

Instructions for Case Conceptualization

Use this Format.

Title Page

Refer to your APA manual for directions on formatting a title page. Be sure you include a running head, page number, paper title, your name.

Abstract

Your abstract will give the reader an overview of your paper. Be sure your abstract summarizes the main ideas in your paper, and what conclusions you came to. Please use your APA manual to be sure you write an effective abstract.

Below you will find the topics and structure you are required to include in your paper. Use **bold typed topic headings - required**.

Presenting Concerns

Choose a case study. This could be a real person you may know, an original case study, a celebrity, **NOT** one of the cases in the Ashcraft Text. This part of your paper is a summary of your Case emphasizing the problem areas. This should be no longer than 4-5 paragraphs. No more than one page. Be sure to include the pertinent information needed for the theory you are applying.

Theoretical Perspective of Clinical Conceptualization

Choose one theory for the assignment. This will explain the etiology (cause) for the maladaptive behavior. Based on the theory, you will explain the background factors that precipitated the abnormal behavior presented. You will want to summarize the theory then draw upon the key concepts of the theory to explain your client's behaviors. You can be creative and add to the case if needed to support your theory. You can suggest a Diagnosis based on the DSM

Goals and Interventions

Based on the theory above, you can research some appropriate treatment goals and strategies. (ie Group therapy, Cognitive Behavioral Therapy, Medication etc.)

Conclusion

What you would expect the outcomes of such therapy to be, and what will some of the most challenging aspects of the treatment be? Again use outside sources to support your conclusions. These sources need to be professional, not pop psychology or Internet sources such as Wikipedia. Edited books and journal articles are your best sources.

References

You may reference your texts, but you must include outside sources as well. 4-5

