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SWK 731: Cognitive Behavioral Therapy

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Assignment 1: Develop a Case Example

I. Case History

A. Identifying Information: Jackie is a seventy year old African American widowed woman.

B. Chief Complaint: Jackie has been prescribed medication for depression and anxiety.

C. History of Present Illness: A few months after Jackie's husband passed away, she experienced trouble sleeping and gradually became withdrawn. Now, she is taking medication for depression and anxiety.

At intake Jackie's symptoms included the following:

- Emotional symptoms: mood swings, anxiety, sadness, loneliness, anger
- Cognitive symptoms: forgetfulness, possible memory loss, negative self-image
- Behavioral symptoms: withdrawn from friends, can become clingy and gravitate to strangers, lack of motivation
- Physiological symptoms: very tired, confused, loopy/drowsy often, overeats, trouble sleeping

D. Psychiatric History: Jackie has no prior psychiatric history.

- E. Personal and Social History: Jackie is the oldest of six children. She is also a widower, mother of two and grandmother of four. A few months after the death of Jackie's husband, she began taking sleeping pills due to restlessness at night. As time went on, Jackie began to take the sleeping pills more frequently. During this time, Jackie has also stopped communicating with friends and family. Recently, Jackie began taking additional medication for depression and anxiety in addition to the sleeping pills.
- F. Medical History: Jackie has been diagnosed with glaucoma and high blood pressure.
- G. Mental Status Check: Jackie seemed to be present physically but not always mentally. She occasionally became sad.
- H. DSM Diagnoses: Jackie seems to have Major Depressive Disorder