

Case Presentation



Hope Charles
Liberty University



Demographic Information

Bio-Psycho-Social-Spiritual History

Jennifer is a 29-year-old Black American female

She has been in a committed relationship for the past year.

She works as a nurse's assistant and is in school obtaining her nursing degree.

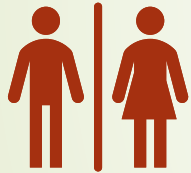
She is Christian and welcomes the use of her faith in session.

She has a strong social circle, but is the reported “fixer” of the group.

She pressures herself with a timeline to get married and have kids by early 30s.

Multicultural: We come from varying generational populations.

Presenting Concerns/Problems



Support in setting boundaries in professional and personal settings.



Learning effective communication.



Understanding triggers for her anxiousness.



Client presented well dressed and well spoken in her right frame of mind.

Assessment Review/Conceptualization

At the root, she has a fear of abandonment that she learned as a child. It shows up in her thinking she has to do and be all for loved ones or they'll leave and in her belief that she can only depend on herself

Client's bio/psycho/social/spiritual factors: When the client feels her work or personal relationships are being threatened, she resorts to lashing out as a safety mechanism.

Barriers factors to treatment: Lashing out; Superwoman mentality; unrealistic expectations of self and others

Protective factors to treatment: Goal oriented; strong support system; strong therapeutic relationship
Assessments: Beck Anxiety Inventory



Diagnosis

- F41.1 Generalized Anxiety Disorder
- Z62.898 Child Affected by Parental Relationship Distress



Theoretical/Treatment Conceptualization

01

PERSON-
CENTERED
THERAPY

02

GESTALT
THERAPY

03

NARRATIVE
THERAPY

Treatment Plan



Identify past traumas impacting her current relational state.



Establish boundaries within work and personal relationships.



Identify and reduce the triggers impacting her anxiety.



Interventions: Bibliotherapy; Journaling; Psychoeducation; Mindfulness; Role-Play

Spiritual Integration



Stay within the confines
of her comfort level



Based off the ACA Code
of ethics I do not impose
my own belief system
into session



May the God of hope fill
you with all joy and
peace as you trust in
him, so that you may
overflow with hope by
the power of the Holy
Spirit. Romans 15:13

References

- American Counseling Association. (2014). 2014 ACA code of ethics. <https://www.counseling.org/resources/ethics>
- King James Bible. (2017). King James Bible Online. <https://www.kingjamesbibleonline.org/>
- Jongsma, A., Peterson, L. & Bruce, T. (2014). *The Complete Adult Psychotherapy Treatment Planner*, (5th ed). Wiley.