

Case Conceptualization and Action Plan: Couples Counseling

Note: this form is to be completed by the couple receiving counseling, with assistance by counselor if needed, after approximately 6 sessions. The form can be updated periodically, as couples progress after further sessions.

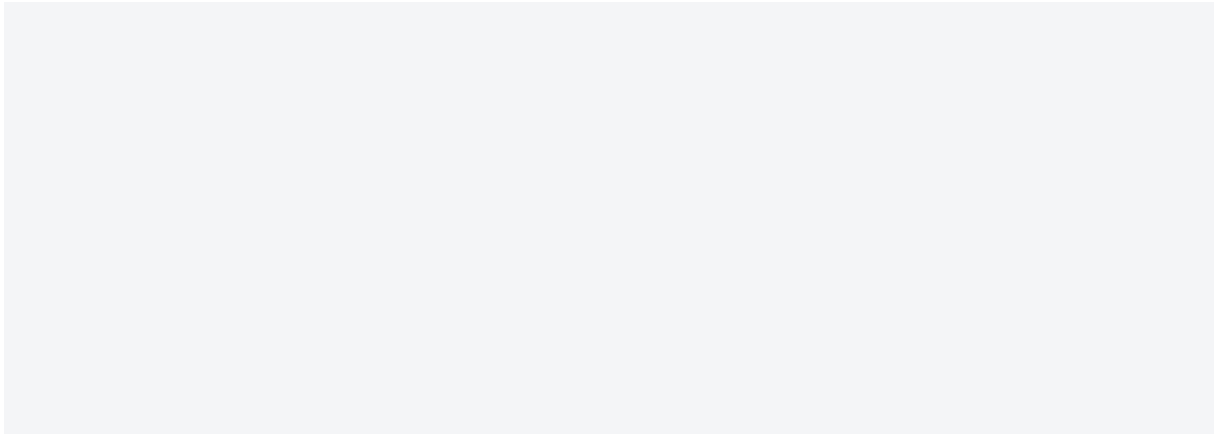
What have we learned about ourselves in counseling that will be most useful for us going forward as a couple?

1) Our strengths as a couple:

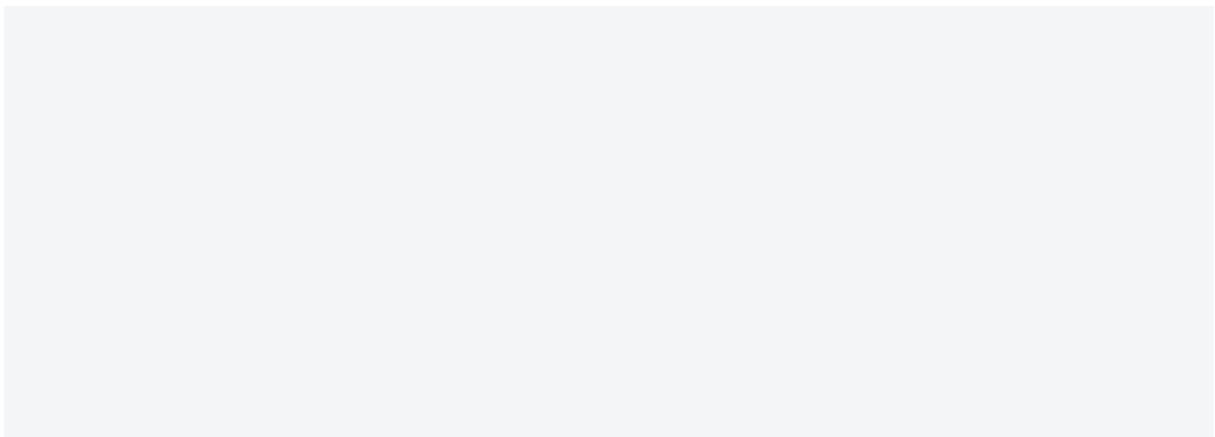
2) Our vulnerabilities or limits as a couple, that contribute to conflict:

3) Changes we have made in counseling:

4) Areas where we need to grow:



5) Plan for responding to setbacks:



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