

Joselouita Joint

Student in GCN 601 OA Principles & Methods of Counseling
Adjunct Professor: Denise Varela, LMHC, LPC, NCC
Masters in Mental Health Counseling Program
Alliance Graduate School of Counseling

2 Washington Street, New York, NY 10004

(646) 378-6000

Intake Report

CONFIDENTIAL

Client Name:	Juan Danilo Diaz	Examiner's Name:	Joselouita Joint
Address:	2 Washington Street New York, NY 10004	Supervisor's Name:	Denise Varela, LMHC, LPC, NCC
Gender:	Male	Date of Interview:	04/16/2020
DOB:	February 16, 1990	Date Report Written:	04/20/2020
Highest Level of Education:	Bachelor's degree	Date Report Submitted:	04/23/2020
Current Employment Status:	Employed		
Current Marital Status:	Single		

Referral and Purpose of Evaluation:

Danilo Diaz presented to Nyack Counseling Center to be evaluated, mentally, for concerns related to sleep disturbances and past family trauma. Moreover, he provided a referral letter and a signed release form from his former therapist, Dr. Donatella, at Loving Caring and Sharing, to obtain access to his past medical and psychiatric information.

Description of Client/Behavioral Observations:

Before the commencement of the intake evaluation, he was provided an informed consent document, which contains informative components of the evaluation and disclosure information. Besides, regarding disclosure, he was explicitly informed by this examiner that disclosure related to child abuse, the elderly, homicidal, and suicidal ideations will be reported or released to appropriate parties without his consent. Aside from these mandatory disclosure factors, he was explained that all other disclosed information during the intake interview will be retained from external exposure, hence, confidential.

Danilo Diaz is a 30-year old Dominican American, Latino, male. He is currently single. He reported that he is the only child of the Dominican Republic born parents. Currently, he resides, independently, in a 1-bedroom apartment in New York City. He stated that he was previously residing with his mother but started to live autonomously 7 years ago after he graduated from college. Currently, he is employed at Green Apple bank as a project manager. Currently, his mother is the sole family support that he relies on. Regarding friendship, he reported that he has a few friends that he hangs out with, however, he has not communicated with them in the past

month. He indicated that he embraced a healthy eating habit and has not experienced any substantial weight loss or gain in the past 6 months.

Mr. Diaz presented to Nyack Counseling Center immaculately dressed in a black winter jacket, gray long sleeve shirt, blue khaki pants, and black sneakers. He was decently dressed for the weather. He appeared younger than his stated age. He was supremely relaxed and cooperative. He answered enthusiastically all the questions posed (unstructured and open-ended). No abnormality was observed in his gait and posture. Speech volume, speed, and tonality were normal. He maintained proper eye contact with this writer, the interviewer, throughout the intake interview and assessment.

Presenting Problem:

Mr. Diaz reported that traumatic events emerging in his dreams and abusive alcohol consumption catapulted him to seek for professional help. Mr. Diaz stated that he has not been able to sleep properly for the past month due to undesirable recurrent dreams. "In my dream in the past month, I have seen my father consistently chasing me," reported Mr. Diaz. He stated that he had had these same picturesque dreams about his father for the past 10 years, however, they only occur occasionally. In addition to that, for the past month, he stated that after he wakes up from these dreams, he feels terrified, worried, and perspire enormously. As a result, he reported that he frequents a liquor store in the vicinity of his residence every morning to purchase a bottle of Hennessey. According to Mr. Diaz, the daily consumption of Hennessey aids him to be appeased and to sleep undisturbedly in the mornings. Nonetheless, he indicated that the intoxicant (alcohol) effects impede him to sustain his weekly work schedule. Currently, he works every other day as some days he gets extremely inebriated. He reported that his supervisor has recently noticed his condition and conveyed him to seek professional assistance.

Due to the intensity of his disclosure, he was asked if any recent occurrences have contributed to his current mental state. "I was born in an abusive home," he recounts. He stated that his father, an alcoholic, tended to physically assault him following each argument with his mother. "My father has abused my mother verbally for years," he reported. He maintained that the abuse toward his mother never escalated to physical violence. He stated that the abuse ceased after his father abandoned his family 20 years ago. However, he revealed that last month while communicating with his mother via telephone, he haphazardly had a sudden recollection of unwanted events that occurred in his childhood. According to Mr. Diaz, since that night, after he terminates the telephone conversation with his mother, the tormenting dreams have galloped.

History of the Illness and Other Relevant History:

Mr. Diaz reported former psychiatric history. He stated that he attended counseling bi-monthly at the age of 16. He revealed that he was consistently distraught, and this prompted his mother to enroll him in individual therapy. He stated that besides this concern, he was a normal child. He stated that, though not outstanding, he obtained decent academic grades in high school and college. According to Mr. Diaz, he ceased to attend counseling after attending for a year as his mother considered that counseling was no longer needed. He reported that he and his mother are asthmatic. "I do not know anybody in my family who suffers from mental illnesses," he declared.

Mental Status Examination:

Mr. Diaz was judged to be an awesome historian. He intelligibly narrates the concerns that brought him for an evaluation without any speech and language impediments. His remote memory was intact as he placidly and concretely recounts several vital events that transpired in his childhood. His mood was congruent with his affect calm and optimistic, nonetheless not with content (current condition). His judgment, insight, and concentration level were normal. He excels in the memory test that was presented to him. He recited the three items that were orally indicated to him (lamp, table, bed) in the correct order and retrogradely. Moreover, he was aware of the location and date of the intake assessment. He reported concerns with alcohol dependency. He denied current homicidal and suicidal ideations. No psychotic (delusional and hallucinatory) thoughts were detected or reported.

Clinical Formulation:

Danilo Diaz is a 30-year old American male of Dominican descent. He presented to Nyack Counseling Center for intrusive recurring dreams, alcohol, and past trauma concerns. He stated that, for the past month, he has been having intrusive nightmares that affect his behavior and work performance. As a child, Mr. Diaz was a victim of constant physical abuse. His alcoholic father tended to aggressively hit him following every dispute with his mother. Besides that, he used to witness the emotional abuse that his mother received from his father. Followed to these traumatic events, at the age of 16, with his father's absence, he received individual therapy bi-monthly for anger concerns. Though nonviolent, his anger was persistent and uncontrollable. He ceased to attend therapy after a year as his mother believed that additional therapy sessions were no more needed. In his twenties, he had occasional nightmares of his father pursuing him to physically mistreat him. Now as an independent adult, after a telephone call with his mother in which events and individuals in his childhood were mentioned, the intrusive recurring dreams of his father pursuing him with a distortive motive have resurfaced. For the past month, his dreams have been jurisdictions of nightmares. To control the panic and anxiety that he experienced each day following each torturous dream, he took refuge in heavy alcohol consumption, a destructive coping method that aids him to sleep undisturbedly and alleviates his anxiety. This has impacted his work performance and attendance. He was urged by his immediate supervisor to seek for professional help to retain his current employment.

Thus, based on the criteria underpinned in the Diagnostic and Statistical Manual of Mental disorders (DSM5) his symptoms are most likely indicative of Posttraumatic Stress Disorder (PTSD) and other specified anxiety disorder. The client was treated for anger concerns in the past; however, no former psychiatric diagnostic is known. Currently, he denied present thoughts or ruminations to harm himself or others.

Furthermore, based on his symptoms and criteria that he falls under in the DSM5, a tentative plan with a fixed timeframe will be outlined for him to consider or abide by. The plan will be evaluated and reformatted if needed after the plan duration has elapsed (30 days). If judged necessary, in the subsequent sessions, the severity of his psychological symptoms will be

measured, via clinical measurement assessment, such as the Posttraumatic Diagnostic Scale and the Beck Anxiety Inventory (BAI).

DSM-5 Diagnosis:

Based on the information Mr. Diaz provided, according to the DSM5, he falls under the criteria of the following mental illnesses:

- F43.10 Posttraumatic Stress Disorder
- F41.8 Other Specified Anxiety Disorder

Tentative Treatment Plan and Goals:

Though various treatment modalities can aid eliminate or reduced Mr. Diaz’s psychological concerns, however, due to the intensity of his symptoms, cognitive behavior therapy (CBT) is the treatment modality recommended. With the implementation of this treatment plan, the intensive recurrent dreams of the exposed trauma, the erroneous emotions and reactions following each torturous dream (sweating, panicking, worries) and alcohol consumption will be reduced. The CBT sessions will include cognitive restructuring, homework, and relaxation techniques. If needed, antidepressants can be introduced after further evaluation to combat his insomnia. In addition to that, to tackle Mr. Diaz’s alcohol use, psychoeducation, and referral to substance use support group will be implemented in the treatment plan.

Signature and Title:

Joselouita Joint

Joselouita Joint
Mental Health Counselor Trainee
Date: 4/20/2020

Denise Varela Denise Varela, LMHC, LPC, NCC
Supervisor

Appendix:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: Dsm-5*. Arlington, VA.

Cormier, L. S., Nurius, P., & Osborn, C. J. (2017). *Interviewing and change strategies for helpers* (8th ed.). Boston, MA: Cengage Learning.

Sheperis, C., Drummond, R. J., & Jones, K. D. (2020). *Assessment procedures for counselors and helping professionals* (9th ed.). Hoboken, NJ: Pearson.