

Case Study of David Smith

Presented by

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Demographics:

- 32-year-old white male.
- High school graduate with some college.
- Employed full-time as a fence installer.
- Lives alone
- Currently not in a relationship.
- Religious preference is Christian (Protestant).

Counselor Observations

- David reports having a problem with drug use and struggles with cocaine and methamphetamine addiction.
- He has spent a total of 24 months in prison for drug and theft convictions.
- David's family members have a history of drug and alcohol use.
- David reports he was sexually abused by his uncle when he was a child.

- Father is currently in prison. David says he had a difficult and traumatic relationship with his father as a child.
- David also reported he has been emotionally and physically abused by his father.

Client Strengths:

- David has the support of his siblings and has a good relationship with his brother and sister.
- David is employed full-time as a fence installer.
- David is currently complying with all his requirements for probation.

Diagnosis:

- Major Depressive Disorder (Moderate)
296.32 (F33.1)
- Generalized Anxiety Disorder 300.02
(F41.1)
- Posttraumatic Stress Disorder 309.81
(F43.10)

Client Issues/Themes:

- David is currently in the precontemplation stage of treatment.
- He does not think he has a problem with drugs or alcohol even though he admits he has family problems due to substance use.
- Relationship with his father is affecting his desire for drug and alcohol treatment.

Treatment Plan/Goals:

- Use counseling to help David come to terms with the difficult relationship with his father.
- Have David accept and acknowledge his need for substance use treatment.
- Help David cope with his past history of sexual abuse.

Questions:

- How do we get David to move to the contemplation and action stage of substance use treatment?
- How much has substance use played in helping David to cope with the problems involving his father?
- How do we guide David through the problems that have disrupted his life?