

## **IPT Case Report Template for Portfolio**

### **Session Information:**

This is session # \_\_\_\_ of IPT with this client. In it we discussed \_\_\_\_\_. I used the IPT techniques of \_\_\_\_ with the aim of \_\_\_\_\_.

### **Case Report**

#### 1<sup>st</sup> paragraph- Case Description

- Introduction of your client: age, gender, ethnicity, living situation, current work/education situation, socioeconomic description,

#### 2<sup>nd</sup> paragraph- Presenting Problem

- In the client's words, write the current presenting problem. with an interpersonal focus: "When her/his symptoms began (or when this difficulty began), this was going on with the people in her/his life...."
- If there are safety concerns (suicidality, self-harm, threats to others), please document the safety plan that you have developed with your clinical supervisor
- Briefly describe the IPT Formulation. The complete IPT Formulation should also be included in the portfolio materials.

#### 3<sup>rd</sup> paragraph- Diagnoses and History

- diagnosis, past and recent psychiatric history including current medication, hospitalization history
- Initial PHQ9 and GAD7 scores

#### 4<sup>th</sup> paragraph- Treatment History:

- How often and how long have you been meeting with your client?
- Describe your client's engagement with you in treatment and current problems s/he is working on.
- Describe your reactions and feelings about this client

#### 5<sup>th</sup> paragraph- Attachment and Communication:

- Describe her/his attachment style
- Describe the client's communication style and how s/he communicates emotion
- How does this communication and attachment style relate to current difficulties?
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#### 6<sup>th</sup> paragraph- Social Support

- Who are her/his current supports? (Who is on his/her Interpersonal Circle?) Describe the quality of their interactions (high/low intensity; texting/talking frequency, activities engaged in together)? How do they support each other?

#### 7<sup>th</sup> paragraph- IPT Problem Areas

- Describe the primary IPT focal area or areas of your client (role transition/interpersonal dispute/grief & loss)
- Describe the IPT Inventory and Summary you have developed with your client and how you are working on those two tools together

#### 8<sup>th</sup> paragraph- IPT Interventions

- What IPT interventions have you used to help your client with the identified focal area?
- How have those interventions helped your client?
- What other IPT interventions do you plan to use to address the IPT focal areas?
- Did you use other non-IPT interventions, and if so, what was your rationale for doing so?

9th paragraph- Conclusion of Treatment

- Please describe your conclusion of acute treatment session(s) with you patient. If you have not yet had that session, what do you plan to discuss?
- How will you be shifting your client to maintenance treatment? How did you make this decision?
- Please describe your goals for this maintenance treatment and how you discussed this with your patient.

10th paragraph- What did you learn from the case?

- What did you learn from this case?
- What strengths did you discover you had as you worked with this client?
- What therapy skills do you want to improve as a result of your work in this case?