Case Study Workbook

2023

IMPORTANT: Notes on Completing the Case Study

The interactive pdf has been developed to make completing the Case Study as easy as possible.

The pdf was developed using Adobe Acrobat. In order to be interactive, the pdf was saved with 'Document Enabled Extended Features'.

It is important to note that third party pdf editors do not support 'Document Enabled Extended Features'.

If the Case Study is completed with any program other than Adobe Acrobat Reader, it likely the interactive features of this pdf will stop working.

Please complete this Case Study using Adobe Acrobat Reader which is a free download.

To Downloaded: **click here**

NB: Adobe Acrobat Pro will also work, but is not free.

Case Summary for Accreditation

PuP practitioner name:

Family ID:

PuP Supervisor:

Referral

Was the family self-referred?   Yes   No

If self-referred, has the family specified anything they
want from family support? If Yes, specify below.   Yes   No

Was the family referred by another agency"?   Yes   No

If referred by an agency, has the agency specified
anything they want from family support? If Yes,   Yes   No
specify below.

Child Protection Involvement

Is the family involved with child protection?   Yes   No   Don't know

Family Details

Who is the primary carer? (*click to select*)

Who is the secondary carer? (*click to select*)

How many children are living in the family home? (*click to select*)

What is the age of the index child? (*click to select*)   Years: Months:

What is the gender of the index child? (*click to select*)

Additional details: please make sure this is de-identified information and only include details that are key to understanding family context and your PuP family support.

Completing the Case Study

A family support plan is based on an assessment of the family and preliminary case formulation. Sections 1 and 2 (Assessment and Preliminary Case Formulation) should be completed at the end of the assessment stage.

While the case formulation and support plan may be adjusted as you get to know the family better, the preliminary case formulation will be based on the information gathered during the assessment stage of involvement with the family).

Section 3 (Summary of Change in the Family) should be completed after a period of time offering family support. This section will be a summary of changes you have observed (if any) at the time the case study is due—even if your involvement with the family is ongoing.

Section One: Assessment Summary

Level of involvement with family during assessment stage

Thus refers to the number of meetings that took place to completing the assessment section of the case study.
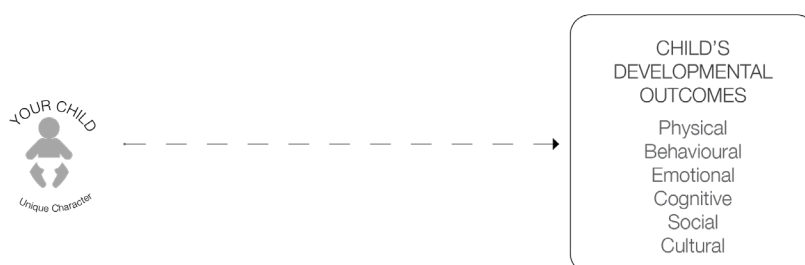
Meetings with primary carer

Meetings with secondary carer

Meetings with child

Observation of parent-child interaction

Child Development (refer to PuP Practitioner manual, pages 16-17)

Developmental Milestones	Use developmental milestone charts. CDC have an app you can download: *(click here)* or you can complete an online checklist: *(click here)*			
	All Reached	Most Reached	None Reached	
Social/Emotional Milestones:				
Language/Communication Milestones:				
Cognitive Milestones (learning, thinking, problem-solving):				
Movement/Physical Development Milestones:				
Child Functioning	Review results from the BITSEA or SDQ along with any other information you have.			
	Not a Problem	Somewhat of a Problem	Challenge	
Physical				
Behavioural				
Emotional				
Cognitive				
Social				
Cultural				

Emotional Availability - Parent
(refer to PuP Practitioner manual, pages 20-22

Strength	Good Enough	Challenge
🟢	🟡	🔴

> *Instructions for completion: Review the practitioner manual and information provided during training on the emotional availability constructs.*

Parental Sensitivity: Provide an example of parent or carer sensitivity. You are looking for an example of the parent/carer noticing and responding to the child with warmth. How often do you observe this?

Parental Sensitivity rating:		

Parental Structuring: Provide an example of parent or carer structuring. You are looking for evidence the parent/care can structure the infant/child's play — provide the scaffolding to help the child master an activity. How often do you observe this?

Parental Structuring rating:		

Parental Non-Intrusiveness: Provide an example of parent or carer non-intrusiveness. you are looking for an example of the parent/carer supporting the child without taking over or taking control. How often do you observe this?

Parental Non-Intrusiveness rating:		

Emotional Availability - Child
(refer to PuP Practitioner manual, page 22

Strength	Good Enough	Challenge
🟢	🟡	🔴

Describe the quality of the carer-child relationship using the broad categories described in the PuP Practitioner Manual. Use the text boxes to describe an episode of parent-child interaction as an example to support your rating.

Parental Non-Hostility: Provide an example of parent or carer non-hostility: You are looking for any signs of anger, frustration or other negativity and comments that put down the child? How often do you observe this?

Parental Non-Hostility rating:		

Child Responsiveness: Provide an example of child responsiveness. You are looking for an example of the where the child responds to the parent/carer with a smile, attention, accepting a hug. How often do you observe this?

Child responsiveness rating:		

Child Involvement: Provide an example of child involvement. You are looking for an example of the child's willingness and ability to engage the carer—e.g, a child makes eye contact, asks the carer a question, shows the carer the results of an activity they have been working on (like a drawing or tower made of blocks). How often do you observe this?

Child involvement rating:		

Parental Values, Expectations, Monitoring and Routines

(refer to PuP Practitioner manual, pages 23-26

Fill in the boxes below to explain your ratings.

Parenting values and view of self as parent: Try to identify the parents' values: perhaps ask how they would like their child to be in 10 years. What are their expectations of them self as a parent? Does the parent feel that they are parenting well enough, according to their values?

Parental values and view of self rating:		

Parental expectations: the carer has realistic and age-appropriate expectations of the child.

Parental expectations rating:		

Parental monitoring: the carer is aware of where the child is at all times, and ensures the child is safe.

Parental monitoring rating:		

Family routines: there are age-appropriate routines that help structure and support the child—such as regular mealtimes and bedtimes.

Family routines rating:		

Parental Emotional Regulation   (refer to PuP Practitioner manual, pages 27-29

Parental emotional regulation: Parents overall emotional wellbeing: their capacity to regulate and manage overwhelming emotions. Has the parent experienced trauma, chronic stress, depression, anxiety? Include information from the DASS or Strong Souls if the parent has completed one of these. Being mindful can help a manage emotions. Include information from the CAMS-R, which is a measure of trait mindfulness, and the Mindful Parenting Questionnaire, which provides information on mindfulness in relation to parenting.

Parental emotion regulation rating:		

Parental Problem Solving

Parental problem solving: Parents ability to manage challenges in their life through problem solving (of problems that you consider have a solution - some problems don't have a solution).

Parental problem solving rating:		

Connection   (refer to PuP Practitioner manual, pages 30-31

Connection to family, culture and community is a strength that increases parental resourcefulness. Summarise what you know about these below. The Support scales (Parts A & B) provide information on social support that is relevant here.

Connection to Family

Connection to family: refers to the level of support the parent receives from immediate and extended family. Includes practical and emotional support.

Connection to family rating:		

Connection to Culture

Connection to culture: connection to culture can be an important source of strength and resilience. How the family connects to culture will vary from family to family.

Connection to culture rating:		

Connection to Community

Connection to community: refers to the resources availability in the community that the parents have engaged with. This can include anything from child care to community sports clubs.

Connection to community rating:		

Real World Challenges (refer to PuP Practitioner manual, page 32)

Real world challenges: what challenges the family is facing, such as problems with housing, legal problems, financial stress. Include information from the Daily Hassles and Life Events scale here.

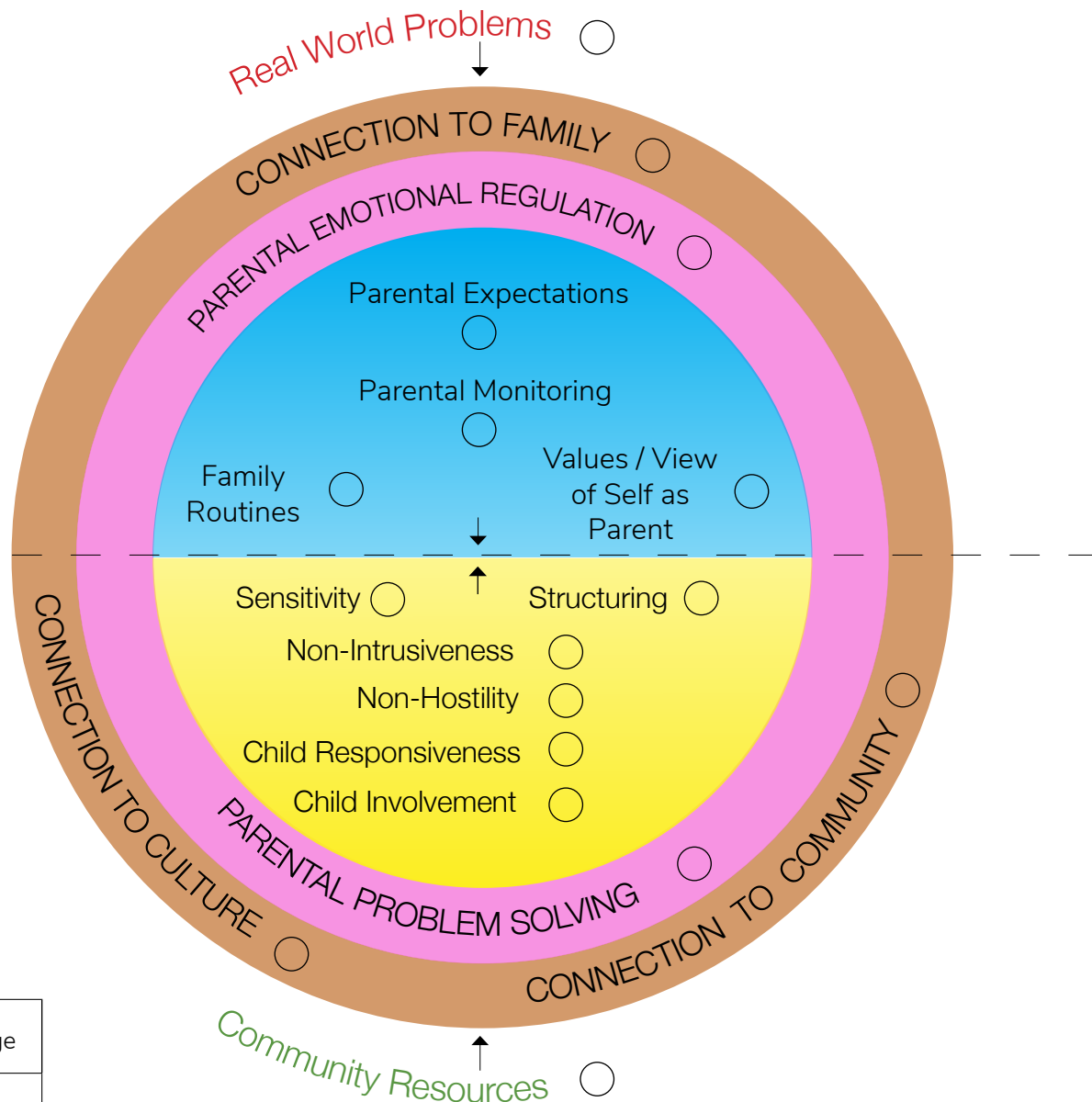|		
Real world challenges rating:		

Community resources (refer to PuP Practitioner manual, page 32

Community resources: what resources are available in the community, and to what extent does the family engage with these resources?

Community resources rating:		

Developmental Milestones

Social/Emotional

Language/communication

Cognitive - learning, thinking, problem-solving

Movement/Physical Development

Child Functioning

Physical

Behavioural

Emotional

Cognitive

Social

Cultural

Real World Problems

CONNECTION TO FAMILY

PARENTAL EMOTIONAL REGULATION

Parental Expectations

Parental Monitoring

Family Routines

Values / View of Self as Parent

Sensitivity   Structuring

Non-Intrusiveness

Non-Hostility

Child Responsiveness

Child Involvement

CONNECTION TO CULTURE

PARENTAL PROBLEM SOLVING

CONNECTION TO COMMUNITY

Community Resources

YOUR CHILD

Unique Character

Strength	Good Enough	Challenge
🟢	🟡	🔴

Section Two: Preliminary Case Formulation

Refer to PuP Practitioner manual, pages 34-45, to complete this section.

Summary of the child's strengths and difficulties.
What are the child's strengths and what aspects of child development and/or child functioning are of concern?

Relationship between inner (yellow and blue) circles and child functioning.
Parenting in the yellow and blue circles directly influence child functioning. Where are the strengths? What aspects of parenting might be having a negative impact on the child's functioning?

Relationship between pink circle and inner (yellow and blue) circles.
What aspects of parental dysregulation (if any) are impacting the parent's capacity to be emotionally available, hold realistic expectations, monitor the child's safety, and adhere to routines? If the parent is emotionally regulated this is a significant strengths that should be highlighted.

Identification of goals for change (see PuP Practitioner Manual, p. 47 - 52)

> ***Identify two goals based on the case formulation. For each goal:***
>
> *Name the goal.*
> *Provide a brief description and rationale for the goal. The rationale should include reference to the family domains the goal targets—consistent with the case formulation.*
> *Describe the therapeutic strategies you would use to help the parents achieve the goal.*

Goal 1:

Brief description and rationale for goal: (refer to family domains targeted)

Therapeutic strategies to address goal: (refer to PuP module(s) used and specific activities)

Goal 2:

Brief description and rationale for goal: (refer to family domains targeted)

Therapeutic strategies to address goal: (refer to PuP module(s) used and specific activities)

Section Three: Summary of Change in the Family

Level of family support provided

Number of meetings with primary carer

Number of meetings with secondary carer

Meetings with child

Observations of parent-child interaction

Progress towards acheiving goals

Summarise what you observed that provides evidence of progress towards achieving Goal 1

Summarise what you observed that provides evidence of progress towards achieving Goal 2

Changes on questionnaires

If the carer has completed questionnaires on at least two occasions - once as part of the assessment and again after your have worked with the family for at least four sessions:

Create a summary report on the online toolkit and summarise where changes occurred or did not occur.

Time between first and second assessments

Other changes in the family and prognosis

Summarise any other changes in the family that you have observed that you consider notable. Consider how you feel the family will function in the future. Do you think the family will maintain any changes they have made, deteriorate, or continue to make positive changes? Why do you think this? It's ok is you consider it too difficult to speculate on the future of the family?