Schema Therapy Case Conceptualization Form for Children and Parents

(also for session ratings)

Therapist's Name:

Date:

| Child | Mother (female caregiver) | Father (male caregiver) |
|-------------------------------------|-------------------------------------|-------------------------------------|
| Child's Name: | Mother: Age: | Father: Age: |
| Age: | Marital / Partner Status: | Marital / Partner Status: |
| Schooltype: | Children (Ages): | Children (Ages): |
| Class: | Occupation: | Occupation: |
| Ressources/Strengths/Hobbies: | Ressources/Strengths/Hobbies: | Ressources/Strengths/Hobbies: |
| | | |
| | | |
| | | |
| | Country of Origin: | Country of Origin: |
| | Highest Education: | Highest Education: |
| Overall Level of Functioning (GAF): | Overall Level of Functioning (GAF): | Overall Level of Functioning (GAF): |
| Axis I Symptoms or Diagnoses | Axis I Symptoms or Diagnoses | Axis I Symptoms or Diagnoses |
| 1. | 1. | 1. |
| | | |
| 2. | 2. | 2. |
| | | |

| Child | Mother (female caregiver) | Father (male caregiver) |
|--------------------------------|------------------------------------|------------------------------------|
| Current Major Problems & Life | Current Major Problems & Life | Current Major Problems & Life |
| <u>Patterns</u> | <u>Patterns</u> | <u>Patterns</u> |
| Problem 1: | Problem 1: | Problem 1: |
| Life Pattern: | Life Pattern: | Life Pattern: |
| Problem 2: | Problem 2: | Problem 2: |
| Life Pattern: | Life Pattern: | Life Pattern: |
| Problem 3: | Problem 3: | Problem 3: |
| Life Pattern: | Life Pattern: | Life Pattern: |
| Developmental Origins (mother, | Developmental Origins (own mother, | Developmental Origins (own mother, |
| father, siblings, peers) | father, siblings, peers) | father, siblings, peers) |
| 1. | 1. | 1. |
| | | |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| <i>.</i> | 5. | э. |
| | | |

| Child | Mother (female Caregiver) | Father (male caregiver) |
|-----------------------------------|-----------------------------------|-----------------------------------|
| Core Childhood Memories or Images | Core Childhood Memories or Images | Core Childhood Memories or Images |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| | | |
| | | |
| Core Unmet Needs | Core Unmet Needs | Core Unmet Needs |
| 1. | 1. | 1. |
| 2. | 2. | 2. |

| 3. 4. 5. | 3. 4. 5. | 3. 4. 5. |
|--|------------------------------------|------------------------------------|
| Child | Mother (female Caregiver) | Father (male caregiver) |
| Most Relevant Schemas With Origins | Most Relevant Schemas With Origins | Most Relevant Schemas With Origins |
| (Link with Origins Above) | (Link with Origins Above) | (Link with Origins Above) |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| Schema collusion (mother & child, father & child or mother & father) | | |

<u>I:</u> ed: Emotional deprivation; ab: Abandonment/Instability; ma: Mistrust/Abuse; si: Social Isolation/Alienation; ds: Defectiveness/Shame; <u>II:</u> fa: Failure; di: Dependence/Incompetence; vu: Vulnerability; eu: Enmeshment/ Undeveloped self; et: Entitlement/Grandiosity; <u>III</u>: is: Insufficent Self-Control/ Self-Discipline; <u>VI</u>: sb: Subjugation; ss: Self-Sacrifice; as: Approval -Seeking/ Recognition-Seeking; <u>V:</u> ei: Emotional Inhibition; us: Unrelenting Standards; np: Negativity/Pessimism; pu: Punitiveness.

| Child | Mother (female Caregiver) | Father (male caregiver) |
|--|--|--|
| Current Schema Triggers (Specify M-F-T- | Current Schema Triggers (Specify M-F-C- | Current Schema Triggers (Specify M-F-C- |
| O if limited to mother, father, teacher, others) | O if limited to mother, father, child, others) | O if limited to mother, father, child, others) |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| | | |
| | | |
| Surrender Behaviors (Modes): | Surrender Behaviors (Modes): | Surrender Behaviors (Modes): |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| | | |
| | | |
| <u>Avoidance Behaviors (Modes):</u> | Avoidance Behaviors (Modes): | Avoidance Behaviors (Modes): |

| 1. | 1. | 1. |
|--|---|---|
| 2. | 2. | 2. |
| | | |
| Overcompensating Behaviors (Modes): | Overcompensating Behaviors (Modes): | Overcompensating Behaviors (Modes): |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| | | |
| Child | Mother (female Caregiver) | Father (male caregiver) |
| <u>Relevant Schema Modes</u> (in addition to the <i>Clever-Mode</i>) | Relevant Schema Modes (in addition to the <i>Healthy Adult</i>) | Relevant Schema Modes (in addition to the <i>Healthy Adult</i>) |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| Mode Clashes (mother & child, father & child or mother & father) | | |

vc: Vulnerable Child; ac: Angry Child; ec: Enraged Child; ic: Impulsive Child; uc: Undisciplined Child; hc: Happy Child; pp: Punishing Parent; pp-s: Punishing Parent (self), dp: Demanding Parent; dp-s: Demanding Parent (self); cs: Compliant Surrender; dp: Detached Protector; ds: Detached Self-Soother; oc: Overcompensator; sg: Self-Aggrandizer; ba: Bully-and-Attack; cu: Cunning; pr Predator; pa: Paranoid Over-Controller; ha: Healthy Adult; cc: Clever Child.

| Child | Mother (female Caregiver) | Father (male caregiver) |
|------------------------------------|------------------------------------|------------------------------------|
| Temperamental / Biological Factors | Temperamental / Biological Factors | Temperamental / Biological Factors |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| | | |
| Core Cognitions & Distortions | Core Cognitions & Distortions | Core Cognitions & Distortions |
| 1. | 1. | 1. |
| | | |
| 2. | 2. | 2. |
| | | |

| <u>Therapist's Goals & Comments About</u> <u>the Session Being Rated</u> | <u>Therapist's Goals & Comments About</u> <u>the Session Being Rated</u> | <u>Therapist's Goals & Comments About</u> <u>the Session Being Rated</u> |
|---|---|---|
| | | |

My question for supervision:

Adapted by the working group Loose - Graaf – Zarbock (Revised 9 March 2013) – For more information, write to contact@schematherapy-for-children.de

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