



Case Conceptualization in CBPT

CBPT治疗中的个案概念化

COGNITIVE - BEHAVIORAL PLAY THERAPY 认知行为游戏治疗

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Conceptualization of the case, individual and environmental factors

个案、个体和环境因素的概念化



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CASE CONCEPTUALIZATION
个案概念化



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Why Case Conceptualization? 案例概念化



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Case Conceptualization: 案例概念化

- Focuses on the individual child
- 集中于个体儿童
- Provides framework for treatment goals
- 提供符合治疗目标的方案框架
- Is tied to theory
- 与理论相关
- Diagnoses are not tied to theory

诊断与理论不相关

Individual Factors

个体因素

Early Experiences 早期经验

- Positive and Negative events
- 积极与消极事件
- Child's developmental level
- 儿童发展水平

Attachment Style 依恋风格

- Secure
- 安全型
- Anxious-ambivalent resistant
- 焦虑/矛盾/抗拒型
- Avoidant
- 回避型
- Disorganized
- 混乱型

Temperament 气质

- Easy
- 容易抚育
- Difficult
- 抚育困难
- Slow to warm
- 启动缓慢





Individual Factors

个体因素

Development
发展水平

- Developmental Milestones

发展里程碑

Significant
Organizing
Beliefs

重要组织性信念

Cognitive Skills
认知能力

Representative Level
of Play

有代表性的游戏阶段

Strengths
优势



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