

Identifying themes in a case conceptualization

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The counsellor must cast their net wide in searching of common denominators; thus, clients concern are organized intuitively into logical constellations according to the shared themes (Alan M. Schwitzer, 2015). Thus, the grouping together the interpersonal and intrapersonal experience, this includes various clients problem, behavior and other factors that have an effect on clients life (Alan M. Schwitzer, 2015).

Psychological factors form a wider net of client's mental health; hence, these themes tend to influence the clinicians by their theoretical orientation (Allan Tasman, 2013). These factors include patients; Strategies for coping with stress; Cognitions; and self-deprecation, being a pessimist on extreme or regretting their actions.

Behaviors pattern is a critical theme that encompasses both positive and negatives changes in behavioral patterns of a client. The clinicians should note the self-destructive behavior like mood lability and anxiety.

An interpersonal relationship is another theme, in this grouping, the clinicians evaluate the patient's stableness in maintaining a relationship with peers, workmates and even at the family level. The clinician also explores the sexual relationship and the intimacy of the patient.

The relationship with the interviewer is a key theme as the attitude towards the interviewer from the patient is evaluated. This will extrapolates patterns in a patient's life towards other relationships (Allan Tasman, 2013).