

Internship Case Review

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Main concern or reason for counseling.

Bonnie Lies Overtheocean is a 10-year-old Hispanic female, adopted into a White family. She was diagnosed with Intermittent Explosive Disorder. Bonnie is not angry all the time, mostly only at home and her negative behavior is exhibited only at home. She is viewed as a sweet and cooperative student at school.

Bonnie's parents also adopted a boy who is two years older than Bonnie before adopting Bonnie. Bonnie's older brother, Jasper, was placed in a boys' home on the eastern side of the state after getting in trouble approximately three years ago. Dad has taken responsibility for Jasper and Bonnie has not seen him since he was moved out of the home. The parents are divorced, and the mom started seeing another man approximately one year ago. Bonnie lives with her mom and sees her dad occasionally.

Bonnie appears to be angry at her mom, destroys things at home, and refuses to do anything her mom tells her to do. She will not follow her mom's directions, clean her room, or help with anything at home. She ignores Mom's boyfriend, Miguel, and sabotages Mom in various ways. For example, she tears apart mom's clothing and breaks things at home. Most recently she ripped a pair of mom's pants in the crotch area and mom did not notice when she put them on. Mom subsequently walked all over town doing her errands with ripped pants and, according to Mom, "showing my ass to the world." Bonnie giggled when Mom shared this information at the start of Bonnie's most recent counseling session.

Client Strengths.

Bonnie has a quiet and friendly personality. She is somewhat shy and has a sweet nature. She is cooperative and interactive in session but will not engage in defining goals. Bonnie does

great in school; her grades and behavior reports are always positive. Mom reported Bonnie has never had a negative school report.

Stage of Development – Understanding of Current Stage of Development.

Bonnie Lies Overocean is 10 years old. She is experiencing Erickson's Industry vs. Inferiority Stage of Development. In this stage, Bonnie "is learning new skills." If she can navigate this stage positively it will help her feel useful and increase her "sense of self-worth." "If she cannot because she isn't supported in learning new skills, she may develop a sense of worthlessness or inferiority." (Cherry, 2022). Bonnie appears to display successful acclimation into Erickson's fourth stage of Industry versus Inferiority while at school. Her school participation and completion of schoolwork are very good, and her teachers and classmates appear to have a very positive opinion of Bonnie. However, at home, she expresses a great deal of aggression.

Goals of Counseling.

Bonnie's mother would like Bonnie to improve her behavior at home, help around the house, and stop tearing up her, Mom's, clothes, and breaking things. Bonnie says very little in counseling. I have not yet been able to help her identify what her own goals are, but she agrees to follow through with her mother's goals in session; however, she never does.

Ethical Concerns.

There are several ethical standards to consider when working with Bonnie. My ethical responsibilities according to the 2014 ACA Code of Ethics are:

"A.1.a. To respect Bonnie's merits and make sure that her well-being is primary in our professional relationship.

A.2.a. To ensure that Bonnie recognizes her own rights and responsibilities regarding being made aware of and having input in the informed consent process even though her mother is the legal entity who is to agree to the counseling process.

A.2.b. Bonnie has the right to confidentiality and to know the limits thereof.

A.2.d. Bonnie, regardless of her age, has the right to be involved in “decision-making as appropriate.”

B.1.b., B.1c., B.5. Bonnie has a right to privacy and for me, her counselor, to share with her mother only that information necessary and “beneficial to the counseling process.”

The primary ethical concerns in this case are Bonnies’ right to privacy and her right to be involved in decision-making to the extent that is possible for her.

Counseling Skills Utilized and

Theoretical Understanding of the Case and how Theory was Utilized.

I have been focused on person-centered treatment both through play therapy and talk therapy. From the person-centered perspective, “people are viewed as fully in charge of their lives and inherently motivated to improve themselves. The responsibility for personal behaviors and the choice to change them were seen as belonging fully to the individual.” (Capuzzi, D, Stauffer, M.D., 2016, p. 169).

Bonnie is not the typical troubled child. She does well in school, it is only at home that negative behavior exists. I have been using tracking and reflection in person-centered play therapy. I have also used talk therapy with motivational interviewing techniques for empathy, affirmations, asking open-ended questions, and developing discrepancy. Because she does well in school, I feel that she likely has positive self-esteem, therefore I am focused on finding what issues exist at home to bring about such different and negative behavior there.

How the class can assist you.

1. I feel the diagnosis of Intermittent Explosive Disorder is not right or not enough. I feel she has an Adjustment Disorder. What do you think?
2. The two questions that follow are not really the questions I need answers to at this point. I think the question right now is how do I get Mom to engage? I think her engagement, at this point, is more important than Bonnie's.
3. How do I get Mom to understand the need for consistency in counseling when she is so inconsistent and won't meet with me? Bonnie started counseling with me last fall. Mom stated she had taken her to other providers, but they were inconsistent then dropped Bonnie as a client. My experience has been that it is Mom who is inconsistent, Bonnie has missed most of the scheduled sessions. I asked Mom to accompany Bonnie to the first session this semester. She did not. I asked her to come to the second session. She did. I shared with her that for counseling to work for Bonnie, Bonnie needs to be present weekly for her sessions. Bonnie missed the following session again.
4. How do I impress the need for consistency in how she is with Bonnie?
 - a. Setting fair rules and expectations. Mom has a belief that Bonnie should help around the house without telling her exactly what she would like her to do.
 - b. Setting fair consequences and following through. When Bonnie misbehaves Mom gives excessive consequences. For example, she takes all electronics away for an extended period of time. Bonnie doesn't know how long it's been or when she will get the items back.

REFERENCES

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