

# PSYCHOTHERAPEUTIC STATUS

Psychotherapist: \_\_\_\_\_

Client / patient \_\_\_\_\_

Date: \_\_\_\_\_

## I. Presenting concerns

## II. Diagnosis

Diagnosis according to DSM 5: \_\_\_\_\_

Fulfilled diagnostic criteria for the identified disorder:

### Level of Risk / Degree of Severity

1. Minor disturbance
2. Moderate disturbance
3. Moderately severe disturbance
4. Severe disturbance
5. Immediate danger to self or others

Onset of the problem:

Personal resources:

- absent
- limited
- sufficient

Social resources:

- absent
- limited
- sufficient

### **III. Recommendations and Additional Examinations**

Medical: \_\_\_\_\_

Psychiatric: \_\_\_\_\_

Clinical-psychological: \_\_\_\_\_

Hospitalisation: \_\_\_\_\_

Recommendation of additional treatments: \_\_\_\_\_

Social support (various forms): \_\_\_\_\_

### **IV. Specifications regarding the therapeutic context**

Frequency \_\_\_\_\_

Type of psychotherapy:

- individual
- group
- couple
- family

Psychotherapy to be financed by:

- client
- institution
- other source: \_\_\_\_\_

## **V. Integrative Case Formulation**

### **Biological level**

- genetic aspects (heredity, family members)

- body schema issues

- chronotype

### **Cognitive Axis**

- proto-cognitions

- core beliefs

- intermediate beliefs

- automatic thoughts

- injunctions

- drivers

- perfectionism

- explanatory style

- self-efficacy

- learned helplessness

- mentalization difficulties

- dominant archetypal patterns

### **Emotional Axis**

- attachment patterns

- emotional expression

- emotion regulation

- neurotic guilt

- repression / supression of emotions

### **Complex Psychodynamic Patterns**

- conditions of worth

- self-esteem

- motivation

- body image

- mental schemas about illness and health

- psychosomatic mechanisms

- parts of the Self

- dissociative processes

- life script

- perception of time

- death anxiety

- meaning of life

- difficulties with responsibilities

### **The Relational Level**

- family roles

- family myths and narratives

- family patterns and structures
  - boundaries

- alliances, coalitions and triangles

- intergenerational and transgenerational patterns

## **VI. The Psychotherapeutic Relationship**

Cooperation:

Relational abilities:

Transference:

Countertransference:

Enactments:

Psychological Games:

Resistance to change:

Multicultural / inter-cultural issues:

Spirituality issues:

Other dimensions of the therapeutic relationship:

## **VII. Other dimensions and observations**

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