

Synthesizing Information - Worksheet

Step 1: Identify High-Risk Concerns.

- a. Safety First
- Suicidal ideation
 - Homicidal ideation
 - Psychotic or Manic Episodes
 - Dissociation
- b. Risk
- Drug/Alcohol Use
 - Health Risk from Eating disorder

Step 2: Select the domain(s) that identifies areas of concern for your client from list below. Rank the 5 most concerning areas from 1 to 5 with 1 being the most concerning issue for your client.

- | | |
|---|--|
| <input type="checkbox"/> Mood Problems <ul style="list-style-type: none">___ Depressive Symptoms___ Suicidal Ideation___ Mood Fluctuations (Mania)___ Other Mood Problems | <input type="checkbox"/> Anxiety Problems <ul style="list-style-type: none">___ PTSD-Re-Experiencing___ PTSD-Avoidance___ PTSD-Increased Arousal___ Generalized Anxiety___ Phobia___ Other Anxiety Problems |
| <input type="checkbox"/> Dissociative Problems <ul style="list-style-type: none">___ Severe___ Mild to Moderate | <input type="checkbox"/> Behavioral Problems <ul style="list-style-type: none">___ Self-Injurious (cutting, picking)___ Eating Disorders___ Resistant/Avoidant behavior___ Rule-breaking/Delinquency___ Sexually-related Behavior Problems___ Aggressive Problems___ Other Behavioral Problems |
| <input type="checkbox"/> Attachment Problems <ul style="list-style-type: none">___ Inhibited/fails to initiate and respond___ Disinhibited/lack of selectivity | <input type="checkbox"/> Trauma-Specific Problems <ul style="list-style-type: none">___ Personal Boundary Problems___ Sexual Concerns or Preoccupation___ Experience of Trauma |
| <input type="checkbox"/> Systemic Problems <ul style="list-style-type: none">___ Parent-Child Interaction___ Systemic Boundary Problems___ Social Problems___ Inconsistent/Absent Parent___ Other Systemic Problems | |

Step 3: Formulate clinical Hypothesis about symptoms and the cause of the distress:

Step 4: Formulate Treatment Goals:
