

Case Conceptualization Worksheet: Couples Counseling

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

Clients:	+
Date:	
Referred By:	
Reason for Referral:	
Counselor:	

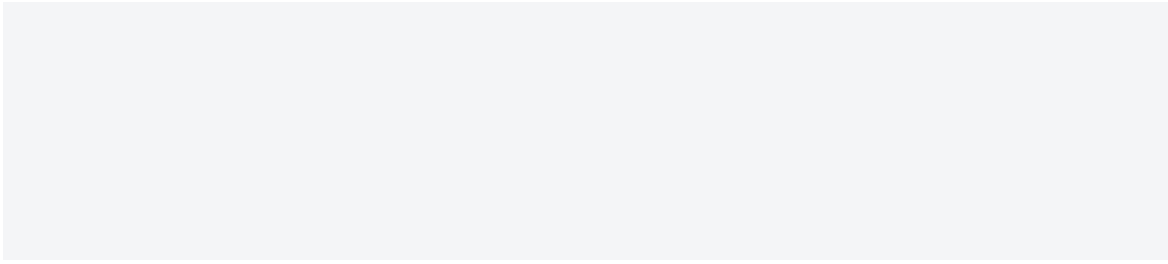
I. Couple's Strengths and Supportive Factors

Please list the couple'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 in the couple; solid outside social supports; financial resources (liquid or non-liquid); emotional-behavioral strengths such as kindness, generosity, empathy; cognitive strengths such as ability to focus on each other, normal learning and memory skills, and flexibility with each other.

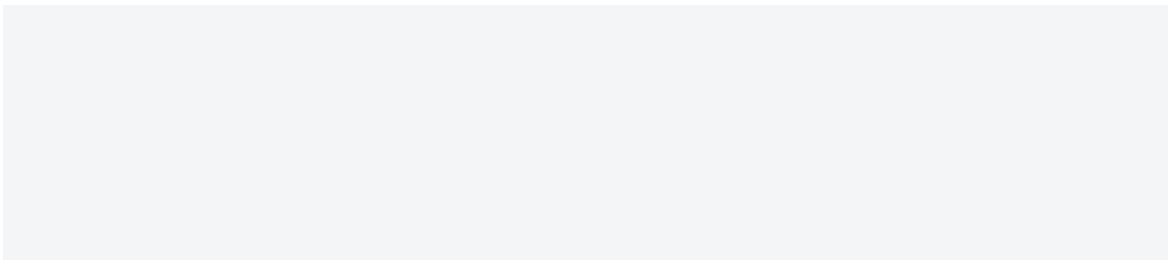
1. Supportive Health Factors:

2. Social Supports (outside of couple):

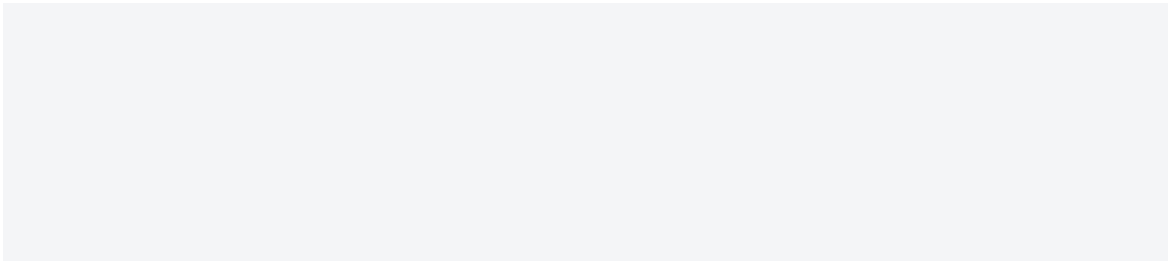
3. Financial Resources (of both parties together):



4. Emotional-Behavioral Strengths:



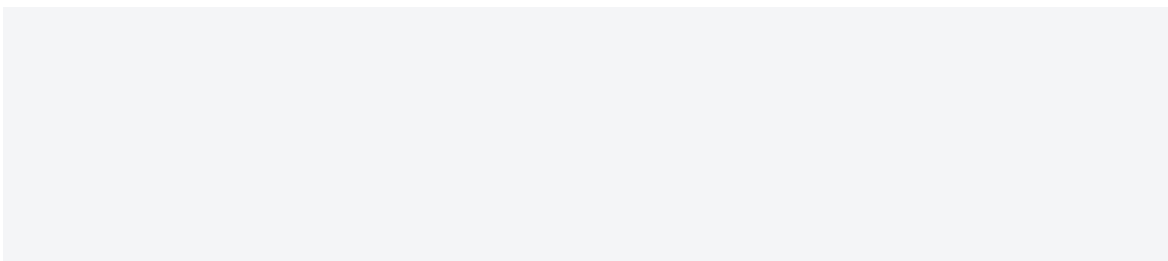
5. Cognitive Strengths:



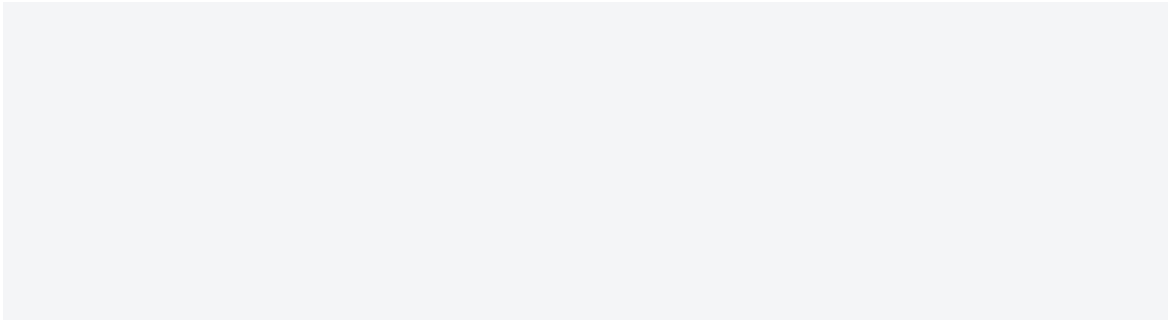
II. Couple Symptoms or Concerns, outlined by category.

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

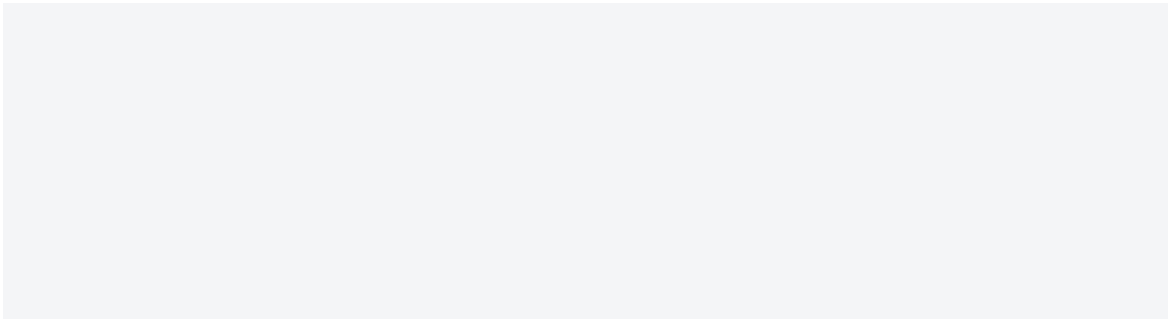
1. Health Problems:



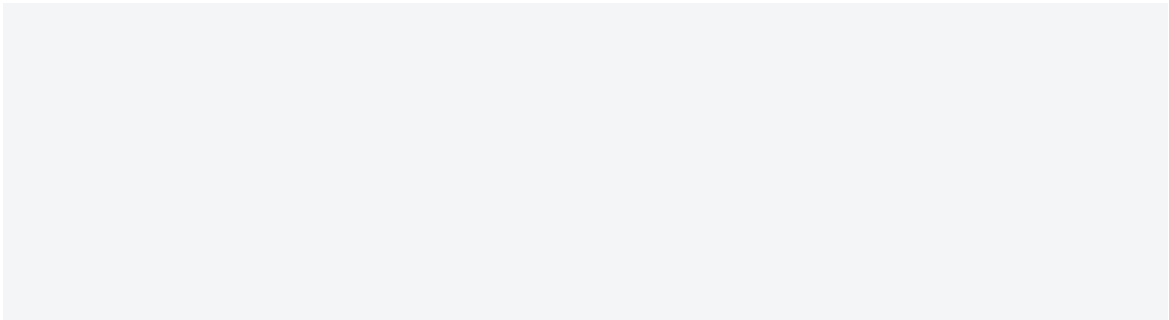
2. Social Difficulties:



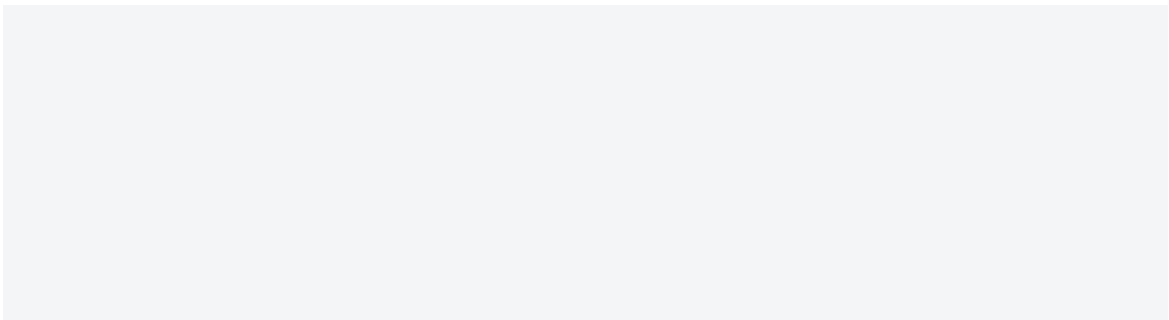
3. Financial Problems:



4. Emotional-Behavioral Difficulties:

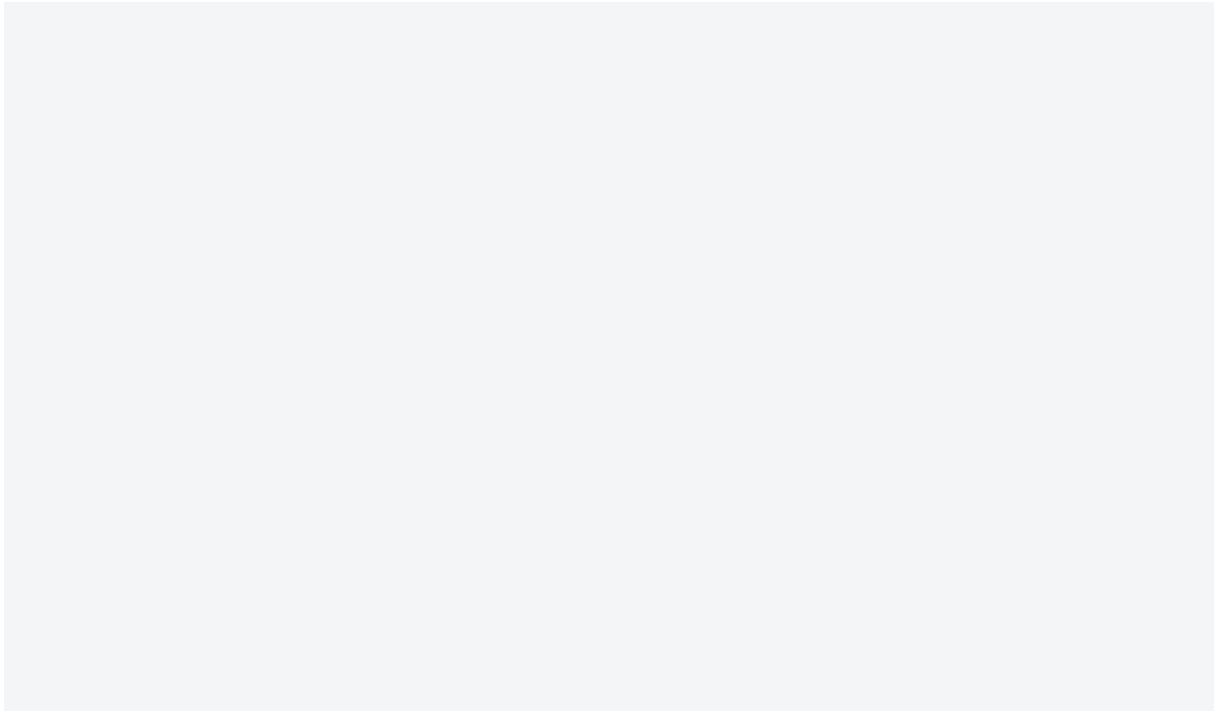


5. Cognitive Deficits:

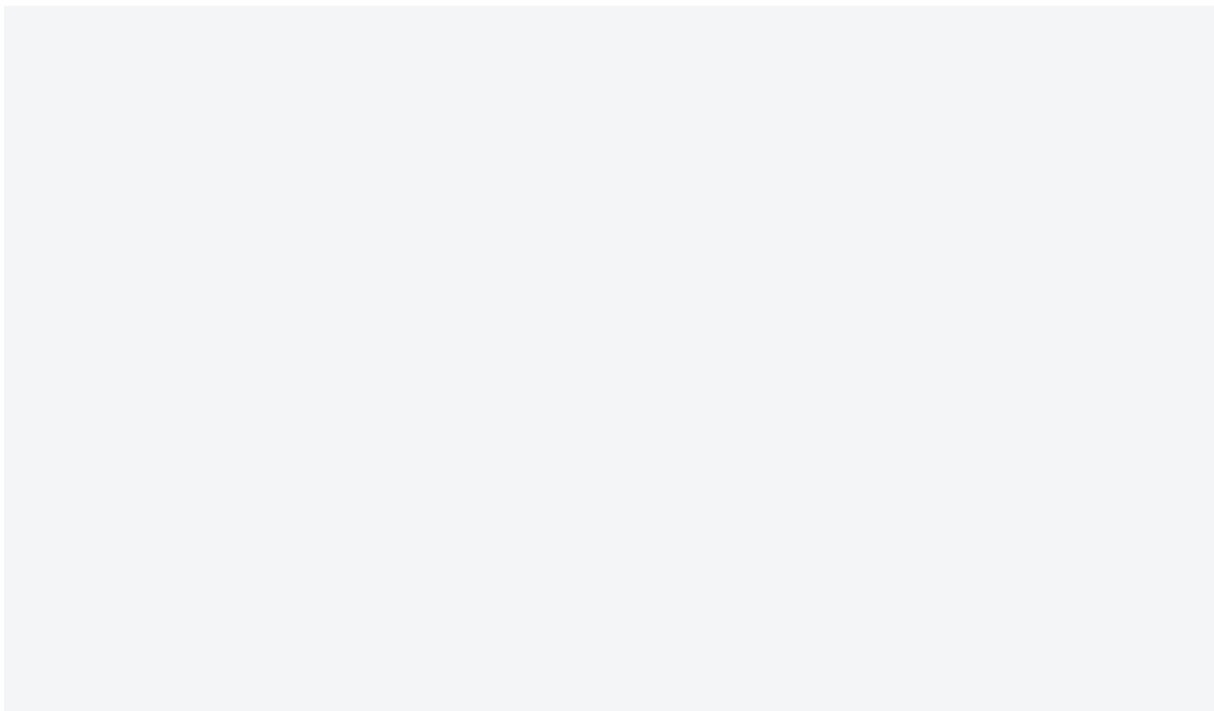


III. Timeline and Priority of Symptoms/Concerns

Which symptoms or concerns came first? Which are most distressing and/or disruptive for the couple? Do any of the symptoms contribute to other problems (for example, it may be that frequent arguing by the couple has contributed to other individuals or couples avoiding them).



IV. Overall Conceptualization of Couple's Case:



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.	

Dr. Jeffrey Gaines, Ph.D.