

Case Study Outline

Please use the following as a guide for your case study write-ups. Address each of the categories below and include as many of the suggested topics (listed under each heading) as possible. The write up should be about five pages. Remember to disguise the information so that confidentiality is maintained.

1. Identifying Information:
 - a. Include the client's age, marital status, education, living situation, occupation, referral source, fee arrangements and brief description of the client.
2. Presenting Problem:
 - a. Reasons for seeking treatment, initial symptoms and difficulties. Brief history of present difficulties, including other previous therapy experiences
3. History, Relationships & Current Functioning:
 - a. Include outline of family background, childhood, academic and relationship history and significant family history. Try to be brief and include only relevant information. Describe current significant relationships, work and/or school performance.
4. Course of Treatment:
 - a. How has the therapy progressed thus far? Include transference and countertransference themes, important issues, major preoccupations, as well as events in and out of therapy. Describe the course of the process of the case study.
5. Formulation:
 - a. Initial attempt to formulate the major dynamics of the case. Consider: central conflicts and/or deficits and how they can be understood at this point; predominant defenses; object relational patterns, resistances and the contribution of the developmental history. For the case summary, final perspective on the dynamics of the case.
6. Diagnosis:
 - a. What is the working diagnosis? This is a short-handed encapsulation of the case formulation.