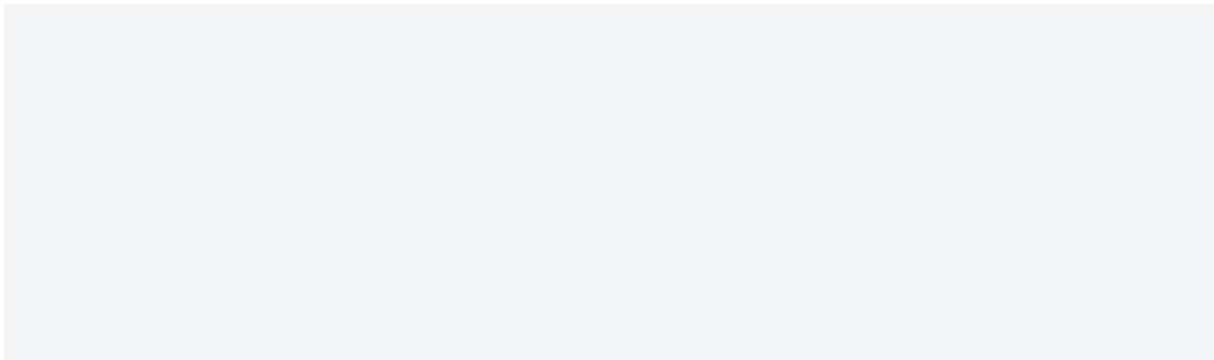


## Case Conceptualization and Action Plan: Individual Counseling

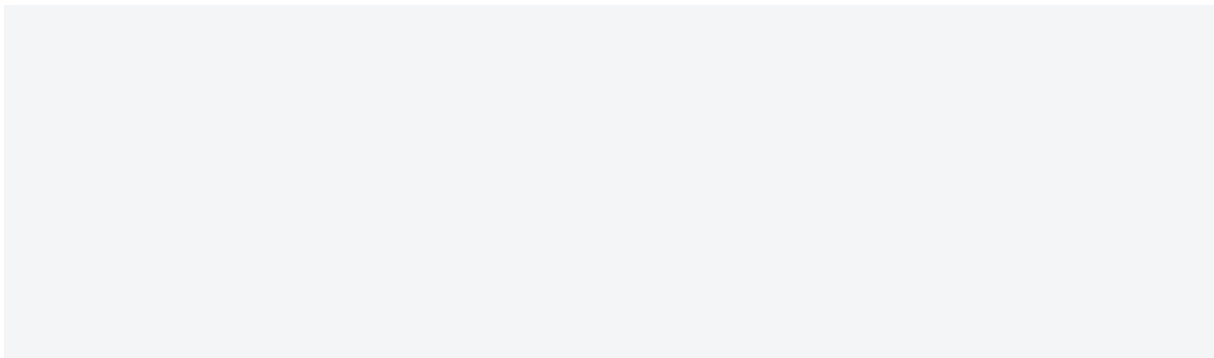
Note: this form is meant to be completed by the client, with counselor's assistance as needed.

*What have I learned about myself in counseling that will be most useful for me to keep in mind, going forward?*

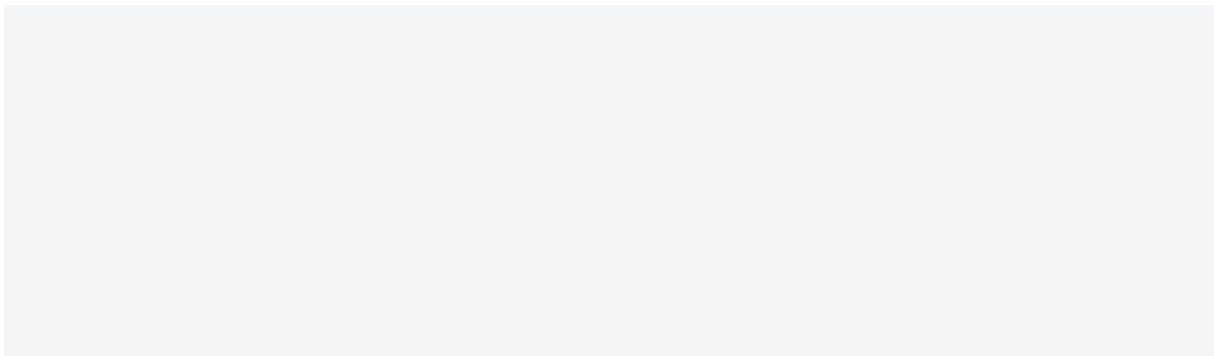
1) My strengths and resources:



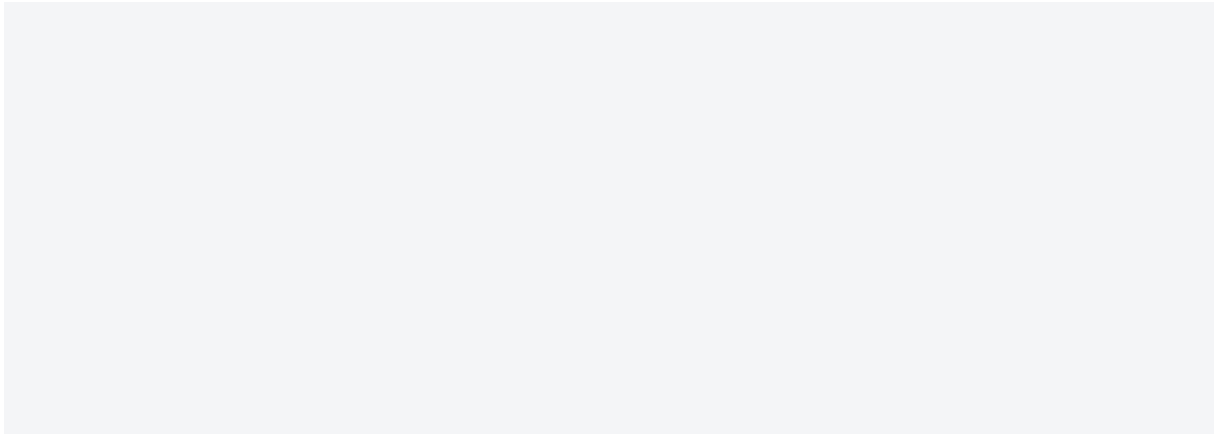
2) My limits or weak points:



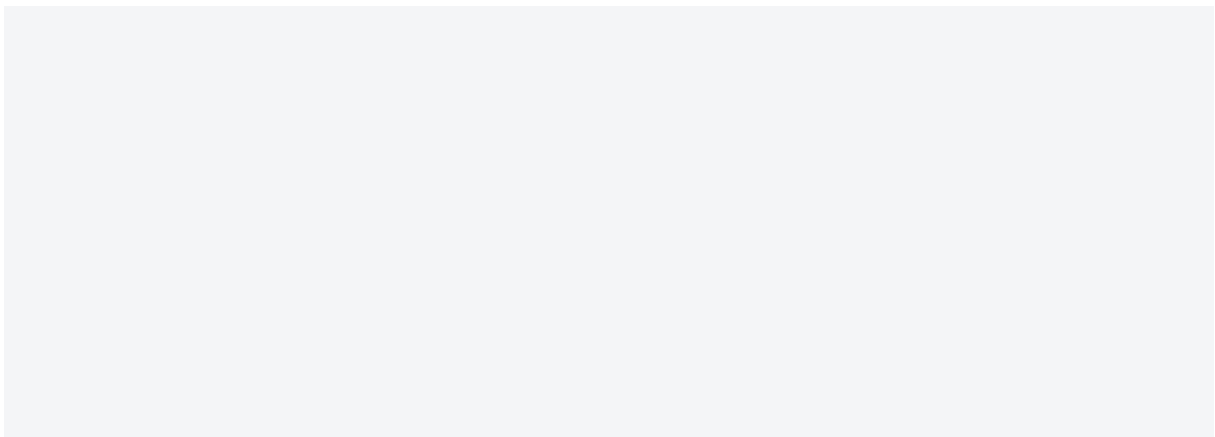
3) Changes I have made in counseling:



4) Areas where I need to grow:



5) My plan for responding to setbacks:



Dr. Jeffrey Gaines, Ph.D.