WORLD ASSOCIATION
FOR POSITIVE AND TRANSCULTURAL
PSYCHOTHERAPY

# File for exam:
# End of Master Course Part II

This file documentation will be used for the exam in the end of Master Course part II. The participants will prepare 5 cases which have been documented, supervised, and are over.

- 2 cases – long term therapy – more than 50 sessions (personality structure or disorder therapy, OCD, bipolar, recurrent depression, etc.)
- 3 cases – short-term or medium therapy – 20-50 sessions

The case **must be presented as a story of the therapy**, following the structure below. The case must have at least 1000 words.

| **A. General data of the patient** _____ (initials) | | | | | |
|---|---|---|---|---|---|
| Age | | | Family status | | |
| Profession/Occupation | | | Number of sessions ___ frequency _____ | | |
| Conditions of help provided | ☐ inpatient<br>☐ outpatient<br>☐ telephone | ☐ online<br>☐ house call<br>☐ unusual time | ☐ individual therapy<br>☐ couple therapy<br>☐ group therapy | ☐ combined therapy<br>☐ one therapist<br>☐ few therapists | Who will cover expenses and missed sessions? |
| DSM/ICD diagnoses | | | OPD-2 | | |
| Who referred (recommended or forced) patient for therapy? | | | | | |
| Why did the patient come especially to you? Why now? | | | | | |
| Are there any connections between you and the patient? | | | | | |

**1. Observation-distancing**

| **B. Symptoms, their meaning and history** | Dynamics |
|---|---|
| Compliances | Spontaneous declaration in the first session |
| **Brief case history / recent changes / psychosomatic symptoms etc.** | Appearance and behaviours.<br>Ability:<br>to name own feelings?<br>to describe his/her attitude to the actual situation? |

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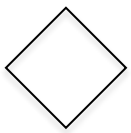
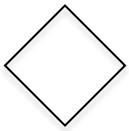
|---|---|
| | to reflect his/her inner dynamic?<br>to take responsibility for own reactions? etc. |
| **Actual conflict (if any)**<br>- with whom/what?<br>- involved secondary AC<br>expectation<br>reality<br>- immediate conflict reaction:<br>body<br>achievement<br>relationships<br>imagination | Style of attachment in presented situations / relationship with the therapist<br><br>Key conflict in presented situations / relationship with the therapist<br><br>Primary positive interpretation of the symptom/conflict<br><br>Reaction of the client to the positive interpretation |
| Perceived suffering is mostly<br>☐ physical ☐ psychological ☐ social ☐ existential<br>Expected help is mostly<br>☐ physical ☐ psychological ☐ social ☐ existential<br>Expected relief is mostly<br>☐ physical ☐ psychological ☐ social ☐ existential | Are those desires of the patient<br>realistic/contradictory?<br><br>Are you ready/competent to meet those expectations?<br><br>Do you have your own goal in therapy (explicit or implicit) that patient tries to avoid? |

**2. Inventory**

| D. Background | |
|---|---|
| 4 areas of life balance (usually, without the presented problem)<br>  | how it is affected by the presented problem<br>  |

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| | |
| **Macro-traumas** within 5-10 years | Learned assumptions |
| Basic conflict.<br>What concepts were formed in what areas of modelling (I, You, We, Primary We)? | What primary needs/capacities were associated with what secondary capabilities?<br>What was the associated physical reactions?<br>What was the associated patterns of typical interactions? |
| **Inner conflict**<br>Conceptualization of the case | Do you have any memories and associations about experiences presented in therapy? Can you name them? How do they effect the dynamics? |

**3. Stimulation and situational encouragement**

| E. What positive aspects of the symptom were mentioned and/or noticed | |
|---|---|
| | Reaction for the positive interpretation. |
| How have those aspects appeared in relationships<br>with<br>- mother?<br>- father?<br>- siblings?<br>- actual partner/situation?<br>- future perspectives? | How does this work in therapeutic relationships? |
| What capacities do you encourage in the client/ patient? | How did he/she respond to those encouragements? |
| What recourses are available for the client/patient? | What does he/she feel about these resources? |
| What symbols/metaphors have been used? For what? | How did he/she accept those? |

**4. Verbalization**

| F. Goals of the therapy | |
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| What are the focusses and goals of the therapy? | |
| What is the treatment plan and the criteria of the progress? | |
| Did you define them together with the patient? | |
| Have you explained the limitations of the therapy to the patient? | |
| Who is responsible for the progress and its evaluation? | |
| What are the therapeutic prognoses (results, longitude, frequency etc.)? | |
| Do you have any agreed rules and/or conditions? | |

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| What is the plan of self-help? | |
| How capable is the patient to maintain agreed rules/self-help? | |

| G. What interventions were used? What dynamic has it provoked (feelings, impulses, insights, behaviours etc)? | |
|---|---|
| | a. |
| | b. |

| H. Therapeutic relationships (transference/counter transference) | | |
|---|---|---|
| How was the dynamic of 3 stages of interactions developed? | Therapist to the patient | Patient to the therapist |
| - Emotional bond (empathy) | | |
| - Separation | | |
| - Independency | | |
| What do you feel about the patient? | | |
| What, according to you, does the patient feels about you? | | |
| What do you think about him/her? | | |
| What fantasies/wishes/fears do you have about your patient? | | |

**5. Goals broadening**

| I. Goals for the future | |
|---|---|
| What is the feedback of the client/patient about the therapy process and outcomes so far? | |
| What does he/she plan for him/herself? | |