**Neurobiology in Therapy**

**Case Example Worksheet**

**Client Name and Demographics:**

**Relevant History**

* **Presenting Symptoms:** Onset, course and duration
* **Precipitating Factors:** Why now?
* **Redisposing Factors:** Genetics/family history, medical needs, substance use, family-of-origin, trauma and neglect
* **Perpetuating Factors:** What is keeping the problem going?
* **Strengths and Resources:**

**Neuropsychotherapeutic Factors/Unmet Needs:**

* **Avoidance:**
* **Attachment:**
* **Control:**
* **Distress Avoidance:**
* **Self Esteem:**

**Summary of Application:**

* Person-centered; “normalizing” approach
* Assessment of trauma
* Client’s unmet needs (safety/predictability, attachment, pleasure/distress, and self-esteem)
* Client’s basic attachment type

**Plan for Therapy:** What will be prioritized, what are interventions, what systemic connections and key collaterals should be involved in therapy?