



CASE WRITE-UP WORKSHEET

For a click-and-fill version of this worksheet, please visit: beckinstitute.org/casewriteup.

PART ONE: INTAKE INFORMATION

IDENTIFYING INFORMATION AT INTAKE:

Age:

Gender Identity and Sexual Orientation:

Cultural Heritage:

Religious/Spiritual Orientation:

Living Environment:

Employment Status:

Socioeconomic Status:

CHIEF COMPLAINT, MAJOR SYMPTOMS, MENTAL STATUS AND DIAGNOSIS:

Chief Complaint:

Major Symptoms:

Emotional:

Cognitive:

Behavioral:

Physiological:

Mental Status:

Diagnosis (from the Diagnostic and Statistical Manual or International Classification of Disease):

CURRENT PSYCHIATRIC MEDICATIONS, ADHERENCE AND SIDE EFFECTS; CONCURRENT TREATMENT:

CURRENT SIGNIFICANT RELATIONSHIPS:



PART TWO: HISTORICAL INFORMATION

BEST LIFETIME FUNCTIONING (INCLUDING STRENGTHS, ASSETS AND RESOURCES):

HISTORY OF PRESENT ILLNESS:

HISTORY OF PSYCHIATRIC, PSYCHOLOGICAL OR SUBSTANCE USE PROBLEMS AND IMPACT ON FUNCTIONING:

HISTORY OF PSYCHIATRIC, PSYCHOLOGICAL OR SUBSTANCE ABUSE TREATMENT, TYPE, LEVEL OF CARE AND RESPONSE:

PERSONAL, SOCIAL, EDUCATIONAL AND VOCATIONAL HISTORY:



MEDICAL HISTORY AND LIMITATIONS:

CURRENT NON-PSYCHIATRIC MEDICATIONS, TREATMENT, ADHERENCE AND SIDE EFFECTS:

PART THREE: THE COGNITIVE CONCEPTUALIZATION DIAGRAM

See attached.

PART FOUR: THE CASE CONCEPTUALIZATION SUMMARY

HISTORY OF CURRENT ILLNESS, PRECIPITANTS AND LIFE STRESSORS:

MAINTAINING FACTORS:

VALUES AND ASPIRATIONS:



NARRATIVE SUMMARY, INCORPORATING HISTORICAL INFORMATION, PRECIPITANTS, MAINTAINING FACTORS AND COGNITIVE CONCEPTUALIZATION DIAGRAM INFORMATION:



PART FIVE: TREATMENT PLAN

OVERALL TREATMENT PLAN:

PROBLEM LIST/CLIENT'S GOALS AND EVIDENCE-BASED INTERVENTIONS (INCLUDE UP TO FIVE):

Problem/Goal #1:

Interventions:

Problem/Goal #2:

Interventions:

Problem/Goal #3:

Interventions:

Problem/Goal #4:

Interventions:

Problem/Goal #5:

Interventions:

PART SIX: COURSE OF TREATMENT AND OUTCOME

THERAPEUTIC RELATIONSHIP:



NUMBER AND FREQUENCY OF TREATMENT SESSIONS, LENGTH OF TREATMENT:

COURSE OF TREATMENT SUMMARY:

MEASURES OF PROGRESS:

OUTCOME OF TREATMENT:

(TRADITIONAL) COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET

For a click-and-fill version of this worksheet, please visit: beckinstitute.org/diagram.

Name: _____ Date: _____ Diagnosis: _____

