

# Case Conceptualization Worksheet: Individual Counseling

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

Client:	
Date:	
Referred By:	
Reason for Referral:	
Counselor:	

## I. Client Strengths and Supportive Factors

Please list the client's notable strengths and supports. Strengths and supports should include a full range of factors, outlined by category below. These might include for example good health; solid social supports; financial resources (liquid or non-liquid); emotional-behavioral strengths such as stable mood and self-control; cognitive strengths such as ability to focus, normal learning and memory skills, and mental flexibility.

### 1. Supportive Health Factors:

### 2. Social Supports:

3. Financial Resources:

4. Emotional-Behavioral Strengths:

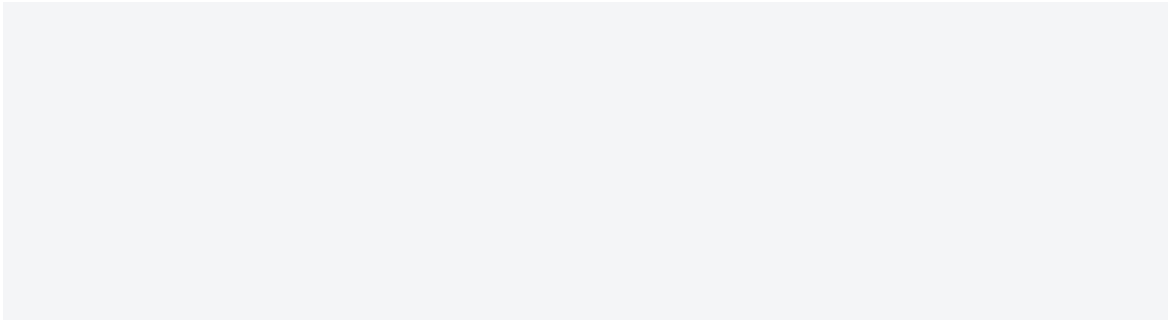
5. Cognitive Strengths:

**II. Client Symptoms or Concerns, outlined by category.**

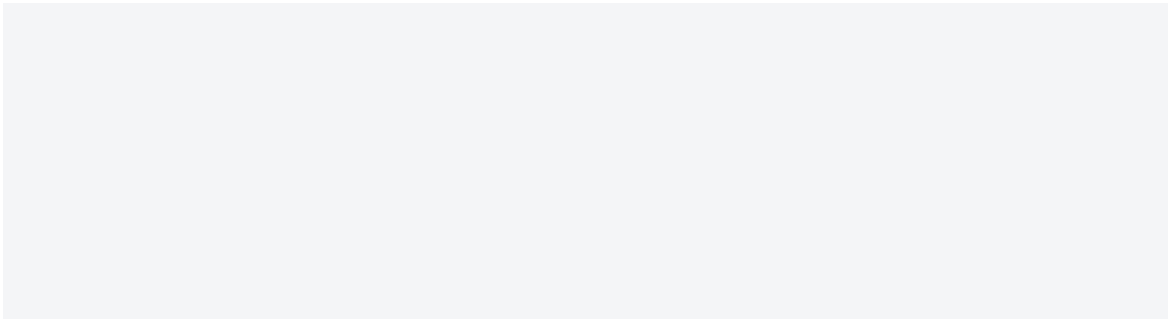
For each symptom or concern listed, include its natural history: when it started, its course over time, its current severity and impact on the client's life. If no significant problem are present for the client, write "none."

1. Health Problems:

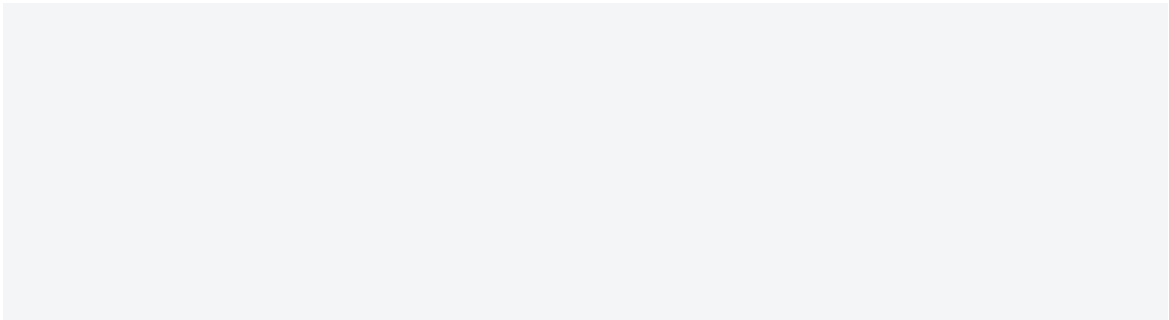
2. Social Difficulties:



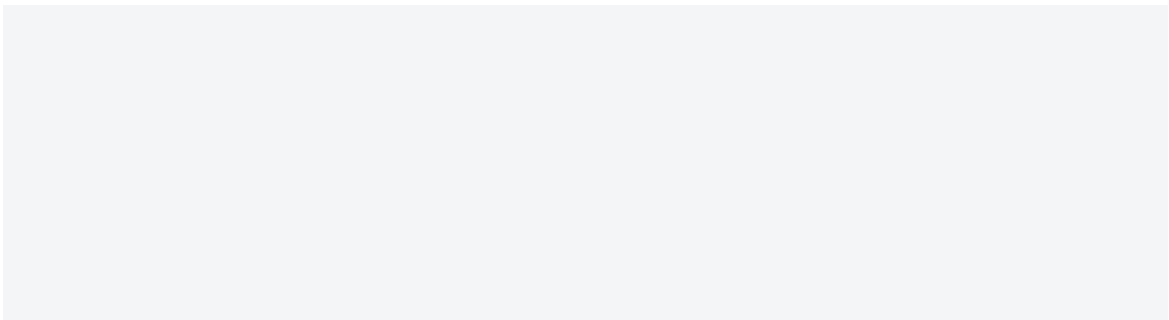
3. Financial Problems:



4. Emotional-Behavioral Difficulties:

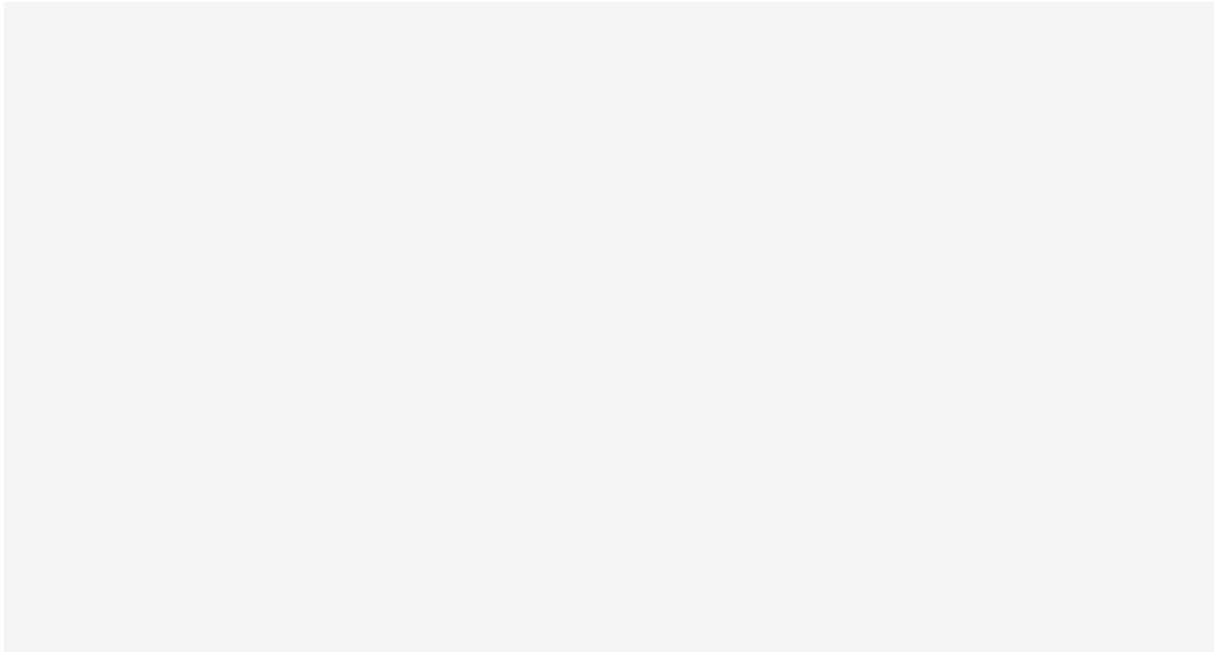


5. Cognitive Deficits:



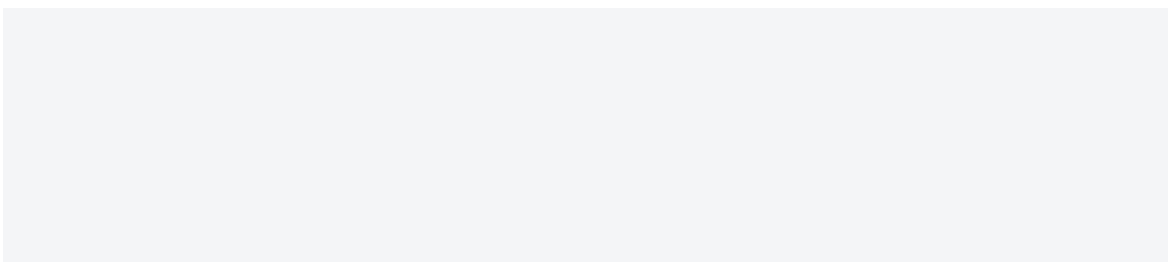
### III. Timeline and Priority of Symptoms/Concerns

Which symptoms or concerns came first? Which are most distressing and/or disruptive? Do any of the symptoms contribute to others (for example, it may be that depressive symptoms are contributing to memory problems).

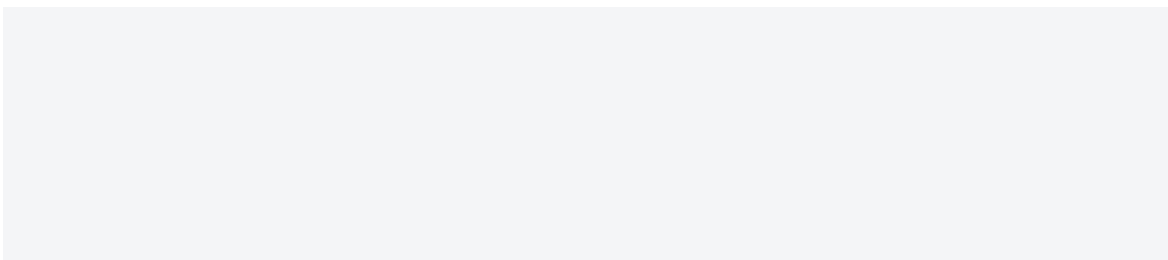


### IV. Diagnostic Impressions:

1. Primary Diagnosis:



2. Secondary Diagnosis:



3. Additional Diagnoses:

V. Overall Case Conceptualization:

VI. 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.	

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