



Case Conceptualization in CBPT

COGNITIVE - BEHAVIORAL PLAY THERAPY

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Conceptualization of the case, individual and environmental factors

by Susan M. Knell, Ph.D.

CASE CONCEPTUALIZATION

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Why Case Conceptualization?

Case Conceptualization:

- Focuses on the individual child
- Provides framework for treatment goals
- Is tied to theory

Diagnoses are not tied to theory



Individual Factors

Early Experiences

- Positive and Negative events
- Child's developmental level

Attachment Style

- Secure
- Anxious-ambivalent resistant
- Avoidant
- Disorganized

Temperament

- Easy
- Difficult
- Slow to warm

Individual Factors

Development

- Developmental Milestones

Significant Organizing Beliefs

Cognitive Skills

Representative Level of Play

Strengths

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