

Case Study Presentation

By

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Client Concerns:

- Client is a 19-year-old male with a history of depression and anxiety and is diagnosed with ADHD.
- Client said he has had a rough year after he came out to his adoptive family as gay (family disowned him).

- Client says he struggles to cope with the death of his girlfriend five years ago.
- History of sexual, physical, and emotional abuse by biological father.
- Suffers from low self esteem and self worth.

Client Strengths:

- Client as the support of his fiancé & fiancé's family.
- Recognizes he suffers from depression and anxiety and needs therapy and treatment.
- In addition to seeking therapy, he has also made an appointment to see a psychiatrist

Stage of Development:

- Intimacy vs. Isolation, client is in the process of forming intimate relationships.
- Risk of becoming lonely or isolated due to childhood experiences of abuse.
- Is still dealing with the death of a partner.

- Has only one close friend and is unsure of his current relationship.
- Does not currently have the support of his family (both adoptive and biological).

Current Stage of Change

- Currently in the preparation stage of change.
- Client has recognized the need to address issues in his life and is ready to make appropriate changes (addressing depression, anxiety, and ADHD).

Goals of Counseling:

- Help client come to terms with their sexuality.
- Address issues of depression and anxiety.
- Help client to overcome faulty cognitions to improve self-worth and self-esteem.

- Address issues of past trauma caused by sexual, physical, and emotional abuse.

Ethical Concerns:

Information Shared with Others: make every effort to ensure the privacy and confidentiality of clients is maintained, especially from non-counseling employees (B.3.a).

Social Media as Part of Informed Consent: client understands the boundaries and limits of social media (H.6.a).

Counseling Skills/Theory Used:

- Cognitive Behavior Therapy, work on the client's cognitions and replace faulty thinking with positive thoughts/ideas.
- Learning to identify faulty thoughts and how they cause problems and reevaluate those existing thought patterns.

- Use of Behaviorism and the idea that all behaviors are the result of environmental factors and individual experiences.

Questions:

- How do I help the client get past the death of his girlfriend?
- What other techniques or therapies could be used to help correct cognitive distortions?

The End