



COUNSELLING PLAN Wellness Counselling Service
Client details
John Macara
Involvement of other agencies/referral information
<ul style="list-style-type: none">The student must summarise any information available from a referral report.Otherwise, record the following: "None noted." <p>10b: John None noted</p>
Special needs information
<ul style="list-style-type: none">The student must identify if there are any special needs identified before the session or during the session.Otherwise, record the following: "None noted." <p>10b John The student must record the following: "None noted."</p>



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Safety/reporting issues

- The student must identify if there are any safety/reporting issues identified before the session or during the session.
- Otherwise, record the following:

"None noted."

10b: John

Student must note the following:

- History of depression
- Suicidal ideation – previous and current
- Previous attempts at suicide
- Recent loss of significant relationship
- Suicide risk assessment completed
- Assessed risk medium (no evidence of plan in place from notes given)

Client's own identified priorities



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- The student must record the client's immediate needs and concerns.
- It should contain the following information:
 - the most pressing issues/concerns
 - how long the issues have been in place
 - **impacts the issues are having on the client's life**
 - **what the client attempted to do to manage the concerns**
 - whom the client turned to for support.

10b: John

Student must record:

- support to overcome suicidal thoughts
 - History of suicidal ideation
 - Recurrence recently after long term relationship ended
- support to manage depression
 - History of depression
- Support to cope with intense emotional pain over loss of long term relationship
 - Overwhelmed
 - Feels hopeless
 - Feels cannot cope anymore

Observed client requirements

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The student must record any additional issues they observed and note what the counsellor feels are suitable requirements for their client. Observed requirements are points the counsellor thinks may be helpful to follow up on in future sessions.

10b: John

Student must record

- Referral required for crisis support to follow up access
- Continue to check for presence of suicide plan, means to suicide and access to means

Goals

- The student must record the results of the goals and agree on courses of action in collaboration with the client.
- The student must:
 1. Identify broad goals derived from the client's presenting problem.
 2. Prioritise the most central issues that cause the problem.
 3. Break each goal into smaller steps.
- The following are suggestions for goals based on the information provided in the role-play. The student must collaboratively develop goals with the client and should reflect on the following issues and concerns for the client.

10b: John

1. Suicide risk assessment completed
2. Referral to crisis support center
3. Safety plan developed
 - a. Identify triggers
 - b. Identify current coping strategies and develop grounding strategies to reduce immediate impacts of trigger
 - c. Provide contact details for crisis intervention services 24/7 eg lifeline
 - d. Identify support groups locally and in community, friendship circles



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- e. Identify familial supports available
- f. Develop coping mechanisms
- 4. Develop plan for immediate management of depressive symptoms
 - a. Develop behavioural activation strategies
- 5. Referral to specialist depression support service

Monitoring

- The student must record the agreed monitoring arrangement.
- This must be the following:
 - "Agreed to complete a Client Satisfaction form in session 3. "

Counsellor signature

Date