“We are a community that commits itself to diversity and sustainability as dimensions of a just society” --Lewis and Clark Mission Statement

LEWIS & CLARK GRADUATE SCHOOL OF EDUCATION AND COUNSELING
MCFT 541 Systemic Assessment and Treatment Planning
SPRING 2020

Time & Day: Mondays 9-12:20 (sec. 01), 1-4:20 (sec. 02) 2/17/2020-4/20/2020
Place: York 116
Instructor: Lana Kim, PhD, LMFT
Office Hours: Tues. 1-3 pm (please email to schedule an appointment)
E-Mail: lkim@lclark.edu
Phone: 503-768-6073 (office)

CATALOG DESCRIPTION
Application of family systems theories, social equity, and evidence based practice to assessment, diagnosis, and treatment planning in marriage, couple, and family therapy. Course examines the theoretical assumptions and values underlying approaches to the treatment of major mental health issues and other presenting issues such as child behavior problems, addiction, suicide, familial violence, and families managing acute and chronic medical conditions. Specific assessment techniques and tools are discussed, evaluated, practiced, and applied to clinical diagnoses and treatment planning, including risk assessment and crisis intervention.

Prerequisites: MCFT 504, MCFT 511, MCFT 543, and MCFT 553
Corequisites: CPSY 530 and CPSY 538
Credit: 2 semester hours

MCFT STUDENT LEARNING OUTCOMES
SLO 1.1 Students recognize the impact of power on individuals, families, and communities.
SLO 1.2 Students recognize the interconnections among biological, psychological, and social systems in people’s lived experience.
SLO 1.3 Students apply system/relational theories to clinical case conceptualization.
SLO 2.2 Students’ clinical practice demonstrates attention to social justice and cultural democracy.
SLO 3.1 Students are able to discern the implications of the sociopolitical context with which research is produced and applied.
SLO 3.2 Students draw on the research literature relevant to family therapy in case planning.

COURSE OBJECTIVES
The following objectives are in keeping with the AAMFT Core Competencies. At the end of this course, students are expected to:

1. Understand models for assessment of relational functioning. (CC 2.1.6, 2.3.1)
2. Develop skills for crisis intervention and longer-term treatment planning in family therapy.
3. Assess risk factors (i.e., substance abuse, child and elder maltreatment, domestic violence, physical violence, suicide potential, and dangerousness to self and others) and develop adequate safety plans (CC 2.3.5, 3.3.6, 3.4.3, 5.3.4; TS 2.15, 3.04).

4. Consider the theoretical assumptions and values underlying approaches to the treatment of major mental health issues and other presenting concerns, especially as they relate to social equity. (CC 2.1.6)

5. Assess bio-psycho-social-spiritual history and socioeconomic context to identify clients’ strengths, resilience, and resources. (CC 2.3.6, 2.3.7; TS 2.18, 2.19)

6. Develop treatment plans that integrate DSM diagnosis into a systemic case conceptualization. (CC 2.1.4; TS 2.14)

7. Develop treatment goals based on contextual and systemic dynamics (e.g., gender, age, socioeconomic status, culture/race/ethnicity, sexual orientation, spirituality, larger systems, social context). (CC 1.2.1; TS 2.19)

8. Develop hypotheses regarding relationship patterns, their bearing on the presenting problem, and the influence of extra-therapeutic factors on client systems. (CC 2.2.3; TS 2.01)

9. Apply current research and evidence-based practice to systemic treatment planning.

10. Demonstrate effective and systemic assessment techniques and strategies. (CC 2.3.3; TS 1.02)

11. Link treatment planning to specific MCFT theories.

12. Communicate diagnostic information so clients understand its relationship to treatment goals and outcomes. (TS 3.05)

TEXTS/READINGS


**Recommended Texts**


**Required Articles**
All articles may be accessed through Watzek library.


**COURSE OBJECTIVES, STUDENT LEARNING OUTCOMES, AND EVALUATION ACTIVITIES**

<table>
<thead>
<tr>
<th>Course Objective</th>
<th>MCFT Student Learning Outcomes</th>
<th>AAMFT Core Competencies &amp; AMFTRB task statements</th>
<th>Evaluated by</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Understand models for assessment of relational functioning.</td>
<td>SLO 1.3</td>
<td>CC 2.1.6, 2.3.1</td>
<td>Class participation (group discussion) Societal &amp; Relational</td>
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<tr>
<td><strong>2.</strong></td>
<td>Develop skills for crisis intervention and longer-term treatment planning in family therapy.</td>
<td>SLO 1.3</td>
<td>Final Case Assessment &amp; Treatment Plan</td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td>Assess risk factors (i.e., substance abuse, child and elder maltreatment, domestic violence, physical violence, suicide potential, and dangerousness to self and others) and develop adequate safety plans</td>
<td>SLO 1.2, SLO 1.3</td>
<td>CC 2.3.5, 3.3.6, 3.4.3, 5.3.4, TS 2.15, 3.04</td>
</tr>
<tr>
<td><strong>4.</strong></td>
<td>Consider the theoretical assumptions and values underlying approaches to the treatment of major mental health issues and other presenting concerns, especially as they relate to social equity.</td>
<td>SLO 1.1, SLO 1.3, SLO 2.2, SLO 3.1</td>
<td>CC 2.1.6</td>
</tr>
<tr>
<td><strong>5.</strong></td>
<td>Assess bio-psycho-social-spiritual history and socioeconomic context to identify clients’ strengths, resilience, and resources.</td>
<td>SLO 1.2</td>
<td>CC 2.3.6, 2.3.7, TS 2.18, 2.19</td>
</tr>
<tr>
<td><strong>6.</strong></td>
<td>Develop treatment plans that integrate DSM diagnosis into a systemic case conceptualization.</td>
<td>SLO 1.3, SLO 2.2</td>
<td>CC 2.1.4, TS 2.14</td>
</tr>
<tr>
<td><strong>7.</strong></td>
<td>Develop treatment goals based on contextual and systemic dynamics (e.g., gender, age, socioeconomic status, culture/race/ethnicity,</td>
<td>SLO 1.3, SLO 2.2</td>
<td>CC 1.2.1, TS 2.19</td>
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</tbody>
</table>
| 8. | Develop hypotheses regarding relationship patterns, their bearing on the presenting problem, and the influence of extra-therapeutic factors on client systems. | SLO 1.1  
SLO 1.2  
SLO 2.2 | CC 2.2.3  
TS 2.01 | Societal & Relational Assessment & Case Planning  
Final Case Assessment & Treatment Plan |
| 9. | Apply current research and evidence-based practice to systemic treatment planning. | SLO 3.1  
SLO 3.2 |   | Societal & Relational Assessment & Case Planning  
Final Case Assessment & Treatment Plan |
| 10. | Demonstrate effective and systemic assessment techniques and strategies. | SLO 1.3 | CC 2.3.3.  
TS 1.02 | Class participation (group discussion)  
Societal & Relational Assessment & Case Planning  
Final Case Assessment & Treatment Plan |
| 11. | Link treatment planning to specific MCFT theories. | SLO 1.3 |   | Final Case Assessment & Treatment Plan |
| 12. | Communicate diagnostic information so clients understand its relationship to treatment goals and outcomes. | SLO 2.2 | TS 3.05 | Class participation (group discussion)  
Societal & Relational Assessment & Case Planning |
CLASS ASSIGNMENTS

1. **Attendance & Participation (10 points)**
   This course emphasizes shared engagement with the assigned readings, class discussions, and in-class activities. Toward this end, you are expected to:

   - Attend and actively participate in all scheduled class meetings. This includes being on time, coming to class having completed the readings for the day, giving attention to the instructor and/or other students when they are speaking or making a presentation, and engaging in group discussions.

   - Becoming a therapist involves looking closely at ourselves, our values, beliefs, and biases. This can be a very personal and sometimes emotional process. Treating colleagues with respect, listening deeply to their experiences, and being open and curious about different worldviews encourages a collaborative milieu of care in which we can all challenge ourselves and one another to critically examine and develop new skills and perspectives.

   - Please put your cell phones on silent or vibrate mode to reduce the distraction to your classmates and instructor. Also, do not view text messages during class. If you are anticipating the need to view an urgent text message or take a call, please talk to me before class about how to monitor your communication device. On-going use of cell phones during class will negatively reflect in your final grade. Also, in order to facilitate a climate of learning and to reduce the distractions for yourself and others, please refrain from engagement in social media or other personal business.

   - In the event that you must miss a class, please email the instructor to discuss the potential of any make-up assignments.

<table>
<thead>
<tr>
<th>CLASS PARTICIPATION COMPETENCIES</th>
<th>Possible points</th>
<th>Points demonstrated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prompt and dependable presence in the class.</td>
<td>2</td>
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</tr>
<tr>
<td>Prepares for class by immersing self in course readings and reflecting on its application to practice.</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Engages in course activities with a spirit of openness and curiosity.</td>
<td>3</td>
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<tr>
<td>Helps to create an atmosphere of safety and mutual respect among all class members.</td>
<td>2</td>
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<tr>
<td>TOTAL</td>
<td>10</td>
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</table>
2. Expanding the Lens: Societal & Relational Assessment & Case Planning (50 points) DUE on March 16, 2020

A. Watch the documentary “Meet the Patels.” (A copy of the DVD has been placed on reserve at Watzek library. However, it is also available online on YouTube as a YouTube movie, iTunes, Amazon video, and Netflix). After viewing the documentary, imagine the following case: Geeta has brought her mother, Champa, in to see you. Geeta is worried about her mom and reports that she has become increasingly irritable and withdrawn over the past month. She reports that her mother has been experiencing insomnia, chronic headaches, and has been losing interest in social activities. She casually alludes to the existence of some unresolved family conflict.

B. Acknowledging that there are many ways in which one could define the presenting problem and think about this case, write a case conceptualization and develop a treatment plan. Draw from course readings, course discussions, and relevant research to inform your work. Include the following:

1. Description of the presenting problem.
2. Background to the presenting problem.
3. A biopsychosocial spiritual analysis about the potential biological, psychological, social (relational factors and contextual), and spiritual factors that might influence the presenting problem that is described. Use a biopsychosocial spiritual framework to link individual and family patterns to larger contexts, and discuss how these bear on the presenting problem. That is, explain the family’s relational dynamics, interaction patterns, and strengths in the context of racial and cultural identity, cultural ideology, social capital, privilege/marginalization, and social location at large.
4. DSM diagnosis that is systemically integrated.
5. Systemic hypothesis of the presenting problem.
6. Develop 3 treatment goals based on your case conceptualization above. Cite relevant research, particularly from family therapy journals, to support your work. Your integration of research should demonstrate an awareness of the sociopolitical context of research.

Expected page length: 6-8 double-spaced pages.

*Submit a hardcopy in class and an electronic copy via Taskstream.

The evaluation rubric for this assignment is attached at the end of the syllabus.

3. Family Assessment Tool Group Presentation (30 points). (Due date TBD in class)
This assignment is designed to introduce students to four of the well-known formal family assessment tools in the field. For this assignment, students will work in groups of 5. Each group will be assigned a family assessment tool to research, discuss, and critique.

Groups will give a 40-45 min. presentation on their assigned assessment tool, and discuss its history, theoretical foundations, uses, and applications - along with a critique of the assessment and a discussion of how it does or does not address/attend to larger social context factors and
aspects of diversity and human difference. The group is responsible for providing instruction to the rest of the class on how to administer the assessment and the scoring process, and will demonstrate this in class.

Groups will submit a 3-4 page, double-spaced summary of the key points discussed in their presentation. Groups should email a copy of their group summary to the instructor, and a hardcopy of the assessment they each took and scored individually. The instructor will share each group’s summary with the rest of the class.

The following rubric will be used to evaluate students’ work:

<table>
<thead>
<tr>
<th>FAMILY ASSESSMENT TOOL GROUP PRESENTATION COMPETENCIES</th>
<th>Possible points</th>
<th>Points demonstrated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides a summary of the group presentation and hardcopies of each group members’ completed assessment and score sheet.</td>
<td>4</td>
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<tr>
<td>Demonstrates group collaboration, organization of material, and effective use of time.</td>
<td>4</td>
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<tr>
<td>Demonstrates knowledge of assessment tool and clearly discusses its history, development, and uses and applications.</td>
<td>10</td>
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<tr>
<td>Discusses the assessment tool in relation to the larger social context and aspects of human diversity.</td>
<td>2</td>
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<tr>
<td>Demonstrates knowledge of how to administer the assessment tool and interpret the results in relation to the client’s unique context.</td>
<td>5</td>
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<tr>
<td>Demonstrates accurate understanding of assessment tool scoring procedure.</td>
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<td>TOTAL</td>
<td>30</td>
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</table>

4. Final Case Assessment & Treatment Plan (60 points). DUE April 20, 2020

For this assignment, think of a presenting issue that is of interest to you and create a case vignette that illustrates the symptoms and relational and societal contexts surrounding the problem. Possible topics to build your vignette around might be: depression, anxiety, disordered eating, post-traumatic stress disorder (PTSD), intimate partner violence (IPV), infidelity, parent-child relational problems, partner relational problems, etc. The case you construct may be one you have observed or are familiar with, one drawn from the literature, one you make up, or a combination of these. However, if you draw from a real case, remember to change all names and identifying information to protect confidentiality. Use the following as headings:

a) Name(s) and demographic information (discuss social location)
b) Presenting problem. Referral source. How is the presenting concern a problem and for whom?
c) Risk assessment (addresses any safety issues, substance use, child abuse, and partner violence)
d) Family history and social stressors
e) Influence from sociocultural context
f) Problematic family interaction patterns (pathologizing interpersonal patterns - PIPs, deteriorating interpersonal patterns - DIPs)
g) Individual/family strengths and potentially transformative, wellness, or healing interactions (TIPs, WIPs, HIPs)
h) DSM-5 diagnosis (Discuss the issue in relation to the DSM-V and consider the relational and systemic contexts related to the client’s problem).
i) Systemic hypothesis (Discuss how you understand the presenting issue from a systems/relational perspective. Refer to the rubric at the end of the syllabus for additional information).
j) Summary of research on relevant treatment approaches and/or assessment instruments and tools that might be used (no more than 3 paragraphs). Literature review must include family therapy journals, but can also include other related literature. Analyze the research from a socio-contextual perspective. Discuss how it informs treatment planning or critique its applicability in light of the contexts in which the various research findings were developed.
k) Treatment plan that includes 3 treatment goals and at least 3 therapeutic approaches. Your work should demonstrate links between assessment/conceptualization, treatment goals, and treatment plan. Provide a rationale for your thinking.

Write clearly, concisely, and demonstrate analytic thinking. Avoid pathologizing language.
Assignment should be between 10-12 double spaced pages, including title page and references.

*Submit a hardcopy in class and an electronic copy via Taskstream.

Evaluation rubric for this assignment is attached at the end of the syllabus.

**EVALUATION & GRADING**

<table>
<thead>
<tr>
<th>Participation</th>
<th>10 pts</th>
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<tbody>
<tr>
<td>Societal &amp; Relational Assessment &amp; Case Plan</td>
<td>50 pts</td>
</tr>
<tr>
<td>Family Assessment Tool Group Presentation</td>
<td>30 pts</td>
</tr>
<tr>
<td>Final Case Assessment &amp; Treatment Plan</td>
<td>60 pts</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>150 pts</strong></td>
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</table>

139.5-200 = A  135-139 = A-  132-134.5 = B+
124.5-131.5 = B  120-124 = B-  117-119.5 = C+
109.5-116.5 = C  105-109 = C-

According to the Graduate School policy, grades lower than B- may not apply towards graduation. Students earning a C+ or lower will need to repeat the course.

**LATE ASSIGNMENTS & GRADING**
Written assignments should be submitted in class when directed or via Taskstream by 11:59 pm on the day it is due, unless otherwise specified by the instructor. Any assignment turned in beyond this deadline will be reduced in score by 10% for each day it is late. Please be sure to speak with the instructor if you have any questions or concerns.

**CPSY DEPARTMENTAL ATTENDANCE POLICY**
Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness maybe seen as an absence that requires make-up work.

**DISABILITY SERVICES STATEMENT**
If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

**DISCLOSURE OF PERSONAL INFORMATION**
Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

**COURSE SCHEDULE – (9 WEEKS)**

<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
<th>Readings</th>
<th>Assignments due</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/17</td>
<td>Intro to assessment and treatment planning</td>
<td>Williams et al. ch. 1,2,3</td>
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<td></td>
<td>Biopsychosocial spiritual model</td>
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<td>2/24</td>
<td>Social location and intersectionality</td>
<td>R1 Addison &amp; Coolhart R2 Giammattei R3 Akyil et al. R4 Solheim et al. R5 Perez-Brena et al. R6 Bairstow</td>
<td>Watch “Meet the Patels” and come prepared to discuss it in class</td>
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</table>
| Week 3 3/2 | Constructing reality: Relational interviewing and developing relational hypotheses  
Genograms, timelines, ecomaps | Williams et al. ch. 10  
R7 Sheinberg & Brewster  
R8 Silverstein et al. | Group Presentation |
| Week 4 3/9 | DSM-5 in Systems & Relational Context of Psychopathology | Williams et al. ch. 5, 6  
R16 Wamboldt et al  
R17 Strong | Group Presentation |
| Week 5 3/16 | Social Capital Assessment & Sociocultural Attunement | R9 Pandit et al.  
R10 Garcia & McDowell  
R11 Ungar | Societal & Relational Assessment Due  
(based on “Meet the Patels”)  
(Taskstream) |
| Week 6 3/30 | Assessing Interpersonal Interactions | Williams et al. ch. 9  
Tomm et al. ch. 1, 5, & 6 | Group Presentation |
| Week 7 4/6 | Crisis Intervention & Assessing for Risk to Self and Others | Williams et al. ch. 4  
R12 Robert & Ottens  
R13 Myer et al  
R14 Myer et al  
R15 Omer & Dolberger | Group Presentation |
| Week 8 4/13 | Child & Adolescent Assessment and Treatment | Williams et al. ch. 7, 8  
R18 Tuttle et al.  
R19 Parra-Cardona et al  
R20 Malpas  
R21 Harvey & Stone Fish | Group Presentation |
| Week 9 4/20 | Intimate Partner Violence | R22 Todahl et al.  
R23 Stith et al.  
R24 Baker et al.  
R25 Ristock | Final Case Assessment & Treatment Plan Due  
(Taskstream) |
| | Substance Abuse Assessment and Treatment | R26 Stover  
R27 Rentscher et al.  
R28 O’Farrell  
R29 Rowe | (We will discuss this on the first day of class) |
## CASE PRESENTATION

<table>
<thead>
<tr>
<th>Assessment considers interconnections among biological, psychological, and social systems as they relate to presenting issues.</th>
<th>Unacceptable (0-3)</th>
<th>Below Expected (4-7)</th>
<th>Expected/Exemplary (8-10)</th>
<th>Total Points (out of 10 possible)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Issues and behaviors are described individually without awareness of larger sociocultural context.</td>
<td>Sociocultural context is identified, but individual and family patterns are not well linked to larger contexts</td>
<td>The link between individual and family patterns with larger sociocultural contexts is clearly explained.</td>
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</table>

<table>
<thead>
<tr>
<th>DSM diagnosis is integrated into systemic context.</th>
<th>Diagnosis is incomplete or not systemically integrated</th>
<th>DSM diagnosis is complete but not appropriate or integrated</th>
<th>Diagnosis is complete, appropriate, and systemically integrated</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>A systemic case conceptualization and related treatment goals are identified.</th>
<th>Case conceptualization is not clearly defined or focuses on individual problems and concerns and/or clear systemic treatment goals not provided</th>
<th>Case conceptualization includes systems/relational processes but is not clearly articulated and/or related treatment goals are not clearly developed.</th>
<th>Case conceptualization/hypotheses include relationship patterns, their bearing on the presenting problem, and the sociocultural contexts that impact these relationships and these are linked to clear treatment goals.</th>
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<table>
<thead>
<tr>
<th>Application of research to case planning takes into account the sociopolitical context of research and case.</th>
<th>Research is identified with little or no analysis of the context in which it was produced or how it applies to this case.</th>
<th>Research is summarized and applied with limited awareness of sociopolitical context of the issues and research.</th>
<th>Implications of relevant research are analyzed socio-contextually with rationale for how the literature informs treatment planning in this particular case.</th>
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<tr>
<th>Case conceptualization and treatment plan are</th>
<th>Case conceptualization and treatment plan does</th>
<th>Case conceptualization and treatment plan are</th>
<th>Case conceptualization and treatment plan are</th>
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</thead>
</table>
written clearly, concisely, and demonstrate strong analysis of theoretical ideas. | not meet the standards of graduate level writing and does not demonstrate strong analysis of theoretical ideas. | written clearly and concisely, but analytic thinking is not strongly demonstrated. | written clearly and concisely, and strong analytic thinking is demonstrated. 

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### MCFT 541: Final Case Assessment and Treatment Plan Rubric

<table>
<thead>
<tr>
<th>Ability to integrate DSM diagnosis into systemic context</th>
<th>Unacceptable (0-3)</th>
<th>Below Expected (4-7)</th>
<th>Expected/Exemplary (8-10)</th>
<th>Total Points (out of 10 possible)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diagnosis is incomplete or not systemically integrated</td>
<td>DSM diagnosis is complete but not appropriate or integrated</td>
<td>Diagnosis is complete, appropriate, and systemically integrated</td>
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</tr>
</tbody>
</table>

| Individual and family patterns are assessed within sociocultural context | Issues and behaviors are described individually without awareness of larger sociocultural context. | Sociocultural context is identified, but individual and family patterns are not well linked to larger contexts | The link between individual and family patterns with larger sociocultural contexts is clearly explained |

| Problematic and healing interpersonal interactions are assessed | Assessment focuses on individual behavior and experience only. | Interpersonal interactions are accessed but the focus is almost entirely on problems without identifying potential resources or potential for healing. | Interpersonal interactions that maintain problems as well as those with healing potential are identified. |

<p>| A systemic case conceptualization and related treatment goals are identified. | Case conceptualization is not clearly defined or focuses on individual problems and concerns and/or clear systemic treatment goals not provided | Case conceptualization includes systems/relational processes but is not clearly articulated and/or related treatment goals are not clearly developed. | Case conceptualization/hypotheses include relationship patterns, their bearing on the presenting problem, and the sociocultural contexts that impact these relationships and these |</p>
<table>
<thead>
<tr>
<th>A treatment plan that considers at least 3 therapeutic approaches and includes assessment for safety and addiction.</th>
<th>Treatment plan is not specific to identified treatment goals or only one possible approach is suggested. Assessment of safety and addiction is not evidenced.</th>
<th>Safety and addiction are assessed but treatment plan includes only two possible approaches or is not clearly linked to treatment goals.</th>
<th>Safety and addiction are assessed and a treatment plan with at least 3 different possible approaches is clearly linked to identified treatment goals.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment plan draws on relevant research</td>
<td>Little or no research is identified.</td>
<td>Research is identified but not well linked to plan.</td>
<td>Plan is clearly linked to identified research.</td>
</tr>
</tbody>
</table>