

# Case Conceptualization Worksheet: Family Counseling

Note: this form is to be completed by the counselor, optimally before you begin working with the family in question.

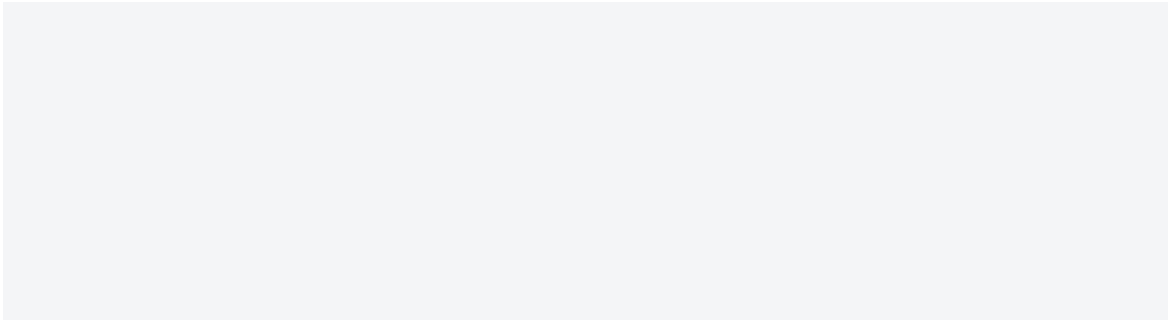
Family Members:		+		+
		+		+
		+		+
Date:				
Referred By:				
Reason for Referral:				
Counselor:				

## I. Family Strengths and Supportive Factors

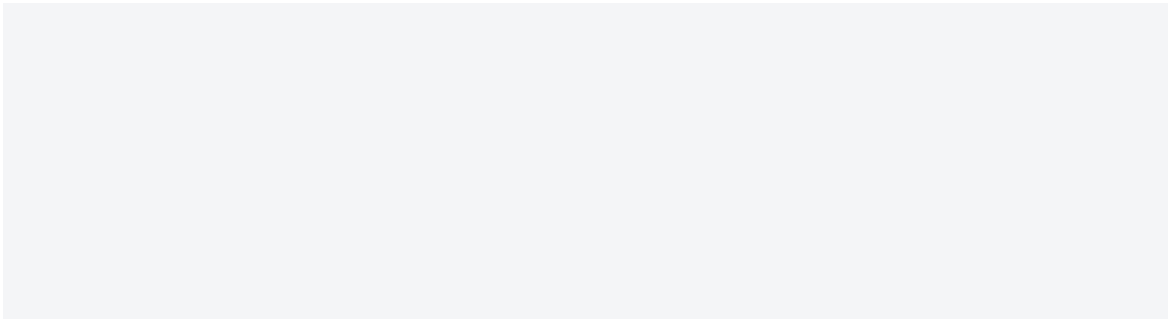
Please list the family's notable strengths and supports, as present in members singly or together. Strengths and supports should include a full range of factors, outlined by category below. These might include for example members' good health; solid social supports from outside family; financial resources (liquid or non-liquid); emotional-behavioral strengths such as empathy with each other, cooperativeness, ability to forgive, willingness to help others; and cognitive strengths, such as members' ability to focus, learning and memory skills, and mental flexibility.

### 1. Supportive Health Factors:

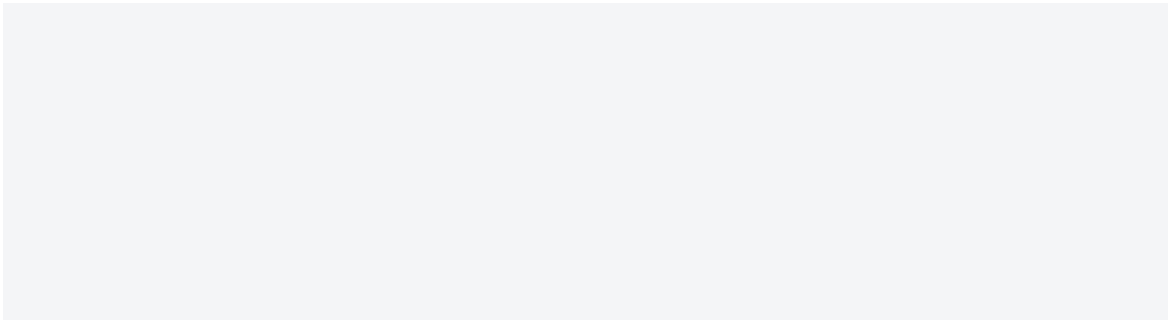
2. Social Supports:



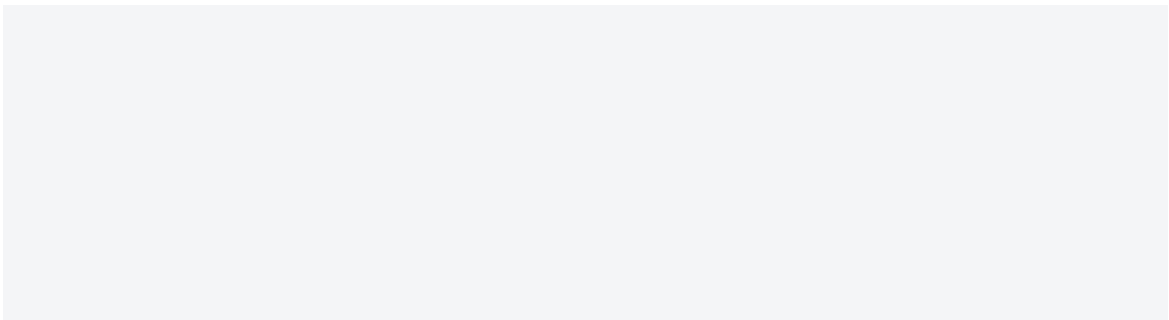
3. Financial Resources:



4. Emotional-Behavioral Strengths:



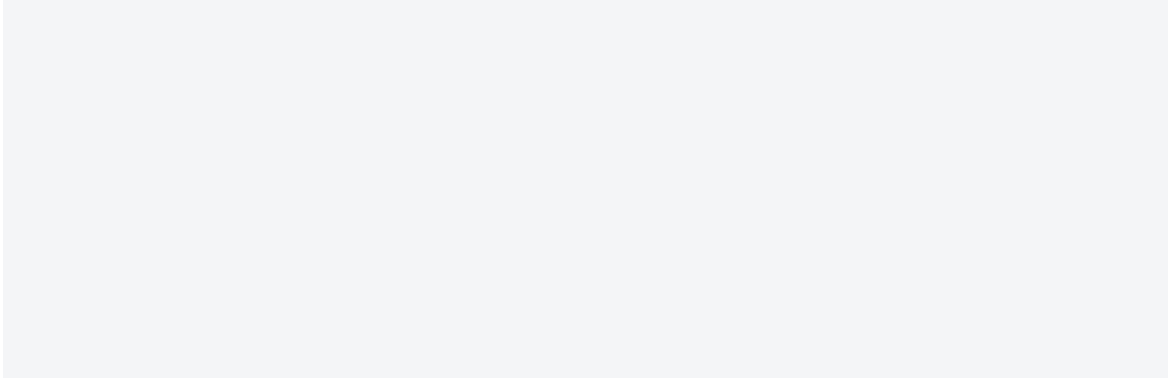
5. Cognitive Strengths:



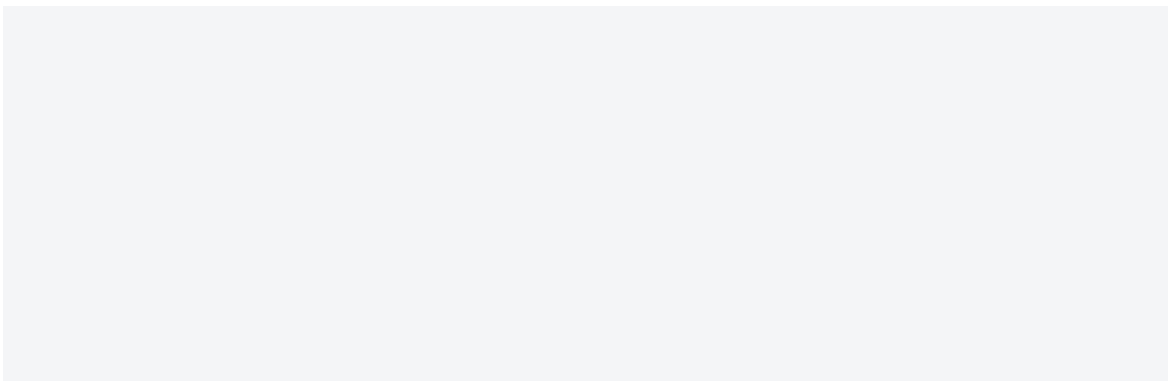
## II. Family Symptoms or Concerns, outlined by category.

For each family symptom or concern listed, include its natural history: when it started, its course over time, its current severity and impact on family members' lives. If no significant health problems are present for the family at this time, write "none."

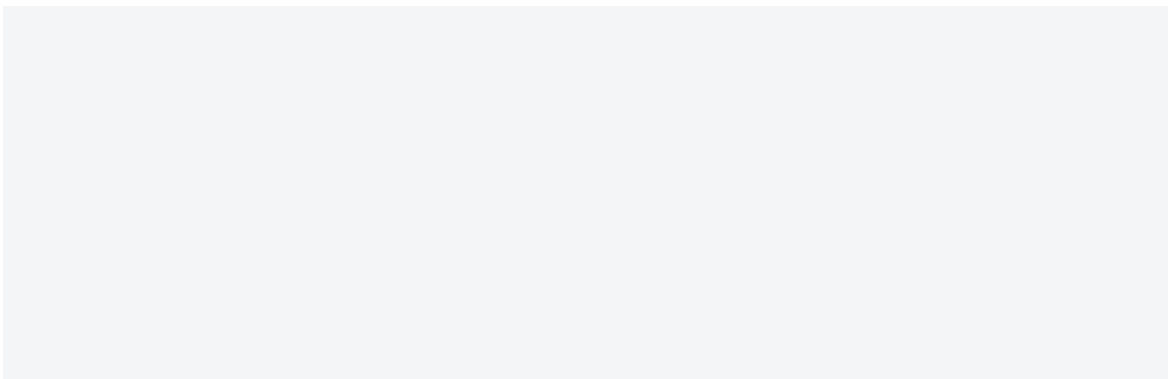
### 1. Health Problems:



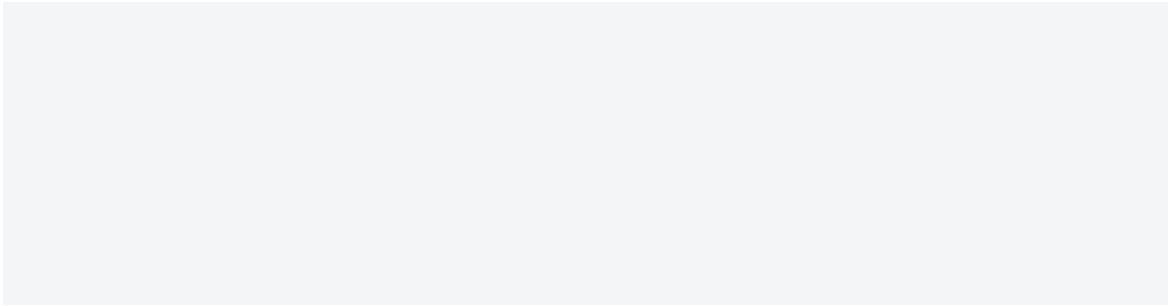
### 2. Social Difficulties, with persons outside of family:



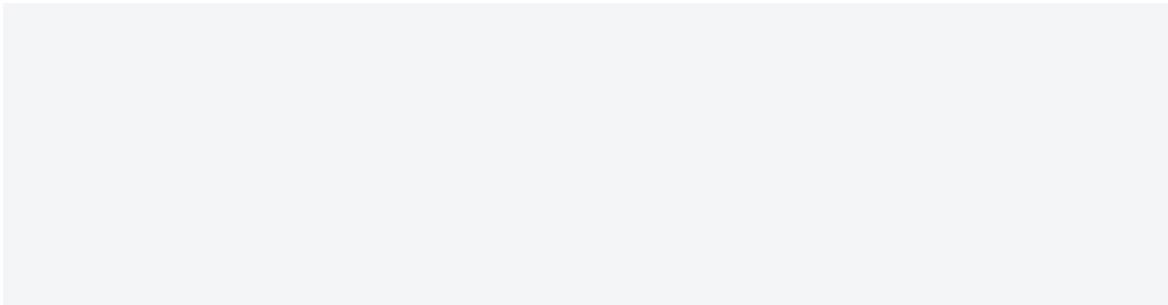
### 3. Financial Problems:



4. Emotional-Behavioral Difficulties:

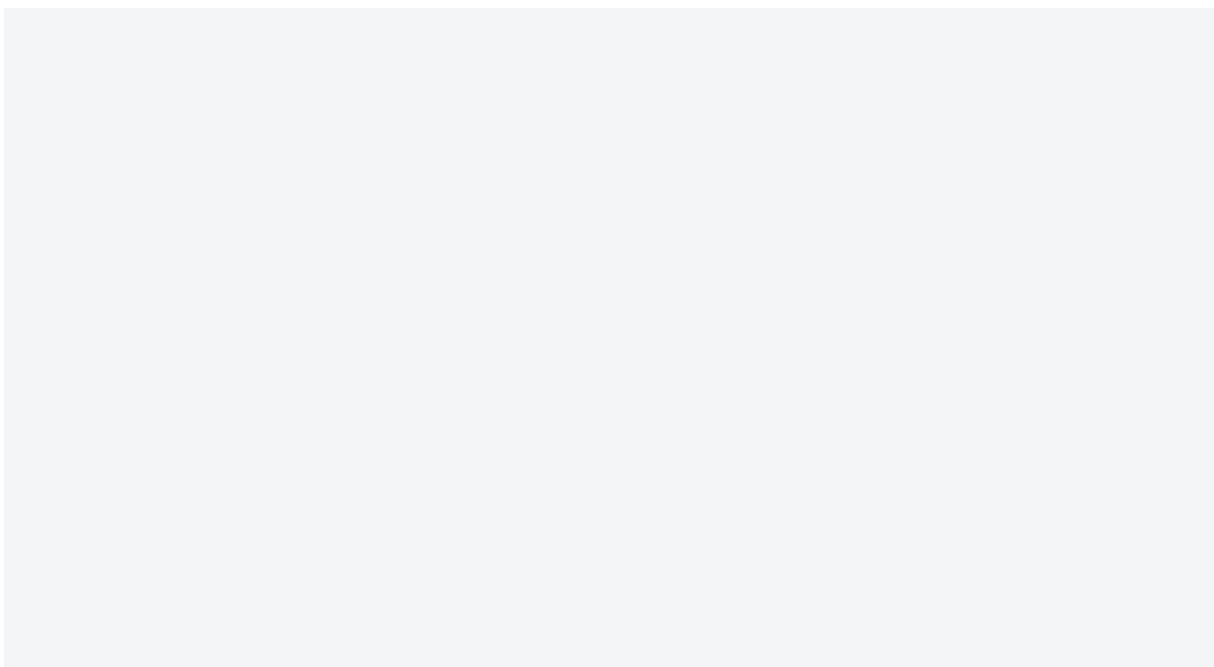


5. Cognitive Deficits:



**III. Timeline and Priority of Symptoms/Concerns**

Which symptoms or concerns came first? Which are most distressing and/or disruptive for the family as a whole? Do any of the symptoms contribute to others (for example, it may be that one or more members' excessive alcohol use is contributing to conflicts within the home).



**IV. Overall Case Conceptualization:**

**V. Recommendations:**

Note: As a general rule, symptoms or concerns that are worth noting in conceptualization are worth a recommendation that addresses them. A brief note concerning each recommendation can be sketched below, then developed more fully in a formal report.

1.	
2.	
3.	
4.	
5.	