

Case Scenario Analysis and Treatment Models

Student's Name

Institutional Affiliation

### Week 5 Discussion: Case Scenario Analysis and Treatment Models

Peter is a 20-year-old college student who has been suspended for drinking and fighting. He experiences mood swings, depression, and agitation. He self-medicates with alcohol and marijuana and has a history of prescribed medication for depression. Based on these symptoms, Peter likely has a co-occurring mood disorder, such as depression, alongside his substance use disorder. His mood swings, feelings of depression, and self-medication behaviors support this diagnosis.

Peter appears to be in the precontemplation stage of change. He denies having any problem with alcohol or drugs and only seeks therapy to avoid expulsion. His lack of acknowledgment of the problem and resistance to treatment indicate he is not yet ready to consider change.

A cognitive-behavioral therapy (CBT) approach could be effective for Peter. CBT would help him identify and challenge his irrational beliefs about substance use and develop healthier coping mechanisms. Additionally, a psycho-educational component could help him understand the impact of his behaviors on his mental health and academic performance. Research shows that CBT is effective in treating both substance use and co-occurring mental health disorders.

Peter's denial of his substance uses problem and his rationalization that "everyone is picking on him" are significant relapse concerns. These defense mechanisms, including denial and rationalization, may prevent him from fully engaging in treatment and acknowledging the severity of his issues.

### **Responding to Peers**

Respond to at least two posts by the end of the week.

### **Response 1**

Hi John, your explanation of Peter's stage of change was very clear. I agree that he is in the precontemplation stage. Do you think involving his family in the treatment process could help him progress to the next stage? Family support can sometimes be a catalyst for change.

**Response 2**

Hi Ann, I appreciate your thorough analysis of Peter's co-occurring disorders. Your identification of his mood disorder is spot on. Have you considered how motivational interviewing could complement CBT in helping Peter move from precontemplation to contemplation? This approach might help him start recognizing the need for change.