Treatment Consultation Outline – DP

The following is the outline for the ICSW Treatment Consultation write-up. In addition to the write-up, a process recording of a session (or two) is required. The write-up, not including the process recording(s), should not exceed 15 pages.

1. Reasons for choosing this case for presentation
2. Difficulties and/or problems in the evaluation of this case or in the treatment process
3. Identifying information:
4. Background/reason for request of treatment (include history of previous treatment)
5. History of presenting problem
6. Relevant personal/family history
7. Psychodynamic formulation:
   a. Tie together core anxiety(s), defensive/coping mechanisms, relation of these to relevant history, and how the resulting character is represented in transference and countertransference themes.
8. Discussion of Treatment Process:
   a. describe the major issues that have emerged in the treatment; discuss impasses and how they were dealt with; include observable positive and negative changes in client functioning as a client in treatment
   b. discuss specifically the unfolding of the transferential and countertransferential dimensions of the treatment (this is intended to be the primary focus of this section of the written case presentation)
   c. if the case has terminated, discuss that process; if not, describe any continuing issues
9. Describe what was learned from this clinical process and consultation
10. Add process recording(s) of one or two treatment sessions
    a. reason for choosing this/these particular sessions