

Systemic Case Conceptualization Template

For Supervision Case Presentation

Client/Family: _____ **Date:** _____

Therapist: _____ **Session #:** _____

Client System & Presenting Concern

Who is in the system? _____

Presenting concern: _____

Who defined it as a problem? _____

Genogram & Multigenerational Patterns

Attach or draw genogram (3+ generations). Note: triangles, cutoffs, enmeshment, fusion, conflict, critical incidents, losses

Key observations: _____

Patterns repeating across generations:

Multigenerational transmission:

Relational Dynamics & System Organization

Family life cycle stage: _____

Boundaries: _____

Hierarchies/power/coalitions: _____

Communication patterns: _____

Primary triangles: _____

My position in therapeutic triangle:

Differentiation levels: _____

Emotional fusion/reactivity: _____

Circular Patterns & System Functioning

Circular sequences around presenting problem: (A does X → B responds with Y → C reacts with Z → leads to more X)

Function of symptom: _____

Anxiety in system: _____

Emotional cutoffs: _____

Nodal events/transitions: _____

Strengths, Resources & Cultural Context

System strengths: _____

Individual strengths: _____

Cultural identity/values: _____

Social location & context: _____

Larger systems impact: _____

Systemic Hypothesis & Treatment

Working hypothesis: _____

Second-order change needed: _____

Therapeutic stance: _____

Intervention priorities: 1) _____

2. _____ 3) _____

Techniques: Circular questioning Reframing Genogram work
 Enactments Detriangulation Externalizing Boundary restructuring Other: _____

Therapist Reflection & Supervision Questions

My emotional responses/countertransference:

My family-of-origin patterns activated:

Where I feel stuck: _____

Questions for supervision:

1. _____

2. _____

Progress & Theoretical Framework

Changes observed: _____

Next steps: _____

Primary lens: Bowen Structural Strategic Milan
Narrative EFT IFS Other: _____

Supervisor notes: