Client Conceptualization Worksheet

1. Presenting Problem
2. Mitigating Circumstances
3. Core issues – Recurring Themes
4. Clients Modus Operandi
5. What needs are being met by client’s behavior
6. What needs are being denied by client’s behavior
7. How does (doesn’t) the presenting problem relate to any of the above
8. What are you aware of and/or observing within the counseling relationship?
9. Theoretical framework that you would use when working with this client (provide detailed rationale/description and examples of specific techniques)