

Case Summary/ Termination Report

Date: July 24, 2023

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Client: Adam Carson

Counseling Format: In Person

Number of Sessions: 6

First session: May 27, 2023

- Completed intake and initial assessment of client strengths and needs.

Second session: June 10, 2023

- Completed assessment using “Tree of Life” activity.

Third session: June 24, 2023

- Explored goal setting approaches and self-care options.

Fourth session: July 8, 2023

- Created Action Plan re: taking first step towards goal.

Fifth session: July 15, 2023

- Discussed setbacks and how to stay on track.

Sixth session: July 19, 2023

- Developed strategy for next steps, and terminated counselling.

Initial reason for seeking counselling/Presenting Issues:

Adam’s presenting concern was his struggle to manage his relationship with his parents after an incident of conflict had remained unresolved for more than a year. This had resulted in Adam limiting his contact with his parents to formal family celebrations only, and he was considering ending his relationship with his parents if their relationship cannot be improved. Adam shared that he decided to engage in counselling as this problem felt bigger than what he could manage on his own or within his informal support network.

Assessment Summary:

Adam is a 41-year-old single male who is considering how to move forward with his relationship with his parents. He is the eldest child of the family and describes himself as being very different from his other family members. Adam describes having a healthy informal support network that includes a romantic partner and many friends that communicate openly and share his values.

Complicating factors include the fact that the COVID-19 pandemic put an end to Adam's 15-year career as a self-employed musician, graphic designer, videographer, and promoter. He has since taken what he describes as an unfulfilling 9-5 office job that comes with a daily commute. This job has also meant that Adam has not been able to engage in self-care activities that bring him joy and fulfillment.

There were no identified safety concerns or risks of harm disclosed during the intake, assessment, or counselling process.

Goals of counseling:

Adam's stated goal was to develop a plan to contact his parents and engage them in a conversation about their unresolved conflict.

Treatment plan / change process called for the following:

Treatment included supporting Adam through the exploration of his thoughts, feelings, needs, and preferences, creating an action plan, exploring ways to stay on track, and devising a strategy for how to approach his desired conversation with his parents.

In addition, Adam was provided with psychoeducation about communication strategies, self-care & stress management, healthy relationships, and setting boundaries.

The following aspects of the treatment were accomplished:

Adam was able to spend time exploring his thoughts and feelings about his relationship with his parents, both how it is currently and how he would like it to be in the future. Adam was able to articulate the specific aspects of this relationship that he would like to address, as well as the steps that he needs to take to feel comfortable initiating this conversation. He created an Action Plan that included the method, message, timing, place, ground rules, and goals of the conversation. Adam was able to describe the ways that he avoids initiating unpleasant tasks, and the strategies that he will put in place to ensure that he is successful in this case. Finally, Adam was able to evaluate the pros, cons, and effectiveness of several approaches he could use during the conversation with his parents.

Counseling was terminated for the following reasons(s):

Session limit was reached.

Client perspective at the final session:

At the final session, Adam reported that he had been able to sort and organize his thoughts and feelings, which helped him come up with a plan of action. Adam shared that he felt confident that he would move forward with his plan and that he felt comfortable ending service at this time. Adam shared that he would reengage in a counselling relationship in the future, if needed.

Referrals issued to client:

There were no additional referrals issued to Adam at the end of service as he indicated that he felt comfortable moving forward with what he had accomplished in the 6 sessions. Adam is aware that he can reengage with ABC Counselling Agency in the future, if needed.



Ginny Fazari, CYC