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Student in GCN 601 Principles & Methods of Counseling

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Intake Report

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Client Name: Fay Stevens
Address: 6 Peconic Blvd
New York, NY 10004
Gender: Female
DOB: 10/8/61
Highest Level of Education: Masters
Current Employment Status: Employed
Current Marital Status: Married

Examiner's Name: Debbie Abrahamsen
Supervisor's Name: Deanna Kwan, Ph.D.
Date of Interview: April 7, 2019
Date Report Written: April 15, 2019
Date Report Submitted: April 16, 2019

Description of Client/Behavioral Observations:

Fay is a 31 year old black female. She has been married for 15 years and is the mother to three children, two boys and a girl. When sharing that she was married she let out a sigh. Fay received her Masters degree in divinity from New Brunswick a few years ago. She works full time at an insurance agency and her church. She was well put together and very easy to speak with. Fay spoke clearly and thoughtfully and was fully engaged in our conversation.

Presenting Problem:

Fay shared that she came in for counseling because of the poor relationship with her husband. They do not spend much time together and are essentially living separate lives while still living in the same household. This has caused her to be angry and in her words, "I am the loneliest married woman I know". This tension has affected her children whose relationship with their father has become distant and strained over the last few years.

History of the Illness and Other Relevant History:

Fay is the middle child, she has two brothers. Her parents divorced when she was a teenager because of her father's alcoholism. Due to this her mom often worked two jobs to help support the family. Fay took on the role of mediator to keep her brothers in good relationship with each other. Fay would get angry at her mother for staying with her father for so long. Her mom has since remarried and she has little contact with her father. She still is angry with him for abandoning the family. She recalled a memory of him being gone for days but no one went to look for him. He was seen walking out of the woods after blacking out from drinking, four days later.

Fay had a close relationship with her grandmother who was the one who brought her to church. When Fay was a teenager she lived with her for a while and it was during that time Fay came to realize that her grandmother suffered from mental illness. She witnessed her "talking crazy" and tried to attack Fay. Her grandmother was put into a psych ward until her medication was stabilized. Fay and her grandmother never spoke about the incident and Fay understood that it was her illness that made her react the way she did. When her grandmother died Fay asked to have her Bible. Her aunt declined that request and buried the Bible with her grandmother, this hurt Fay deeply.

Fay and her husband have been going to different churches for 5 years this is when the strife worsened. Fay shared that she feels abandoned and that her husband puts the church before the family. She stated that she is angry and resents him for leaving her alone to do everything, she feels like she is the father and mother. If he is not at the church he is working. She could not remember the last time they did anything together as a family. He is home during holidays but is

not “present”. She does not see him as the spiritual head of the home and says they are both alpha personalities. She stated often that she does not want to be a “doormat”. When sharing about her husband she realized that she compares him to her dad and maybe expects too much from him.

Her children have no relationship with their dad; they feel he puts the church first. Fay feels this has caused them to walk away from the church and having a relationship with God. Her daughter has a hard time understand the change as Fay stated, “She was daddy’s little girl”.

Fay drinks socially, only wine, no hard liquor. She feels her one son struggles with alcohol use. She has spoken to him about it but he denies he has a problem. Fay also sees anger issues in all her children. She relates that to the stress in the home. She has not dealt with times of depression nor has she been on medication. When she asked how she copes with stressful situations she says she shuts down and goes into her room to pray.

Questions asked

What is your name?

What is your address?

Date of birth?

Highest level of education?

What is your marital status?

How long have you been married?

Do you work outside of the home?

What do you do?

Do you have any children?

If so, how many?

What brings you here today?

How long have you both been attending different churches?

What caused you to leave the church you were brought up in?
Tell me about your family growing up?
How old were you when they got divorced?
What was the reason for the divorce?
How many siblings did you have?
Where did you fall in the birth order?
What did your role look like as a middle child?
Sounds like you were carrying the burden for everyone, how did you handle that?
Is there any history of mental illness in your family?
Did you ever speak with her about that incident?
How is your son's relationship with their dad?
How about your daughter?
It sounds like he was more attentive when they were younger. Can you see when the shift happened?
Do you feel your husband believes there is a problem?
What does your husband do for employment?
Can you recall the last time you did something together as a family?
Do you drink alcohol? How much?
Have you spoken to your son about his alcohol consumption? How did he react?
Have you ever suffered from depression?
Have you ever felt like hurting yourself?
Have you noticed changes in your eating or sleeping patterns?
How do you practice self-care?