

### Case Conceptualization Paper #1

Imagine that you are working with the following client in therapy

Mindy is a 10 year old Caucasian female (she is an only child). Her mom (single parent) brought her to therapy because she says Mindy has been having problems since the divorce of her parents (six months ago). Mindy is having the following symptoms and she is presenting with these symptoms in both school and at home. She is reportedly sad most days of the week. She reports feelings of hopelessness, helplessness, and often cries on and off during the week. She reports difficulty with attention and concentration, her grades are declining in math and science because she is not motivated to do her homework. She often isolates herself in her room and she refuses to help out with the chores. She reportedly plays on the internet for hours and texts her friends all night long. She reports she gets about 5 hours of sleep per night and she denied going for days without sleep. In the session she reports that she sometimes thinks about suicide but she clearly denied a plan. She makes statements like the following: "my life sucks, no one really cares about me, I'll never amount to anything."

#### **Clinical Vignette Review Template**

##### **Introduction to the Theoretical Model**

In this section summarize the previous ONE Theory model that you selected from the list that was indicated above. Describe the main points of these theories, using the language of these theories alone (don't borrow concepts from other theories, stay focused on the one Individual Theory and one Family Theory you select and be like an expert). This section should be a minimum of a one page.

Person's Centered Theory was developed by Carl Rodgers who is known as a humanistic psychologist. He believed that clients possess the ability to heal themselves, and therapists serve as a tool to help clients access self-correction or creation. Rodgers believed that humans are motivated by positive forces and that that is the nature of humans. In other words, humans have this innate tendency to develop or constrictive a healthy capacity.

A key method of Person's Center Theory is positive regard which is the need to receive warmth, accepting, acknowledgement, validation, respect from other people especially the people of significant in clients lives.

Client ID: 5555555 Education: 5<sup>th</sup> Grader

Age: 10 Gender: Female Session Date: 6/7/2016

Culture/Ethnicity: Caucasian Therapist Name: Lamont Damon

##### **Reason for Referral**

A brief description of the client/patient, explanation as to the reason(s) the client has been referred to you and why they are entering treatment now.

##### **History of the Present Illness**

A detailed chronological description of problems and concerns experienced by the client, including onset, frequency, intensity, and duration of symptoms.

**Identify the BASIC ID model for this patient:** See chapter 3 of Counseling Children and look at the power point related to this chapter and apply this model to this case.

# Sample Case Conceptualization Paper

**Kristofer Vernmark**



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