Case Conference 2013-14
Monday 10-11am
Bethany Riddle, Ph.D.

Introduction

Case conference is a weekly, year long, one-hour gathering. The main objective of the case conference is to expand and deepen your understanding of clinical work through in-depth case presentations. Each intern will present two cases in the course of the year, and each case will be discussed over three sessions. Discussion will focus on: 1. Therapeutic factors/issues that have been identified; 2. Theoretical/conceptual issues; 3. Identified areas of intervention. Through readings and discussion, we will consider a broad range of diagnostic, conceptual, and theoretical issues.

Case conference is designed for the professional growth of both the individual intern and the group as a whole. Each member’s contribution consists of three areas: your own professional growth, your assistance in fostering other members’ professional growth, and your contribution to the group dynamic.

Case Presentation/Formulation

The outline of the three sessions of the case presentation is as follows:

Session 1

A written summary of the patient is expected in each member’s mailbox by 4pm on the Thursday prior to the Monday of your presentation. The summary should include basic information/introduction of the patient to the group. For the first session, include items #1, 2 and 5 of the Case Formulation Format.

Session 2

A transcript of a full session (45-50 minutes) is expected in each member’s mailbox by 4pm on the Thursday prior to the Monday of your presentation. You should also make a tape available during your presentation so that you are prepared to play a section if any members or the seminar leader requests it.

Session 3

A written summary of your case formulation is expected in each member’s mailbox by 4pm on the Thursday prior to the Monday of your presentation. The summary should include all items of the Case Formulation Format (building on material already introduced in Session 1).

Readings

Please see additional handout with outline of reading assignments.
Case Formulation Format

1. **A. Demographics** of the student you are presenting (age, racial/ethnic background, year in school, course of study; current living arrangements)
   
   **B. Presenting problem and history of presenting problem** including student’s complaints, and Why now? Include history of treatment (at CAPS, other outpatient treatment, hospitalization, medication, etc.).
   
   **C. Background Information/Developmental Issues** including family, relationship, educational/vocational history; abuse history; legal history; financial situation.

2. **A. Personality Characteristics** including salient personality style; level of personality organization; interpersonal capacity (strengths and weaknesses); defensive patterns/strategies; level of psychological mindedness; self-observational capacity.
   
   **B. Transference/Countertransference Field** including psychotherapist relationship/rapports; salient reactions and associations to the patient, aspects which assist and which mute understanding and empathy.

3. **Clinical Formulation** How do you understand the nature of presenting complaints as they relate to the patient’s history, and present functioning? The clinical formulation may include defensive patterns, pathogenic beliefs, personality characteristics, identifications. What relevant clinical theoretical constructs which inform your understanding?

4. **A. Diagnosis** (include all DSM-IV categories (Axis I-Axis V)
   
   **B. Treatment Strategy** (treatment plan; points of focus re: technique of intervening)
   
   **C. Prognosis** (How do you see this patient making use of the treatment? Barriers? Strengths?)

5. **Special Problems or questions**: Choose a point of focus for the group or an area of feedback you are seeking which will assist you in working with this patient.