

## GCN 602.OA- Measurement and Assessment

Summer 2019

## Classmate-Partner Mental Health Interview

**Client's name:** Marie Allen**Date of Interview:** June 24<sup>th</sup>, 2019**Interviewer's name:** Cassia Nelson**Client's Presenting Complaints/Concerns**

The chief complaint of the client is that she has been having bouts of anxiety and insomnia.

**History of Presenting Complaints/Concern**

Marie Allen is a 37 year old Hispanic female who was born in Puerto Rico and currently resides in Queens, with her husband of 5 years and one daughter, age 3. Her husband is a firefighter for New York and she is a homicide detective for the NYPD, where she has been working since 2003. Client is self-referred, seeking therapy for the anxiety and insomnia that she began experiencing due her spouse getting injured on his job- when a piece of the building where the fire that he responded to was, fell on him. After one month at home on disability leave, he was cleared to return to work in two weeks. These anxiety attacks occur at least twice a week, with insomnia taking place at least three times a week. During the anxiety attacks, Marie expresses that she feels as though her heart is beating out of her chest and she can't breathe. They usually occur in the evenings, when she is about to fall asleep. She has yet to experience these episodes while at work, but fears that if she doesn't get help, she soon will. When the

insomnia is experienced, Marie expresses that she is up for at least four hours a night, with no relief from the worrisome thoughts that goes through her mind. Feelings of loss and fear have been brought back to the forefront of her mind, as Marie has suffered from anxiety in the past due to both parents perishing suddenly in the 9/11 World Trade Center attack. She was 19 years old at the time and was entering her second year of undergraduate studies. She sought therapy for depression and anxiety for a period of one year following their death. Therapeutic intervention included Person-Centered therapy and Cognitive/Behavioral methods and was deemed extremely helpful, in giving voice to her feelings by talking to someone and encouraging her to finish college on time. Marie has never been hospitalized psychiatrically and currently denies any feelings of depression and of suicidal or homicidal thoughts or attempts. Marie does not experience crying spells or feelings of hopelessness. Her appetite has decreased over the past month, due to decreased hunger. Marie has to be reminded to “eat something” by her spouse, and when she does, it is usually minimal; a few bites at dinner or coffee in the mornings. Client has lost 7 pounds in the last month and has admitted to decreased energy levels. She has cut back on her exercise routine, which included jogging every morning at sunrise and swimming at the neighborhood Y at least 3x’s a week, where she holds membership. She has not been to that facility for the past two weeks and has not been jogging for the past week. Marie admits to being fearful of losing her husband, when he returns to work, in another possible accident.

### **Alcohol and Substance**

The client does not drink at all, whether it be socially or on special occasions. She tried drinking on her 21<sup>st</sup> birthday and proceeded to get alcohol poisoning. Prior to that time, she never had a drink of any alcohol substance and has not had any since. Client also denies use of any other types of substances, including nicotine, recreational drugs and medications.

**Medical History**

Client, up until the past month, has been in good health, as physical fitness is a necessary part of her job. She was born with asthma, but was never hospitalized for any severe attacks and has never had an incident in which her inhaler wasn't sufficient to handle the situation, which was rare. Marie was born at normal gestation, 39 weeks, and there was no delivery complications. Besides a prescribed inhaler for her asthma, no other medications are being taken. She has had to use her inhaler more frequently, at least 2x a week, as she finds it hard to breathe during her anxiety attacks.

**Family Psychiatric History**

Client maintains that there is no history of mental illness in her family. Throughout her family history, it has been reported that the family was one of good health, both physically and emotionally. Her mother did have a thyroid issue, which developed after Marie's birth, but it was being treated with medication and was under control.

**Academic and Occupational History**

Client spent her formative and adolescent years in Puerto Rico with her parents before moving to Queens, NY at the age of 18 to attend college at John Jay. Marie was a good student and was constantly praised by her teachers for her good grades. Her parents believed that she would get a better collegiate education in the States and arranged for her to live with her Aunt, her mother's sister, while attending university. They remained in Puerto Rico, but came to visit on holidays and her birthday. Marie joined the Cadets after graduating college in 2003 and worked her way up to her current position as a homicide detective. She has been a good worker, with no reported incidents and is esteemed by her fellow peers.

### **Interpersonal and Social History**

Client is an only child, who before her parents died, had an extremely close relationship with them. Their marriage was beautiful, as she puts it, and Marie grew up in a loving home, not witnessing arguments or even a harsh word spoken between the two. Her childhood was peaceful, without traumatic events, with her mother tending to the home as a caring homemaker, while her father served in the U.S. army, retiring as a Veteran. He bought property in Puerto Rico for tourism and that served as a source of income for the family. Her childhood memories included leisurely afternoons at the beach and family gatherings for dinners and special events. Marie admired her father and always wanted to do something in the justice field after seeing how her father valiantly served the US Army. She observed him having much pride in his Puerto Rican heritage and culture and has followed in his footsteps, implementing that in her own life. Her parents encouraged her to study and emphasized that education and being a good person were the most important things in life. The tragic death of her mother, Marisol (45) and Luis (50) in the WTC attack, left Marie financially stable, due to her father's life insurance policy and continued income from the tourism property. Marie's parents were Christian, therefore Marie identifies as Christian. While she believes in God, she does not attend church regularly. Marie has been married to her husband, Jacob (40 years old), for five years. She expresses that they have a good relationship with no history of domestic violence or infidelity. He tries to encourage her that "we are here today and tomorrow is never promised" and that they should enjoy today to the fullest. Their union produced one child, a daughter- Jane Allen- who is 3 years old. Currently, she is developing appropriately, with no concerns. She is cared for by Marie's Aunt, who took Marie on as a daughter after her parent's death, while she is at work.

Marie espouses that her circle is small, with no close friends. She considers her family as her friends and has a close relationship with her Aunt and husband. Marie works well with her co-workers and has acquaintances, but does not consider them friends and is fine with that. She also maintains good communication with her neighbors, in the event should any type of emergency occur.