

Institute for Clinical Social Work Recommended Case Study Outline

- I. Identifying Information:**
Include client's age, marital status, education, living situation, occupation, referral source, fee arrangements and brief description of client.
- II. Presenting problem:**
Reasons for seeking treatment, initial symptoms, and difficulties. Brief history of present difficulties, including other previous therapy experiences.
- III. History, Relationships and Current Functioning:**
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.
- V. Course of Treatment:**
How the therapy has progressed thus far? Include transference and counter-transference themes, important issues, major preoccupations, as well as events in and out of therapy. If this is a case study, describe the course of the process of the study.
- VI. Formulation:**
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.
- VII. Diagnosis:**
What is the working diagnosis? This is a short-handed encapsulation of the case formulation.