

BRIEF INTERVENTION THERAPEUTIC BOOKLET

Clinical Notes on:
Client Presentation
Multidimensional Survey
Establishing Focal Dimensions
Functional Analysis & Guided Discovery
Conceptualisation
Treatment Planning
Evaluation



CLINICIAN: CJ STEWART

Date of First Session:
Client's Name/Code:
Number of Sessions Planned:

Client File Information

Session :

1

Date:
Reminders:

2

Date:
Reminders:

3

Date:
Reminders:

4

Date:
Reminders:

5

Date:
Reminders:

6

Date:
Reminders:

7

Date:
Reminders:

8

Date:
Reminders:



Presentation

TAKEN THROUGHOUT SEGMENT

Clients Stated Problem or Goal:

COMMENTS AS THEY RELATE TO PROBLEM/GOAL



Unhealthy Psychological Pattern

SPECIFIC PATTERN

Revised and Agreed Client Problem or Goal:

Thoughts

Feelings

Actions



Unhealthy Psychological Pattern

GENERAL PATTERN

Client's Dimensions of Agency/Competency:

Thoughts / Feelings / Actions

Thoughts

Feelings

Actions



PATTERN FIRING ORDER

1

4

2

5

3

6

TERMINOLOGY

	Practice Domains	Sources / Focal Dimensions
A. Immediate Psychological Experience	1. Cognitive	Thoughts & the Cognitive System
	2. Experiential	Emotions & the Experiential-Affective System
	3. Behavioural	Actions & the Behavioural System
B. External Influences	4. Developmental	Development across Life Experiences
	5. Interpersonal	Interpersonal Patterns
	6. Systemic	Families & Other Microsystems
	7. Cultural	Sociocultural Macrosystems
C. Internal Influences	8. Psychodynamic	Intrapsychic Processes, Conflicts, & Defences
	9. Biological	Biology & Physical Health

PRIMARY SOURCE

OBSERVED IN SESSION 1 & 2

Source:

Notes:



ADDITIONAL SOURCES

OBSERVED IN SESSION 1 & 2

Sources:

Notes:



Healthier Psychological Pattern

DISCUSSED IN SESSION 2, 3

Client's Stage of Change:

Pre-Contemplation / Contemplation / Planning / Action / Maintenance

Functional Thoughts, Adaptive Feelings, Effective Actions

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-
-
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-
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Ways to move to these Thoughts, Feelings and Actions



Conceptualization

DESCRIBED IN SESSION 3 OR 4

Practice Domain 1:

Practice Domain 2:



Treatment Plan

ACROSS SEGMENT

Utilised Intervention

Outcome/Evaluation

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Interventions

Intended Outcome

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Clinician Reflection

POST SEGMENT OF CARE

Skill/Intervention

Evaluation of Efficacy



Other Reflections