

Open Door Counseling

I Can Start Treatment Plan

“David Smith” is a 32-year-old, white, Caucasian male who graduated from school and spent two years in college. David comes to counseling with a history of drug use with both cocaine and methamphetamine being his primary drugs of choice. David has also reported using intravenous (IV) drugs and describes himself as an IV drug user. As a result of his drug use, David has nine convictions for theft and drug-related crime and has spent a total of 24 months in prison. David says he was regular feelings of depression and anxiety which relate to sexual and psychological abuse as a child.

I=Individual Counselor

As a counselor, I must consider my own issues when counseling David. In this case, I must deal with my own prejudices about drug use and drug users and accept the fact that those struggling with drug use have a disease which needs treating. It will be important to approach this case with an open mind and be ready to help David to the best of my ability. It will be necessary for me to see the advice and support of classmates and my supervisor who could best advise me on how to help counsel and treat David.

C=Contextual Assessment

David is a 32-year-old white, Caucasian male with a history of personal and family drug use. David graduated from high school and completed two years of post high school education at a local community college. David is not currently in a romantic relationship and reports having a good relationship with his siblings. David has a difficult relationship with his parents, with his mother often not talking to him following arguments and his

father currently in prison. David has had a difficult and traumatic relationship with his father.

A=Assessment and Diagnosis

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

Level of Care N=Necessary

Outpatient, individual counseling, once per week for one hour for a minimum of 12 months. Alcohol and drug counseling, once per week for a minimum of 12 months.

S=Strength Based Lens

Self: David is a strong, independent individual who has managed to survive the traumas of life despite a history of sexual and psychological abuse and a history of drug use.

David has been able to hold down a full-time job as a fence installer and maintains steady employment. Since his last conviction in early 2022, he has not been arrested in connection with any offenses and has not used drugs or alcohol since November 2022.

David is also currently complying with his probation requirements.

Family: David can count on the support of his brother and sister who will form his support network. He is currently improving his relationship with his mother and she may also be a source of support while David seeks treatment.

Community: David currently lives in an apartment provided to him by Potter's Wheel Ministries and they can be a source of support for David as he goes through treatment.

David may also use various community support programs, such as Alcoholics Anonymous and Narcotics Anonymous while he seeks treatment for depression, anxiety, and addiction. David should also seek support of the medical profession as he admits to not seeing a doctor in at least four years. Regular visits to a physician will help David monitor his health and progress as he follows the treatment plan for his drug addiction.

T=Treatment Approach

Since David suffers from major depressive disorder, anxiety, and addiction issues, I would recommend the use of cognitive behavioral therapy and dialectic behavior therapy to help overcome his destructive behaviors associated with addiction and to also treat his depression and anxiety. Both therapies will help teach David mindfulness and how to live in the moment, and be more self-aware of his faulty thoughts and addiction urges.

A=Aim and Objectives of Treatment

David will attend counseling for once per week for a minimum of 12 months. Counseling will aim for David to admit and come to terms with the knowledge he has an alcohol and drug problem and also treat his depression and anxiety.

David will work to improve his relationship with his mother so she can be part of his support network as he completes counseling and treatment. David will report weekly on his relationship with his mother and within one month have improved his relationship with his mother.

David will acknowledge his history of sexual and psychological abuse and will work to come to terms with this abuse in counseling. David will consider what effect this abuse has had on his alcohol and drug use.

David will use counseling to help him come to terms with his difficult relationship with his father. David will use counseling to explore what trauma has occurred as a result of his relationship with his father.

R=Research-Based Interventions

The counselor will work to develop a therapeutic relationship with David and develop goals and expectations that will aid in the counseling process.

The counselor make David aware of his addiction problems and help him to admit he has a problem with alcohol and drugs.

The counselor will help David develop coping skills to deal with his addictions and to help improve his depression and anxiety symptoms.

The counselor will help David work though his relationship with his parents and in particular his father to help him come to terms with the difficulties and trauma he as experienced in those relationships.

T=Therapeutic Support Services

Referral to a family physician to check David's overall physical health.

Weekly mental health and addictions counseling to help David deal with his mental health and addiction issues.

Encourage David to attend Alcoholics Anonymous and Narcotics Anonymous to help him build an extended support network which can help him overcome his addictions.