



## Therapy Unit 1: Relationship Development and Case Histories

### Case history (to be filled out by the therapist, consult manual for more questions)

**Reasons for seeking therapy** (*"Could you briefly describe why you have come to see me / what lead to your current hospital stay? Do you have an idea as to what could have caused these problems?"*)

**Social history** (*"How are you currently living? Alone, with a partner, do you have children? Do you have a job? If not, why not?"*)

**Family history** (*"Do you have relatives? What is the contact like / Do you get along with them? Do they support you? Does your family know about your mental illnesses?"*)

**Social integration** ("Do you have friends or good acquaintances? How often are you in touch? Do you feel supported by them?")

**Stressful life events** ("Some people experience bad events, for example family violence or accidents. Have you had such an experience; and could you briefly tell me about it? Does it still trouble you today?")

**Alcohol and drug consumption** ("Do you regularly drink alcohol?" "Do you take drugs?" If yes: "Which drugs and how frequently?" "Do you take medication other than prescribed or differently than prescribed?")

**Delusions** (e.g.: "Have you recently or ever experienced the feeling: ...that someone is spying on you or plotting something against you? ...that you are receiving special messages, for example via the TV?"); see also worksheet 1.1 Own special ideas

**Disturbance of ego-boundaries** ("Do you or did you ever have the feeling that others can read your thoughts or influence them in any way? Do you or did you ever have the feeling that you can read or influence other people's thoughts yourself?")

**Hallucinations** ("Did you ever hear (see / smell / taste) something that other people could not perceive? What was it? Are there strange things going on in your body? Do you hear voices that other people can't hear?")

**Formal thought disorder** (especially loosening of associations, speech block; "Do you have the feeling that your thinking has changed, for example, that you have too many things on your mind now or that your thoughts come to a dead stop?")

**Symptoms insight** ("Do you think you have a psychological problem?" If the patient has been diagnosed: "What do you make of the diagnosis "psychosis"? Do you agree with it?")

**Mood** ("What has your mood been like lately? Have you been sad a lot? Are you able to feel, for example, sadness and joy, or do your feelings seem numbed / non-existent? Does your mood sometimes change very suddenly?")

**Sleep/appetite** ("Have you experienced sleeping problems lately? What has your appetite been like lately?")

**Motivation** ("What about your energy to do certain things? Do you participate in activities?" If not: "Why not?" "Do you struggle getting out of bed in the morning?")

**Self-destructive behavior and thoughts** ("Do you think it would be better not to be alive anymore?" If yes, explore further: "Have you ever thought about taking your own life? Did you make a concrete plan? Are you able to distract yourself from these thoughts?" If in acute danger of suicide: Inform ward / In ambulant setting initiate hospital admission if necessary!)

**Anxiety** ("Are you often afraid? What are you afraid of? How does your fear manifest physically?")

**Active social withdrawal/social anxiety** ("Are you afraid of attracting other people's attention? What do you fear? Do you currently prefer to be alone? Do you feel comfortable around other people?"  
If not: "Why not?")

**Avoidance and safety behaviour** ("Are there everyday activities that you currently avoid doing? What do you fear? Are there things you used to do that you now avoid?")

**Obsessive behavior** ("Are there things you keep having to think about, even though you don't want to? What kind of thoughts are they? Are there things you keep having to do, even though they seem silly to you, for example, controlling, counting, arranging?")

**Physical health** ("How are you doing physically at the moment? Are you worried about your physical health? Have you seen a doctor about this?")

**Decreased impulse control** ("Do you often feel provoked by other people? Do you get into arguments with others? What kind of situations does this happen in?")

**Attention/memory** ("Are you good at following conversations? Are you able to focus on a book / a movie? Do you often forget about things?")

**Disorientation** ("Do you have trouble finding your way? Can you tell me today's date? Do you have difficulties organising your daily life?" only ask if suspecting a deficiency)