

Structure for Case Presentations

How To Be Thinking About Your Client

Demographics - Gender, age, race, sexual orientation

Therapy Context - How long have you been working with them / frequency of sessions / how you see them (in person / zoom / phone?) Individual, couple, group

Therapy History – find out all prior therapy/for how long/with whom/what helped/what didn't?

Presenting Complaint - How this is playing out in their life? What do they want to get out of therapy? Is this realistic? Are you the person for the task at hand?

Present Life Context - present life circumstances/ present family/ Relationship Status – current living situation

Early Life Context - family of origin history/ significant early life events/ family dynamics/troubles/family's relationship to the wider world/ how often did they move? Drug and alcohol/mental illness histories

Relatedness - How is it like being with them / countertransference reactions
Trouble that occupies me as their 'other', as therapist

Assess Resources - what inner resources, skills, capacities do they have/education; what outer resources do they have/ friendships/ activities/ participation in the world

Absences - What's missing in their life/what don't they mention/ who isn't there

Orientation - What their main defenses are and level of functioning/character style/ how do they leave their 'trace' on you?/ begin tracking patterns/ what is their most self-destructive pattern?

Job Description – ask them to give you a job description/can they? Give them a temporary job for yourself for them? Revise it – overtly – as you go.