

Psychotherapy of Children and Adolescents

Lukas (16 years old, 1st year on the high school), a few days after he was accepted for a stay at Educational Care Centre, a basis for a case formulation

- Strategy: He already visited a psychologist => how was it? What is possible here (the rules)? How did it happen he is here? What does he want here? Contract; A practice of reflection
- Process: „It is for nothing here, I miss the boys“. He is also finding some things pleasant (a physics and Czech, football with small boys). He has already met the psychologists: „It is pretty weird“, but today, with me, it is better, „we know each other a bit“. He doesn't know what does he want here. He is here, because he didn't go to school.
- Concretization: On Friday, he went with the boys to the pub, they were playing cards. When he tried to falsify the letter of apology signed by his parents on Sunday, it didn't work, so he knew the adults will find it out. Because of the fear, he didn't go to school also on Monday and Tuesday. Afterwards, they called from the school, he felt a bad atmosphere at home: “Mum scolds, dad doesn't talk”. He is sorry (experiencing). On Monday, the parents took him to the Educational Care Centre “Help” and they told him he will stay there (pissed off because of dad).
- What else pisses off dad – he stole his car (a little smile about what he did, but also regret) and at home he was stealing money from the purse – he is accepting a tissue. For how long is it bad with his dad? For two years – it started, because I started to smoke and dad was angry because of that. The offer to use the stay for changing the relationship with dad – grudgingly accepting. Resistance to reflection, he doesn't want to. Contract: That dad will talk with me more.
- What next: To be able to experience again, he is not able to deal with a verbalisation about the situation “here and now”.

Here you are a raw record from the first session with Lucas. You should write case formulation based on this record (see Ingram, 2006 for more information). In your case formulation you should answer those questions:

1. *What information is important for me?*
2. *What did I experience while reading record, what are my association?*
3. *How did I understand the case as a psychotherapist?*
4. *What would be my therapeutic plan?*