

**Current situation and presenting issue**

Why is the person seeking or needing help?  
 What are the important aspects of the person's environment (other than social context), such as sleep patterns, medical conditions, a dangerous environment, and nutrition?

**Social and historical environment**

Who is important to the person? Why?  
 Who can the person turn to for help?  
 Who is the person in conflict with?  
 Who is the person disappointed in?  
 What critical experiences have happened in the past?



**Self-view**

Recognizes that self is more than self-concepts.  
 Can see the self as holding self-concepts.  
 Sees that growth and improvement are possible.  
 Doesn't view self-concepts as physical descriptions of the self.  
 Can view himself or herself with compassion.

**Social view**

Recognizes the value of social connection.  
 Is able to have empathy and compassion for others.  
 Can cooperate, build friendships, and love.  
 Sees that history with others influences present interactions, and believes he or she can change.  
 Sees personal agency: "I can choose" instead of "They made me like this."

FIGURE 2. DNA-V case conceptualization model.