

CASE STUDY TREATMENT PLAN

BIOPSYCHOSOCIAL ASSESSMENT FORM

Cultural Background:

Name:

Claire

Age:

22

Gender:

female

Race:

Caucasian

Ethnicity:

Claire is Caucasian and has no ethnicity.

Religious Issues:

Although Claire was raised Catholic, she does not practice her faith at this time. According to Claire, she feels torn about her sexual orientation but still believes in God.

Sexual Orientation:

Although Claire claims to be bisexual, she has not come out as fully as she might.

Relevant Cultural Norms:

According to Claire, none of her social contacts seem to fit her. Being "in the middle" makes Claire feel awkward around gay people, and being bisexual makes her feel awkward with close friends. For fear of being rejected, Claire has kept her sexual orientation a secret from her family and sorority.

Other Relevant Cultural Norms:

Claire says that because she is bisexual, her family is religious. Claire grew up Catholic.

Current Symptoms:

Reason for Visit Listed as DSM-5 Symptoms:

Claire claims that her circumstances cause her continual stress and anxiety. She often worries that her sexual choice will cause her to be rejected by her friends and family. Because of her secret, Claire claims she can't manage her anxiety and feels extremely nervous around her close friends and family. She also feels divided because she wants to please her parents but fears they will reject her if they find out and be disappointed in her.

Claire adds that she frequently has the sensations of excessive stress and anxiety. Anxiety tense, worn out, having trouble sleeping

Family Background:

Family of Origin Issues:

According to Claire, she had a solid upbringing with both of her parents. According to Claire, she grew up with close relationships with her sister and brother. According to Claire, her upbringing was Catholic.

Family Environment in Childhood/Adolescence:

Claire claims that while her father was more contemptuous, her mother was quite domineering. Claire claims that in order to stay out of trouble, she followed her mother's instructions. According to Claire, she was an excellent student who excelled in academics and competed in sports all through school.

Claire claims that her family was frequently stressful and that everyone, even her father and brothers, put in a lot of effort to get her mother's approval.

Marital/Partnership History:

Claire reports having relationships with men and women. According to Claire, she began experimenting with relationships with girls when she was in college. However, the relationship ended because Claire wanted to keep it a secret and she ended up dating another woman. Although Claire claims she has always been attracted to both men and women, she did not begin examining her sexuality until she was a college student.

Children Issues/Concerns:

Not applicable since Claire has no children.

Social/Community Background:

Connections to Community Support (Church, AA Group):

Claire does not currently have any connections to AA or NA organizations or the church. Because of her sexual orientation, Claire currently struggles with her faith and worries that others won't accept her for who she is.

Support Network:

Claire's support network comes from her long time best friend and her sorority. Claire's parent supports her financially but she is not very close with her mother due to her being very controlling. Claire also has a group of friends which are gay and lesbian that are also supportive but joke about her not being able to "pick a side". Claire does not feel like she fits in with her new friends, or past friends.

Hobbies or Volunteer Activities:

Claire is apart of a sorority which she engages in activities throughout there.

Personal Background:

Developmental History:

Claire excelled in all area's developmentally throughout life. Claire had no developmentally delays mentally or physically. Claire was very social and excelled in school and sports growing up.

Disability:

Claire has no disabilities.

Educational:

Claire graduated High School successfully. Claire is currently in college studying Environment Sciences and is to graduate in Fall.

Claire reports achieving A's and B's throughout her college education and High School.

Military:

Claire was not in the military.

History of Trauma:

Claire reports of some trauma growing up with her mother being very controlling and strict. Claire reports that she feels her mother was more strict than most and he father often turned his head when it came to being disciplined by her mother.

Employment Status:

Claire currently works at the deans office which she enjoys. Claire reports that she would like a job in her current field of study.

Legal Status:

Claire has no legal status or history of any legal charges.

Claire's primary financial support comes from her parents whom pay for the majority of her bills. Claire reports she makes little money at her current place of work.

Other Circumstances, Such as Transportation, Housing, et cetera:

Claire lives at the sorority house, however Claire fears that if she is honest about her sexuality she will get kicked out of her sorority house. Claire has not lived with her parents for the last 3 years. Claire also has transportation in which her parents pay for.

Medical Background:

Medical History:

Claire has no medical history. Claire has regular check ups and is physically healthy.

Use of Medication:

Claire is currently not on medications.

Current Medications:

Claire is currently not on any medications.

Substance Use Background:

Claire has no history of substance abuse. Claire states she doesn't use drugs, and she only partakes in social alcohol at gatherings with her friends or sorority sisters.

Mental Health Background:

Previous Psychological Issues (Depression, Anxiety, et cetera):

Claire was diagnosed with Anxiety when she was 16 years old. Claire was never on any medications but had counseling a few times when she was an adolescent.

Previous Counseling, Hospitalizations:

Claire reports having family counseling and individual counseling from the ages 16-18 through her families Church.

Family History of Mental/Psychological Issues:

Claire's mother was diagnosed with anxiety disorder along with Obsessive Compulsive disorder. Claire's younger sister was diagnosed with anxiety and her father and brother have never been evaluated to determine any diagnoses.

Ethical/Legal Background:

Claire has no legal background. Claire reports she has never been in trouble and does not put herself in situations to get in trouble with the law.

Consultations/Referrals Needed:

Claire is encouraged to explore the possibility of medication management for her anxiety. Claire will be referred to a psychiatrist to be evaluated to determine if medication is needed. Claire is also encouraged to seek support groups specifically for the LGBTQ community.

Strategies to Address Presenting Problems:

1:

Cognitive behavioral therapy will be used throughout treatment to help Claire identify unhealthy thinking patterns.

Cognitive behavioral therapy will help Claire think differently about her relationships and experiences with the goal of making positive changes in her life. With this type of therapy it will help Claire understand how her thoughts, feelings and actions are closely related. With this type of therapy and understand how her thinking patterns affect her this will hopefully relieve some of her anxiety symptoms.

2:

Coping Skills

With Claire it's important to incorporate coping skills to address her presenting problem. Teaching Claire how to use stress management such as practicing techniques that practice stress relief. These techniques include mindfulness, breathing exercises and visualization. Another example of coping skill can be regular exercise and lastly social support is crucial for Claire. Rather this is joining support groups of other individuals in her current situation or reaching out to those closest to her for support.

Sexuality Research to Support Strategies:

1:

Cognitive behavioral therapy is used all throughout many forms of treatment. Cognitive behavioral therapy can be used to help Claire's thinking patterns. Claire's sexuality is causing a lot of fear and anxiety and with CBT therapy those thinking patterns can be altered to help Claire see that her sexuality isn't the negative factor in her life.

2:

Coping skills are used in various ways to provide relief to symptoms. One of the coping skills that can be used with Claire would be support networks. It's important for Claire to have support networks, but especially support networks within her own community. Having positive human relationships and social interactions are essential especially for those in sexual minority populations such as the LGBTQ community.

TREATMENT PLAN

Instruments/Screens to Facilitate Diagnosis

Instruments and Screens:

N/A

DSM-5 Diagnosis

DSM-5 Diagnosis:

N/A

Differential Diagnosis

Differential Diagnosis:

N/A

Ethical/Legal Consideration of the Diagnosis

Ethical/Legal Consideration of the Diagnosis:

N/A

Short-Term Goals to Address the Diagnosis

Short-Term Goals to Address the Diagnosis:

N/A

Long-Term Goals to Address the Diagnosis

Long-Term Goals to Address the Diagnosis:

N/A

Strategies to Promote Optimal Sexual Functioning

1:

N/A

2:

N/A

3:

N/A

Evidence-Based Treatment Interventions to Support Strategies

1:

N/A

2:

N/A

3:

N/A

Treatment Plan Interventions Annotated Bibliography

Based on your diagnostic impression, develop an annotated bibliography of resources describing suggested interventions for the client. You should describe each source in your own words, not simply use the provided abstract. You will utilize a minimum of five current articles from peer-reviewed journals in the counseling or related professions from the Capella Library. Cite and reference the resources using APA 6th edition guidelines. You may utilize your textbook, but it does not count as one of your five scholarly resources. You are also encouraged to utilize more than five resources if they aid in developing a comprehensive treatment plan.

N/A
