

The Iceberg Chart

THE ICEBERG CHART

Instructions: Using the Iceberg Chart diagram above, discuss the factors influencing your client's situation or experience at each of the three factor levels. Here are the three levels, and some examples to guide you: Surface-level: These are the factors which can be directly seen or reported, such as client experiences, symptoms and measurements. For example, high blood pressure, temperature, experiences of low mood and anxiety. Below the surface: These factors are the factors which are not visible or directly observed, but can contribute to experiences, behaviours, and health status. For example, financial stress, strained relationships, and little physical activity.

CLIENT INFORMATION

Client Name: _____ Date of Birth: _____ dd / mm / yyyy

Age: _____

Current Health Status

Current Concern(s)

ICEBERG CHART APPRAISAL

Surface-Level Factors

Below the Surface Factors

ADDITIONAL NOTES AND NEXT STEPS

(include treatment, therapies, recommendations, and strategies)

Practitioner name: _____

Practitioner signature

Date (yyyy/mm/dd): _____ dd / mm / yyyy