

## case vignette/ -report

5-6 pages  
- anamnesis-scheme -

### introduction:

Short introduction: who am I, in which context do I work, since when, how often with...?

### I. anamnesis:

1. client: name (anonymised)  
gender/ age  
description of „appearance“
2. social status: single/ married / divorced/ cohabiting with ...  
children (number, age, sex)  
education/ school/ profession (learned / practised), employed (no / yes / where)
3. first contact/ admission e.g. to residential group on: (date...) / number of individual meetings so far/ who/which institutions are involved in the care of the child/adolescent (family of origin, visitation contacts, youth welfare office, family helper/socio educational family support, family court ...)?
4. presented symptoms/ the problem
5. other symptoms/ difficulties (now and in the past)
6. resources, strengths, interests, hobbies, positive characteristics
7. history of illness resp. treatment (outpatient/inpatient): previous course of treatment (e.g. psychoeducation, stabilisation techniques, which, how often/ educational measures in everyday life, results/ results of help plan discussions - what have I specifically done, practised, undertaken, when, how often).
8. aspects of risk: alcohol / nicotine / drugs abuse ... (when, how much, how long)
9. suicide attempts / self harming behaviour / violent tendencies or activities / criminal offences (police, justice)
10. biography: (early childhood / childhood development, school, career, relationships, partnerships etc.) / family of origin/ genogram - (parents, siblings, grandparents, own current family, (relationships were/are like?)

### II. psychodynamics and diagnostic considerations

11. Is there a diagnosis?  
Who did the diagnosis come from?  
In what context do I place it?  
What hypotheses does it lead me to?

### III. planning and implementation of adventure therapy measures

12. treatment planning
13. results, changes (improvement/ worsening), behavioural problems now occurring to a greater or lesser extent

### IV. critical appraisal

of one's own difficulties and positive aspects in the adventure & nature therapy work and treatment / clients' perspectives