and Treatment of Sexual Offending is a three volume collection of up to date readings contributed by international experts relating to the assessment intervention and theoretical foundations of sexual offending Includes in depth and up to date assessment and treatment approaches for adult male female juvenile and cognitively impaired offenders Features contributions by leading experts in each specialized field from around the world including Bill Marshall Bill Lindsay and Tony Ward Offers cutting edge theories of sexual offending including the latest multifactorial and single factor theories

Counselor Supervision Loretta J. Bradley, Nicholas Ladany, 2001 This book represents a complete overhaul of a classic

text for the twenty first century Loretta Bradley and new co author editor Nicholas Ladany have completely revised the material to reflect the most current research theory and practice available In doing so they have made Counselor Supervision 3e a cutting edge model of multicultural supervision Primary supervision theories are reviewed and critiqued with the intent of informing supervisor practitioners counselor educators and supervisor trainees Case studies are used throughout the book to illustrate the application of these theories to the practical issues that supervisors regularly encounter The authors also include a focused discussion on the importance of the supervisory relationship and its influence on supervision process and outcome Important changes and additions to the new edition include Integration of multicultural issues in supervision throughout the book An examination of the ethical and advocacy issues in supervision An innovative chapter devoted to understanding and conducting research in counselor supervision New and relevant chapters on the supervision of school counselors career counselors and family counselors An updated chapter on group supervision Counselor Supervision is ideal for use as a textbook in counselor supervision courses The book is also an outstanding professional development tool for administrative and clinical supervisors alike

Handbook of Evidence-Based Therapies for Children and Adolescents Ric G. Steele, Michael C. Roberts, 2020-09-26 The comprehensive coverage in this hugely important and timely handbook makes it invaluable to clinical child school and counseling psychologists clinical social workers and child psychiatrists As a textbook for advanced clinical and counseling psychology programs and a solid reference for the researcher in child adolescent mental health its emphasis on flexibility and attention to emerging issues will help readers meet ongoing challenges as well as advance the field Its relevance cannot be overstated as growing numbers of young people have mental health problems requiring intervention and current policy initiatives identify evidence based therapies as the most effective and relevant forms of treatment

Cognitive and Behavioral Theories in Clinical Practice Nikolaos Kazantzis, Mark A. Reinecke, Arthur Freeman, 2009-10-16 Demonstrating the importance of theory for effective clinical practice this thought provoking volume brings together leading experts on a range of contemporary cognitive and behavioral approaches The contributors probe the philosophical and theoretical underpinnings of each model its assumptions about normal psychological processes the development and maintenance of psychopathology and the mechanisms by which therapeutic changes take place The historical antecedents of the theories are examined and studies that have tested them are reviewed Vivid case studies show practitioners how theory informs clinical decision making and technique in each of the respective approaches

Psychological Effects of Catastrophic Disasters Joseph Rose, Henry I Spitz, Leon Schein, Gary Burlingame, Philip R. Muskin, 2018-06-15 A thorough user friendly guide of basic knowledge and group interventions for psychological trauma from terrorist attacks and other catastrophic disasters There is relatively little literature on the psychological trauma caused by catastrophic disasters including terrorist attacks and the impending threats of terrorism Psychological Effects of Catastrophic Disasters Group Approaches to Treatment fills that gap by comprehensively discussing

ways to minimize the psychological damage resulting from catastrophic disasters as well as the trauma developed from the threat of future terrorist attacks The book provides thorough presentations of almost manualized group methods for the prevention and treatment of the acute and longer term psychological effects for children adolescents and adults Appropriate treatment immediately after a catastrophe can diminish harmful psychological effects enhance an individual s quality of life decrease psychosomatic illnesses and the exacerbation of chronic medical conditions increase the effective utilization of medical facilities and decrease medical expenses In this book internationally renowned authorities provide practical expert suggestions and helpful examples to illustrate the interventions and provide a quick reference for professionals facing the aftermath of prospective terrorist disasters and other catastrophic events Psychological Effects of Catastrophic Disasters Group Approaches to Treatment is divided into four sections The first section provides an overview of the book the second discusses the foundations and broad issues which potentially affect the outcome of group treatment the third section presents group models which address the particular needs of children adolescents parents emergency service personnel and mental health practitioners and the fourth part considers future directions of treatment Designed to be used as a comprehensive single source for professionals working with victims of trauma caused by terrorism or catastrophic disaster this book can be read and used in its entirety or specific chapters detailing treatments can be chosen and used independently as needed Extensive references allow opportunities for further research Psychological Effects of Catastrophic Disasters Group Approaches to Treatment presents unique first person accounts of September 11th and examines the neurobiological effects of a traumatic disaster the effective use of psychotropic medication the implications of living with ongoing terrorist threats a new framework for preparedness and response to disasters and trauma for children and families cultural religious and ethnic differences related to the prevention and treatment of psychological sequelae the diagnosis and treatment of traumatic grief retraumatization distressing reminders and their effects on post traumatic adjustment the knowledge trauma therapists need to integrate small group principles the diagnosis and group treatment of acute and long term effects with adults and children the use of spiritual principles after a terrorist disaster or catastrophic event nine types of groups appropriate for specific populations Psychological Effects of Catastrophic Disasters Group Approaches to Treatment is a timely comprehensive reference for social workers psychologists psychiatrists health professionals mental health professionals educators and students The royalties from this book shall be donated to organizations which provide direct services to those who continue to be affected by the events of September 11th 2001 and Hurricane Katrina August 29th 2005

Conduct Disorders and Severe Antisocial Behavior Paul J. Frick, 2012-11-29 As reflected in the title the purpose of this book is to guide clinicians in understanding and treating youth with severe antisocial behavior Children and adolescents with conduct disorders operate at quite a high cost to society In many opinion polls juvenile crime and violence is rated as one of the most pressing concerns for many in our society This widespread concern has prompted professionals from many

disciplines to search for more effective interventions to prevent and treat youth with such disorders This book is my attempt to summarize the current status of this very important endeavor In providing this guide to clinicians I have attempted to emphasize the critical link between understanding the clinical presentation course and causes of conduct disorders and designing effective interventions for children and adolescents with these disorders Many past books book chapters and review articles have emphasized one or the other of these objectives Some have provided excellent summaries of the vast amount of research on youth with conduct disorders without explicitly and clearly describing the clinical applications of this research Others have focused on the implementation of specific interventions for youth with conduct disorders that is divorced from a basic understanding of the many diverse and clinically important characteristics of this population The overriding theme of this book is that successful clinical intervention requires an integration of both bodies of knowledge

Practicum and Internship Christin M. Jungers, Judith Scott, Jocelyn Gregoire, 2024-10-11 The seventh edition of Practicum and Internship is a practical resource that provides students and supervisors with thorough coverage of all stages and aspects of the practicum and internship process New to this edition are Extensive revisions and updates to appendices and downloadable customizable online forms contracts and other materials New material on transitioning to internship New discussion of evidence based approaches to all aspects of the counseling process including clinical assessment case conceptualization and counseling techniques An expanded exploration of teletherapy and distance counseling and highly reported ethical and legal issues such as record keeping and billing Thoughtful review of contemporary cultural issues across the core therapeutic and supervisory processes Updated review of risk assessment procedures particularly for suicidal and homicidal clients New information on mentorship and self care Updated research and scholarship throughout With comprehensive information that spans across therapeutic approaches concerns and topics this remains an essential foundational text for counseling and psychotherapy students and their supervisors

Learning ACT Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2007-11-01 The groundswell of interest in acceptance and commitment therapy ACT is among the most remarkable developments in contemporary psychotherapy Whether you are new to the profession or an experienced clinician with an established career seeking to incorporate ACT work into your practice this book is an essential resource ACT is both a unique approach and somewhat counterintuitive in its methods Learning to do ACT well requires practice patience and good information This book is a major contribution to ACT professional literature a comprehensive activity based workbook that will help you understand and take advantage of ACT's unique six process model both as a tool for diagnosis and case conceptualization and as a basis for structuring treatments for clients Learning ACT begins with an overview of the ACT model outlining its theoretical and philosophical underpinnings Next you will learn how to understand and make use of the six core ACT processes In later chapters you will be introduced to the ACT approach to establishing an effective and powerful therapeutic relationship and learn to conceptualize cases from an ACT perspective Throughout these

chapters are numerous exercises to help you apply what you are learning in order to process the material at a deeper level Unique to this volume is a DVD that includes role played examples of the core ACT processes in action Use this helpful addition to bring to life the concepts developed in the text An invaluable aid to serious ACT study the DVD can be reviewed often as you gain facility with the model **The Oxford Handbook of Education and Training in Professional**

Psychology W. Brad Johnson,Nadine J. Kaslow,2014 This title provides a comprehensive treatment of the processes and current state of the art practices bearing on educating and training professional psychologists The handbook covers the full spectrum of historic developments salient issues current standards and emerging trends in psychology education and training **Academic Writing** Annette Buchanan-Phillips,Melanie Noelle Phillips,2021-04-11 These academic writings

were part of our pursuit of my and Melanie s Master s Degrees in Community Mental Health Counseling and Annette s Organizational Psychology She went on to pursue an Educational Doctorate Degree Annette has a Certificate in Security as well which was earned at Cuyahoga Community College *Therapeutic Assessment with Adults* Francesca Fantini,Filippo Aschieri,Raja M. David,Hale Martin,Stephen E. Finn,2022-06-23 This book is a comprehensive guide to Therapeutic Assessment TA with adults showing how to collaboratively engage clients in psychological testing to help them achieve major and long lasting change This guide clearly lays out each step of TA with adults including its rationale and detailed instructions on how to handle a range of clinical situations Additionally in part one the authors fully describe the development of TA its theoretical bases and the most up to date research on the model In the second part of the book the authors describe the structure and techniques of TA and illustrate each step with transcripts from a clinical case Further clinical illustrations help the reader understand how to conduct a TA with different types of clients including those from culturally diverse backgrounds This book is essential for all clinicians therapists and trainees working with adult clients along with students in assessment courses Theories of School Psychology Kristy K. Kelly,S. Andrew Garbacz,Craig A.

Albers,2020-11-11 Theories of School Psychology Critical Perspectives describes the theories frameworks and conceptual models that underlie the science and practice of school psychology Chapters provide an orientation to theories frameworks and conceptual models that address core school psychology domains along with application to common student school and system issues prevalent in the field Promoting a deeper study of the fundamental processes and approaches in school psychology this book advances the embedding of theories frameworks and models into the design and delivery of educational and psychological services for children youth families and schools Case vignettes empirical evidence and a broad emphasis on prevention and implementation science provide students and trainers with important information for problem solving in research and in the field *Diagnostic Essentials of Psychopathology: A Case-Based Approach* Cheree Hammond,2021-02-02 Diagnostic Essentials of Psychopathology A Case Based Approach by Cheree Hammond brings together dozens of fictional cases which represent a range of human experiences featuring people of different ages

ethnicities genders ability levels and religions Each disorder has several cases associated with it to capture the truly unique nature of working with various client intersections and half of the cases provide the correct answers or diagnosis to allow students to check their understanding of this process Some cases focus on a diagnosis others with analysis and others let the student practice on their own as a way to further student reflection and learning This casebook is specifically written for disciplines that are grounded in a humanistic approach Counseling Social Work Counseling Psychology The author provides a framework for using the medical model that is presented in the DSM 5

Play Therapy Treatment Planning and Interventions Kevin John O'Connor, Sue Ammen, 2012-10-31 Play Therapy Treatment Planning and Interventions The Ecosystemic Model and Workbook 2e provides key information on one of the most rapidly developing and growing areas of therapy Ecosystemic play therapy is a dynamic integrated therapeutic model for addressing the mental health needs of children and their families The book is designed to help play therapists develop specific treatment goals and focused treatment plans as now required by many regulating agencies and third party payers Treatment planning is based on a comprehensive case conceptualization that is developmentally organized strength based and grounded in an ecosystemic context of multiple interacting systems The text presents guidelines for interviewing clients and families as well as pretreatment assessments and data gathering for ecosystemic case conceptualization The therapist s theoretical model expertise and context are considered The book includes descriptions of actual play therapy activities organized by social emotional developmental levels of the children Any preparation the therapist may need to complete before the session is identified as is the outcome the therapist may expect Each activity description ends with a suggestion about how the therapist might follow up on the content and experience in future sessions The activity descriptions are practical and geared to the child Case examples and completed sections of the workbook are provided It provides the therapist with an easy to use format for recording critical case information specific treatment goals and the overall treatment plan Workbook templates can be downloaded and adapted for the therapist s professional practice Presents a comprehensive theory of play therapy Clearly relates the theoretical model to interventions Provides examples of the application of both the theory and the intervention model to specific cases Describes actual play therapy activities Workbook format provides a means of obtaining comprehensive intake and assessment data Case examples provided throughout

Cognitive-behavioral Therapy with Adults Stefan Hofmann, Mark Reinecke, 2010-10-28 Cognitive behavioral therapy has developed hugely over the past 30 years and is the branch of psychotherapy which has most successfully transferred into the mainstream of treating mental health problems In this volume readers will be provided with an integrated systematic approach for conceptualizing and treating disorders commonly encountered in clinical practice A strong emphasis is placed on empirically supported approaches to assessment and intervention while offering readers hands on recommendations for treating common mental disorders grounded in evidence based medicine Practical chapters written by a variety of international experts include

numerous case studies demonstrating the specific techniques and addressing common problems encountered and how to overcome them Cognitive behavioral Therapy with Adults is an essential guide for practising clinicians and students of cognitive behavioral therapy as well as educated consumers and those interested in psychotherapy for common mental disorders

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