

CSL566 Case Conceptualisation and Assessment in Counselling

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66 items

Prescribed Text (1 items)

Conceptualization and treatment planning for effective helping, by Barbara F. Okun; Karen L. Suyemoto, 2013

Book

Case Conceptualisation General Reference Books (6 items)

Case conceptualization and treatment planning: Integrating theory with clinical practice - in Case conceptualization and treatment planning: integrating theory with clinical practice, by Pearl Berman, 2015

Chapter

Case conceptualization and treatment planning: integrating theory with clinical practice, by Pearl Berman, c2010

Book

Case documentation in counseling and psychotherapy: a theory-informed, competency-based approach, by Diane R. Gehart, 2015

Book

Formulation in psychology and psychotherapy: making sense of people's problems, edited by Lucy Johnstone; Rudi Dallos; Lucy Johnstone; Rudi Dallos, 2014

Book | This is a case conceptualisation textbook that will be of use as reference material

Psychoanalytic case formulation, by Nancy McWilliams, c1999

Book

Conceptualization and treatment planning for effective helping, by Barbara F. Okun; Karen L. Suyemoto, 2013

Book

Seminar One: (Topic 1) Introduction to Case Conceptualisation; (Topic 2) Personal Worldview. (7 items)

Chapter 1: Exploring conceptualization - in Conceptualization and treatment planning for

effective helping, by Barbara F. Okun; Karen L. Suyemoto, 2013

Chapter | **Essential** | This is the required text.

Chapter 14: Case conceptualisation - in Psychotherapy: an Australian perspective, by Analise O'Donovan; Leanne Casey; Marchienne van der Veen; Mark Boschen, 2013

Chapter

Case conceptualization and treatment planning: integrating theory with clinical practice (Chap 1 Developing case conceptualizations and treatment plans pp. 1-8), by Pearl Berman, 2015

Chapter | **Essential** | This is an optional textbook for this unit.

Disorder specific and trans-diagnostic case conceptualisation - in Clinical Psychology Review, by Robert Dudley; Willem Kuyken; Christine A. Padesky, 2011-03

Article | This is not a required or optional reading but may be of interest.

Humanistic psychotherapies: handbook of research and practice. Pages 473-479 - in Humanistic psychotherapies : handbook of research and practice, by David J Cain, 2002

Chapter | **Essential**

Clinical applications of the MBTI. Pages 101-149 - in Essentials of Myers-Briggs type indicator assessment, by Naomi L. Quenk, 2000

Chapter | **Recommended** | This is optional, but will be helpful for assessment 2.

Please read textbook by Okun & Suyemoto (2013), Chapter Two, pp.17 - 37 & Chapter Four, pp.67-76.

Seminar Two: (Topic 3) Clients in Context; (Topic 4) Lifespan. (10 items)

Chapter 2: Psychoanalytic diagnosis: Understanding personality structure in the clinical process - in Psychoanalytic diagnosis : understanding personality structure in the clinical process, by Nancy McWilliams, 2011

Chapter | **Essential**

Chapter 1: Introduction - in Life span development: Australia, New Zealand, by Emma Collier-Baker, 2014

Chapter | **Essential**

Chapter 8: The Construction of the narrative self - in The neuroscience of psychotherapy: building and rebuilding the human brain, by Louis J. Cozolino, 2002

Chapter | **Recommended**

Chapter 22: Cultural and demographic diversity - in Psychotherapy relationships that work: therapist contributions and responsiveness to patients, by Stanley Sue; Amy G. Lam, 2002

Chapter | **Recommended**

Please read textbook by Okun & Suyemoto (2013), Chapter Three, pp.39-65.

The complexity of human experience - in Case conceptualization and treatment planning: integrating theory with clinical practice, by Pearl Berman, 2015

Chapter | Essential

Life span development: Australia, New Zealand, by John W Santrock, 2014

Book | Essential

Chapter 7: Adaptation of general counselling approaches to the needs of older adults - in Counselling older adults: perspectives, approaches and research, by Eleanor O'Leary, 1996

Chapter | Essential

Chapter 3: How we feel: Emotion in our internal and interpersonal worlds - in Parenting from the inside out: how a deeper self-understanding can help you raise children who thrive, by Daniel J. Siegel; Mary Hartzell, 2014

Chapter | Recommended

Chapter 2: Gathering relevant information: Key assessment strategies - in Case formulation with children and adolescents, by Katharina Manassis, 2014

Chapter | Essential | Please read pages 24-47

Seminar Three: (Topic 5) Strengths, Coping & Resilience, 5P's model; (Topic 6) Intake Assessment & Documentation. (10 items)

Formulation in psychology and psychotherapy : making sense of people's problems.

Chapter 2 - Case conceptualisation in cognitive behavioural therapy - in Formulation in psychology and psychotherapy : making sense of people's problems, by Robert Dudley; Willem Kuyken, edited by Lucy Johnstone; Rudi Dallos; Lucy Johnstone; Rudi Dallos, 2014

Chapter | Essential | This is an alternative to Westbrook et al., 2007.

Chapter 4. Assessment and formulation - in An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Helen Kennedy; Joan Kirk, 2007

Chapter | Essential | This is an alternative to Dudley & Kuyken (2014) Chapter 2.

Chapter 9: Factors and processes contributing to resilience - in Resilience and development: positive life adaptations, by Karol L. Kumpfer, 1999

Chapter | Essential

Therapist use of client strengths - in The Counseling Psychologist, by Michael J. Scheel; Chelsi Klentz Davis; Justin D. Henderson, 2013-04

Article | Essential

Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? - in American Psychologist, by George A. Bonanno, Jan 2004

Article | Essential

The Case conceptualization format: A Training device for practicum - in Counselor Education and Supervision, by Carol Loganbill; Cal Stoltenberg, 1983-03

Article

Chapter 4: The Use of assessment in diagnosis and treatment planning - in Diagnosis and treatment planning in counseling, by Linda Seligman, 2004

Chapter | **Essential**

Please read textbook by Okun & Suyemoto (2013), Chapter Six, pp. 125-149; & Chapter Seven, pp. 151-177.

Review Berman (2015), Chapter One pp. 1-8 from Seminar one

Assessment : what, when and how. Chapter 3 - in Assessment in counselling : theory, process, and decision-making, by Judith Milner, 2003

Chapter | **Recommended**

Seminar Four: (Topic 7) CBT & Psychodynamic case conceptualisation; (Topic 8) Humanistic case conceptualisation (6 items)

Chapter 1: The Relationship between case formulation and psychotherapy - in Psychoanalytic case formulation, by Nancy McWilliams, 1999

Chapter

Please read textbook by Okun & Suyemoto (2013), Appendix A, pp. 232-238, & Chapter Eight, pp.179-207.

Please review Dudley & Kuyken (2014) from Seminar 3

The Science and practice of case conceptualization - in Behavioural and Cognitive Psychotherapy, by Willem Kuyken; Christine A Padesky; Robert Dudley, Nov 2008

Article

Please read textbook by Okun & Suyemoto (2013), Appendix A, pp. 238-240, & Chapter Four, pp.76-96.

Please read POC1 textbook Corey, G. (2013). Theory and practice of counseling and psychotherapy, (9th ed.). Part of Chapter Seven, pp. 179-188.

Seminar Five: (Topic 9) Integrative Approach to case conceptualisation (6 items)

Theory and practice of counseling and psychotherapy, by Gerald Corey, c2013

Book | **Essential**

Chapter 1: Somehow therapy works: Core conditions of the facilitative therapeutic environment - in The therapeutic environment: core conditions for facilitating therapy, by

Richard J. Hazler, 2001

Chapter | Recommended

Why study the relationship. Chapter 1 - in Between therapist and client, by Michael D. Kahn, 1991

Chapter | Recommended

Chapter 5: Multimodal therapy - in Handbook of psychotherapy integration, by Arnold A. Lazarus, 2005

Chapter | Recommended

Chapter 22: Integrative psychotherapy - in Theories of counseling and psychotherapy: an integrative approach, by Elsie Jones-Smith, 2016

Chapter | Essential

Chapter 5: Multimodal therapy - in Handbook of psychotherapy integration, by Arnold A. Lazarus, 2005

Chapter | Recommended

Seminar Six: (Topic 10) Difficult Issues & Professional Practice (5 items)

Please read textbook by Okun & Suyemoto (2013), Chapter Five, pp. 97-123.

Ethics in psychotherapy and counseling: a practical guide, by Kenneth S. Pope; Melba Jean Trinidad Vasquez; Ebooks Corporation, c2011

Book | Recommended

The complexity of human experience - in Case conceptualization and treatment planning: integrating theory with clinical practice, by Pearl Berman, 2015

Chapter

Chapter 17: Suicide and deliberate self-harm - in Understanding troubled minds, by Sidney Bloch, 2014

Chapter | Essential

Clinical manual for assessment and treatment of suicidal patients, by John Chiles; Kirk Strosahl, 2005

Book | Essential

Resources in general (13 items)

The resources listed in this section are worthwhile to develop good counselling skills in general and will assist in thinking about case conceptualization and assessment in practice.

Chapter 2: Being there: Developing the capacity for holding - in A safe place for change: skills and capacities for counselling and therapy, by Hugh Crago; Penny Gardner, 2012

Chapter | Recommended

Chapter 4. Assessment and formulation - in An introduction to cognitive behaviour therapy: skills and applications, by David Westbrook; Helen Kennedy; Joan Kirk, 2007
[Chapter](#) | This is an alternative to Dudley & Kuyken (2014) Chapter 2

Between therapist and client: the new relationship, by Michael Kahn, 2001
[Book](#)

Case conceptualization and treatment planning: integrating theory with clinical practice, by Pearl Berman, 2015
[Book](#)

Classification and diagnosis of psychological abnormality, by Susan Cave, c2002
[Book](#)

Client-centered and experiential psychotherapy : a paradigm in motion, by Robert Hutterer, c1996
[Book](#)

Chapter 13: Finding natural supports: Outside and in - in Counseling Diverse Clients : bringing context into therapy, by Jeanne M. Slattery, 2003
[Chapter](#) | Essential

The gift of therapy : reflections on being a therapist, by Irvin D. Yalom, 2002
[Book](#)

Handbook of psychotherapy integration, by John C. Norcross; Marvin R. Goldfried, 2005
[Book](#)

The heart & soul of change : what works in therapy, by Mark A. Hubble; Barry L. Duncan; Scott D. Miller, c1999
[Book](#)

Chapter 6: Person-centered therapy - in Theories of psychotherapy and counseling : concepts and cases, by Richard S Sharf, c1996
[Chapter](#)

The Reliability and quality of cognitive case formulation - in Behaviour Research and Therapy, by Willem Kuyken; Claire D. Fothergill; Meyrem Musa; Paul Chadwick, 2005-09
[Article](#)

Student workbook [for] Interpersonal process in therapy : an integrative model, by Edward Teyber; Faith H. McClure; Edward Teyber, c2011
[Book](#)

Family systems theory, attachment theory, and culture - in Family Process, by Fred Rothbaum; Karen Rosen; Tatsuo Ujiie; Nobuko Uchida, Fall 2002
[Article](#)

An Application of Bowen family systems theory - in Issues in Mental Health Nursing, by Judy Haefner, 2014-11
[Article](#)
