

Treatment Consultation Outline
For use by all students in doctoral consultation

Treatment Consultation Outline - DP

The following is the outline for the ICSW Treatment Consultation write-up.
The write-up should not exceed 15 pages.

- 1. Identifying information:**
- 2. Background/reason for request of treatment** (include history of previous treatment)
- 3. History of presenting problem**
- 4. Relevant personal/family history**
- 5. 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 transference and countertransference dimensions of the treatment
 - c. if the case has terminated, discuss that process; if not, describe any continuing issues
- 6. Psychodynamic formulation of treatment process:**
 - 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.
 - b. Discuss the ways in which the above (a) play out in the therapeutic process using transference and countertransference themes as foundational and organizing data. It is not necessary (or advised) to organize the analysis of the process around a singular psychodynamic theory. It is more critical that psychodynamic thinking be used organically, thoughtfully, and in an integrated way.
 - b. Discuss why these particular psychodynamic ideas were chosen.
- 8. Describe what was learned from this clinical process and consultation**