Systemic Case Conceptualization on One Page

> Clinician companion to the four-page *Deconstructing a Symptom* worksheet and the post *What Does It Mean to Think Systemically?* at ThoughtsFromATherapist.com. Usable in session, with the client holding the pen.

Name the presenting problem as the client names it. Rate each of the eleven variables for how much it is influencing the symptom right now, and write the phrase that justifies the number beside the row. The ratings are the client's perception; ours can go beside them in another color, and the gap between the two sets of numbers is often where the session goes.

THE PRESENTING PROBLEM, IN THE CLIENT'S WORDS

Who is being called the problem, and by whom?

THE ELEVEN VARIABLES, 0 TO 10

Rate the influence, and write the phrase that justifies it beside each row.

1. Near environment: What is pressing on this from close by?	0 1 2 3 4 5 6 7 8 9 10
2. Recent change and loss: What changed in the last year?	0 1 2 3 4 5 6 7 8 9 10
3. Body and physiology: Sleep, food, substances, illness, pain. What is the body spending before the day starts?	0 1 2 3 4 5 6 7 8 9 10
4. Emotional state: What is being carried?	0 1 2 3 4 5 6 7 8 9 10
5. Triggers and trauma: What does this topic bring up for anyone involved?	0 1 2 3 4 5 6 7 8 9 10
6. Constructs and beliefs: What rules are being applied to this, and by whom?	0 1 2 3 4 5 6 7 8 9 10
7. Family of origin: What did the people around this learn about it growing up?	0 1 2 3 4 5 6 7 8 9 10
8. The relationships around it: Who regulates whom?	0 1 2 3 4 5 6 7 8 9 10
9. Developmental fit: What is being asked of this person, and does it fit how they learn, their stage, and their strengths?	0 1 2 3 4 5 6 7 8 9 10
10. Community and culture: Peers, what the community holds boundaries around, what leaders and media model. What is encouraged here?	0 1 2 3 4 5 6 7 8 9 10
11. Resources and access: Finances, services, curriculum, support, time. What is available here, and what is missing?	0 1 2 3 4 5 6 7 8 9 10

WHERE THE WEIGHT LANDED

The three highest, the chains between them, and which of them are not the client's to change.

ENTRY POINTS TO EXPLORE

For the highest-rated variables: what could change that variable, and what would the change do to the symptom?