

# CASE CONCEPTUALIZATION & PRESENTATION FORMAT

Updated 5/25/16

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**Case presentation.** In a written case presentation, the counselor discusses his/her counseling approach with a specific client coping with a mental health issue. Using a selected counseling theory, the counselor must conceptualize the client, the client's problems, and suggest a plan of action that is consistent with the counseling theory.

There are several formats for organizing the information for a case presentation. The format provided here will be used in internship. The presentation can be completed in 5-6 pages doubled-spaced. APA-style is NOT required.

**Important note:** To assure confidentiality of the client, *please use a pseudonym* for the client and change any other identifying information.

## Case Presentation Outline

1. Client's background information including:
  - a. Demographic information
  - b. Barriers to personal adjustment and other client needs
  - c. Mental health conditions
  - d. Assets, strengths, and preferences
2. Presenting concerns. Describe the *client's* reasons to come for counseling or the reasons he/she was referred for counseling
3. Describe your *theory-based* conceptualization/understanding of the client's concerns/problems.
4. Current counseling goals
5. Description of counseling interventions used, strategies planned, and theoretical basis for interventions and strategies
6. Overview of factors affecting the counseling process and evaluation of current outcome
7. Analysis of *your* strengths and limitations in working with this client
8. Questions for the class to help you with this client

Discussions will follow a group supervision format. All students will be asked to contribute observations and suggestions about the counseling process and give feedback to the presenter. Class members will also be asked to consider and discuss the potential application of various counseling theories and approaches in relation to the client.

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## Grading Rubric for student learning outcome related to basic mental health counseling:

Needs Improvement	Satisfactory	Accomplished
Mental health conditions and client strengths identified in 1c and 1d are not clinically related to counseling interventions and strategies planned in item 5 and/or important information is missing.	Mental health conditions and client strengths identified in 1c and 1d are clinically related to counseling interventions and strategies planned in item 5 and most important information is included.	Mental health conditions and client strengths identified in 1c and 1d are clinically related to counseling interventions and strategies planned in item 5. Student thoroughly incorporates pertinent information, and perceives relevant factors that are not overt.

