

DESCRIBING THE CLIENT & PROBLEM

Client Background and Problem(s)

Describe the client background in general terms (e.g., ethnicity, age, gender, family background). Define and describe the client problem of interest in general terms. For instance, what brings the client to treatment (e.g., drug abuse, marital problems, & mental health issues). This should include a discussion of the client problem's epidemiology (prevalence) and its etiology (causes), based on a review of the literature.

The client Nicholas B. is a 60-year-old single male who was born in the Ivory Coast, a country located in the south coast of West Africa. Nicholas has early memories of he and his siblings being raised by his grandmother, but he has no memories of his mother or father. Nicholas is the middle child of a sibling set of three. He has a sister who is 6 years older than he is and a brother who is 2 years younger than him. He migrated to the US in his early twenties and currently resides in Manhattan. The client prefers to go by his nickname, Niko, and will be referred to as such for the duration of this study.

Niko has a daughter, a son, and a granddaughter. He describes his relationships with both of his children as tumultuous and hopes to see them improve. Neither his daughter nor son remain in contact with Niko, and when the children are in contact with him an argument often ensues. When the client was asked what he believes the challenges in these relationships are attributed to, he responded "*I don't know, they just don't like me*". The client and I further explored his relationship with his children by discussing his involvement in their upbringing. Niko explained that he and his children's mother fought often when their children were young. His presence in the home was inconsistent. He would leave for long periods of time, usually returning to the home for holidays and special occasions. The client hopes to improve his

relationship with his children by increasing the number of instances they are able to have positive interactions.

Niko also belongs to a men’s group at his church. When asked about his men’s group Niko sighed and explained “I do not know if I will keep going because many of the men do not like me”. When asked why he believes the men do not like him described beliefs that the men talk about him behind his back and that the group leaders have favorites – persons in the group that they prefer over others. In the same conversation, Niko shared that the leader of his men’s group invited him and other men to an outing with the intentions that they would all have an opportunity to know one another better.

The client has come into the agency today to receive support. Two specific challenges will be addressed with this client. The first being Cognitive Distortions and the second being feelings of isolation as a result of the distorted thinking. When Niko was asked how prevalent the feelings of loneliness are, he noted that he feels lonely on most days. Niko describes feeling lonely when discussing the service professionals on his case, his familial relationships, and his relationships with the men in his church’s small group. He uses language like nobody cares about me, there is no one here who really wants to help me, I am alone.

In the Journal of Evidence-Based Psychotherapies, the authors convey that “cognitive distortions are substitutional factors leading to the development and continuance of behavioral and emotional problems. CBT suggests that problems are not determined by external reality itself, but instead by the maladaptive interpretation superimposed upon it (Beck, 1988). The maladaptive cognition of individuals can be about the self or the world at-large. Moreover, maladaptive cognition about the world can be in relation to generalized or specific events” (Kuzucu, Erturk, Simsek, and Gokdas). In the case of this client his rehearsed maladaptive thoughts, that nobody likes him or cares about his wellness, have fostered the client’s feelings in loneliness.

<i>Problem</i>	<i>Problem Description</i>
Cognitive Distortions	The client has demonstrated some cognitive

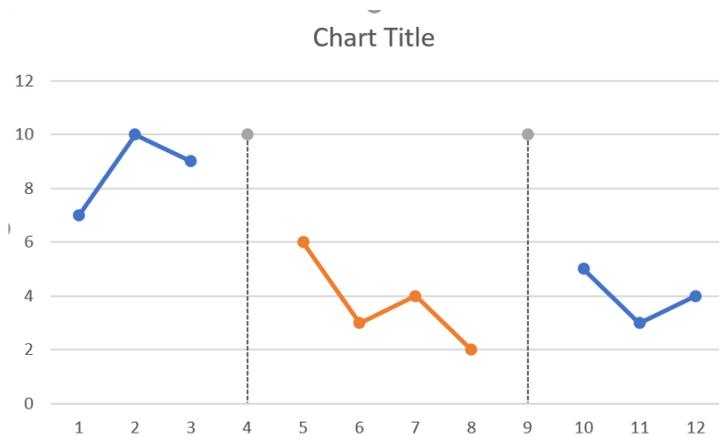
	distortions in his description of how friends, helping professionals, and loved ones view him. I expect that as Niko and I have built a repour we will be able to look at this more closely.
Loneliness	The client describes feeling lonely even when with other persons in his social group. He does not always feel wanted in those settings, but feels as though he is being tolerated.

Client Intervention(s)

Define and describe at least one intervention to deal with the client’s problem(s). This should include a review of the theoretical, empirical, and clinical literature. Focus on the evidence-based literature and find an intervention that could help you alleviate at least one of the client’s problems. For instance, if your client is struggling with depression then use an intervention from the literature that has been shown to help this particular type of client (e.g., cognitive-behavioral therapy). Also include information about treating this problem that is based on your own practice wisdom. For example, what interventions are used at your field placement or place of employment for this type of client or what types of interventions have you used in the past? Make sure to **fully discuss** the intervention components.

The authors of Evidence-Based Psychotherapies explain “cognitive distortions that a lonely person possesses are perceived as the fundamental reason for their experience of loneliness (Burns, 1985). In line with this theory, a lonely person more often perceives both themselves and others around them more negatively than a non-lonely person does” (Kuzucu, Erturk, Simsek, and Gokdas). The goal for Niko’s intervention is to reduce the number of instances that he feels lonely due to cognitive distortions. The client will be provided with psychoeducation to increase his awareness and understanding of what cognitive distortions are. He will also be provided with a though record. With the use of the though record the evaluator will be able to assess the client’s response to the treatment. An A-B-A Single Subject research design will be employed to assess the interventions effects on the clients reported experiences with feelings on loneliness. The A-B-A Single Subject Design was selected because this design will permit the evaluator to observe the instances before the intervention is employed, the instances with the

intervention, and the number of instances post treatment. The information communicated with the research is intended to communicate just how effective the intervention is in decreasing the client's experiences with the negative emotion. Niko's baseline reflects his first three week's meeting with his counselor during which time no treatment was implemented. The intervention was employed for four weeks, then withdrawn for three to observe its effects on the client.



Intervention Hypothesis

State your intervention hypothesis; that is, based on the forgoing discussion, state the effect of the independent variable on the dependent variable. Remember, the independent variable is the type of intervention that will be used and the dependent variable is the client problem). For instance, Sally is struggling with depression and a social worker plans to use cognitive-behavioral therapy (CBT) to help Sally alleviate her depressive symptoms. Below is an example of an intervention hypothesis:

“Receiving 8 weeks of CBT will reduce Sally’s Beck Depression Inventory (BDI) score by 25 points”

CLIENT PROBLEMS, GOALS, OBJECTIVES, & INTERVENTIONS

(Bloom, Fischer, & Orme Textbook, chapter 3)

List and briefly describe all of the client's problem areas (see writer's 3 examples below). Within each selected problem area, specify the target problems to be addressed by the intervention (target problems should be very specific). Next, state the intervention goal. The goal should be stated in a general sense and should be directly related to the selected problem area. Next, within the intervention goal, specify the intervention objectives. Intervention objectives should be very specific and measurable. Describe the specific intervention that will be used for each goal and objective. The specific intervention(s) is to be based on the intervention described above. **Your final paper should have at least 2 problem areas.**

PROBLEM AREAS AND TARGET PROBLEMS	CLIENT GOALS	CLIENT OBJECTIVES	INTERVENTIONS
Example 1 Physical Abuse (struck girlfriend with open hand)	Reduce physical abuse	Client will attend a domestic violence group 1x a week for 12 weeks.	Domestic Violence Group
Example 2 Alcohol Abuse (has gotten drunk every night; anger outburst due to drinking)	Eliminate alcohol use	Client will attend AA meetings 2x a week for 12 weeks	Alcoholics Anonymous Meetings (AA)
Example 3 Anger (he threw girlfriend's cell phone against the wall; hitting doors; kicked girlfriend's car 2x)	Eliminate aggression toward ex-girlfriend	Client will receive 45 minutes of a CBT intervention for 12 weeks	Cognitive-Behavioral Therapy (CBT)
Client Problem Area #1			
Client Problem Area #2			
Client Problem Area #3			

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References

COGNITIVE DISTORTIONS AND PROBLEMATIC INTERNET USE CONNECTION: EXAMINING
THE MEDIATOR ROLES OF LONELINESS AND SOCIAL ANXIETY BY PARTIALLYING OUT
THE EFFECTS OF SOCIAL DESIRABILITY