

CASE REVIEW - Basic Client Information:

1. Female, 20 years old, High School graduate. She lives with her mother and is her mother's caregiver. The client reported she has struggled with feelings of anxiety and depression since her early teen years and has participated in mental health counseling previously. The experience of the sexual assault in March 2023 has exacerbated her feelings of distrust, anxiety, and depression, and since then struggled with intrusive thoughts about being watched which causes her to isolate herself.
2. The client is Hispanic, and she struggles with family relationships. She is the youngest of three children. Her parents are divorced, her mother has MS and the client is her caregiver. The client's siblings refuse to help with caregiving duties and speak minimally to either the client's parents or to the client. When the client was approximately 10 years old, she learned her father helped her uncle evade prosecution after he sexually assaulted the client's sibling. The client reported she was sexually assaulted by a known associate in March 2023 and the alleged attacker was never prosecuted.
The client has several friends and extended family members she relies on for support. She is hopeful of a plan to move away from the area when her probation is complete. The client is also planning to start college in Spring 2024.
3. The client is on probation for trespassing. She reported she has tried counseling previously, but it was a bad experience. The client is prescribed Hydroxyzine for anxiety which she is capable of self-administering. She also smokes marijuana regularly but denies having smoked in the last month. The session used for this case review was the third counseling session for this client. She has arrived approximately five minutes late each time. The counseling goals identified by this client are to improve her self-perception and be able to be in public without feeling the anxiety she currently feels. The therapeutic relationship appeared to start out well, and the client appeared willing, almost eager to share her experiences and start using skills to practice controlling her feelings of discomfort when in public to increase her ability to leave her home. In the third session, she was distraught, and much of the session was spent on determining the level of distress the client was currently feeling and teaching her grounding techniques.
4. The client assessments show a high probability the client is experiencing problems with depression, anger, somatic symptoms, personality functioning, mood disorder, and cannabis use disorder. Client was low risk for suicidal ideation when assessments were administered.

DIAGNOSTIC IMPRESSIONS:

F43.10 Post-Traumatic Stress Disorder

F33.0 Major Depressive Disorder

F41.1 Generalized Anxiety Disorder

F12.10 Cannabis Use Disorder Mild

- 1) This student counselor started meeting with this client four weeks ago, we have met three times. The client presents as depressed and anxious. She reports feelings of being watched all the time, devalued by family and authority figures, and having little or no choice about the direction her life will go. The client dresses and adorns herself very nicely but reports if someone tells her they don't like something about her she will change it immediately.

- 2) In the first two sessions, this student counselor worked on building rapport and helping the client identify and express what she feels is motivating her feelings of anxiety and depression. The client expressed appreciation for this student's counselor's willingness to go at the client's pace when working on change and added she feels this student counselor is actually listening to her concerns.

This student counselor feels that the most effective techniques used so far with this client are motivational interviewing techniques in that the client has felt heard, through the use of open-ended questions, reflections, and summary inquiries.

This student counselor feels this client expresses a strong need for someone to hear what she wants, needs, and has experienced. More than anything else, affirmations will be most helpful in aiding the client to feel she is central to the counseling process and can learn new ways to view her life experiences.

The use of role-play and practice homework will be utilized moving forward to aid the client in making changes. This will be challenging for the client because she appears to be very dependent on others for everything. This will be challenging for the student counselor because the client appears to have a desire to have the counselor intercede in her personal situations.

5. Personally, I have found it difficult with this client and other clients to not to want to fix things for them. When a client is sharing I find myself wanting to tell them what to do next instead of asking them what they think they should do. I feel I am asking them, but with some, it feels like they take a really long time to figure out what their next step should be or they don't seem to want to see some issues that do actually exist for them focusing on others behavior towards them instead of seeing what about them is causing the behavior in others.

Where I feel I need help.

1. When a client presents opposite to how she had been presenting, how do you approach that?
2. When a client has alluded to self-harm, but denies any intent or plan, is it okay to send them home with grounding techniques, 988, and nothing else?
3. How many times can you ignore the client not doing their homework practice for goals they set?
4. What do you do when the session ends, and you feel you really didn't do anything to help that person that day?