

CASE CONCEPTUALIZATION AND THERAPY MODEL WORKSHEET

Connect the Case to a Clear Therapy Direction

A worksheet for organizing what you understand about the client/system, what model you are using, and what intervention choices need support.

Conceptualization turns details into direction.

Use this when the case story is clearer than the treatment plan.

Move from description to clinical hypothesis.

This worksheet helps you bring enough context to supervision without getting lost in every detail.

NAME THE PATTERN

What keeps showing up clinically or relationally?

CHOOSE A LENS

What therapy model is guiding your choices?

CLARIFY INTERVENTION

What are you considering doing next?

HOW TO USE IT

Use this when you are unsure how to connect diagnosis, context, system dynamics, and therapy model to practical next steps.



Start with the pattern, not every detail.

Keep the information de-identified and focused on what helps with clinical decision-making.

Presenting concern and relevant context:

Patterns, themes, or system dynamics I notice:

Strengths, protective factors, or resources:

What seems to maintain the problem:

For systems-oriented work, include relational patterns, family context, caregiver involvement, and system pressures when relevant.



Make the treatment lens explicit.

If you are unsure which model fits, that is a good supervision question.

THE MODEL OR LENS I AM USING OR CONSIDERING:

- | | |
|---|---|
| ☐ Family systems | ☐ EFT or attachment-focused work |
| ☐ CBT | ☐ DBT skills |
| ☐ ACT | ☐ Narrative or solution-focused work |
| ☐ Trauma-informed or phase-based treatment | ☐ Motivational interviewing |
| ☐ Play therapy or child-centered work | ☐ Parent coaching or caregiver work |
| ☐ Integrative approach | ☐ I am unsure which model fits |

How this model understands the problem:

Interventions I am considering:



Bring one clinical question to supervision.

A clear question can still be rough. It just needs to point toward the kind of help you need.

What I need help clarifying:

What I am worried about in this direction:

The supervision question I want to ask:

My next treatment step after supervision:

Want supervision with more structure and less shame?

Request a supervision fit consult with Chelsea and bring this worksheet to the conversation.

Request a Fit Consult

This worksheet is educational and does not replace emergency support, agency policy, legal advice, urgent consultation, or required supervision. If there is immediate risk or legal/ethical urgency, follow your agency procedures and seek appropriate immediate consultation.