

A Model of Case Presentation for the Clinical Supervision of Psychotherapy

Date of presentation:

“Fabricated first name”

Referred by (source) on (date):

Client Description:

- Age
- Gender/Sexual Orientation
- Ethnicity
- Body type
- Spiritual life
- General appearance
- Present living & working situations:
- Mood
- Stressors

Presenting complaints:

- Issues presented by the client:
- Issues presented by the environment: (workplace; partners; criminal justice system)

Previous counseling:

Precipitant:

Medications/amounts/frequency/beginning:
Prescribing physician & phone

Central/Historical facts: simple background information that contributes to this counseling event

Status of therapy to this point:

Process notes: some small portion of a session in which the two parties (therapist and client) statements-reactions-thoughts are described in sequence, typically written during or right after a meeting has concluded:

- Therapist: “(approximated quotation)”
- Client: “(approximated quotation & reaction)”
- Therapist: “(approximated quotation& reaction)”
- Client: “(approximated quotation & reaction)”
- Therapist: “(approximated quotation & reaction)” etc.