

Michelle Kuhn

Student in GCN 601 NLS Principles & Methods of Counseling Livestream
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Intake Report

CONFIDENTIAL

Client Name:	Analee Smith	Supervisor's Name:	Denise Varela, LMHC, LPC, NCC
Address:	2 Washington Street New York, NY 10004	Date of Interview:	10/11/2020
Gender:	Female	Date Report Written:	10/12/2020
DOB:	June 27, 1996	Date Report Submitted:	10/12/2020
Highest Level of Education:	Bachelor's		
Current Employment Status:	Employed		
Current Marital Status:	Single		
Examiner's Name:	Michelle Kuhn		

Referral and Purpose of Evaluation:

This client was referred to counseling through a recommendation from her partner and close friends.

Description of Client/Behavioral Observations:

The client is a 24-year-old female, identifying as Guatemalan and Italian. She is a first-generation immigrant on her mother's side. She has a boyfriend of two years and works in organizational matters in her company on Wall Street while pursuing a Master's degree in business. She lives with another female friend in the Bronx. Her parents remain married, and she is the second-oldest of three brothers. She was dressed in an appropriately casual manner and was well-groomed. She was twisting in her chair and fidgeting throughout the interview but maintained strong eye contact. She came across as slightly nervous, but was friendly, smiling, and laughing frequently.

Presenting Problem:

The client is presenting with difficulty around shame and perfectionism, which are obstacles to the intimacy and vulnerability of her relationships. The client does not describe her current state as depressed, and is not impaired in her work, but describes impairment in her interpersonal relationships. The client reports feeling she is stuck in her intimate relationships due to her difficulty with opening up or admitting she is wrong or has weaknesses. The client's affect was anxious as she reported moderate distress when in deeper conversations with close friends, family, and her partner. She experiences mild distress in relation to building and maintaining

close relationships. The client is not undergoing treatment for any medical illnesses or taking any medications.

History of the Illness and Other Relevant History:

The client explained wanting to gain insight into these interpersonal issues she is facing, which she feels have become more prominent in the last two years. Client described periods of depressed state during those years, which corresponded to adjustments in her life, such as moving and starting a new job. The client is both working and attending school from home during the pandemic, which is isolating her further from some relationships she was having difficulty maintaining and deepening. She does not remember feeling shame and perfectionism as strongly in the past, though reports her personality structure is more goal-driven and achievement-oriented. The client was raised in suburban Missouri, in a mostly white and upper-middle-class neighborhood. The client moved to Tulsa, Oklahoma for college and then the Bronx, NY. The client displays some disjointed identity around race and ethnicity, being in mostly white spaces until now, but not being able to speak Spanish in mostly Lantinx community results in feeling out of place. Protective factors include family (two brothers) in close proximity and involvement in a local church. Leisure activities include rock-climbing, biking, and time on social media. No psychiatric illness or substance abuse reported in the client or the client's family.

Mental Status Examination:

The client was oriented to person, place, and time during the interview. Her thoughts were organized, though her body language revealed anxiety through turning her chair, and fidgeting. Her overall affect was euthymic, alert, and oriented, reporting a stable mood. She displayed average insight into her mental health struggles and organized thought patterns. The client seemed to exceed average intelligence, with high executive functioning. No use or abuse of substances were reported. Strengths include stable employment and living arrangement, family support in close proximity, and involvement in the local church.

Clinical Formulation:

Current case data points to difficulties in relationships due to roles and rules in her family of origin, as well as possible childhood trauma or avoidant attachment style. Confusion around ethnic and racial identity should also be further explored. The client is high-achieving and motivated in work and career, but experiences behavioral symptoms of anxiety and shame around maintaining or creating close emotional bonds. These symptoms do not meet the criteria or another disorder or represent normal bereavement. The stressors persist, especially as she navigates her first serious romantic relationship.

DSM-5 Diagnosis:

- F43.22 Adjustment Disorder with anxiety

Tentative Treatment Plan and Goals:

The client will begin weekly therapeutic interventions in order to gain insight into her role in her family of origin, as well as larger cultural systems and how that might be affecting her interpersonal relationships, and specifically the ability to be vulnerable and emotionally intimate. Treatment will begin with mapping concerns using Lazarus's (1989) inner circle strategy and then move on to interventions such as an ecomap to assess and define the client's relationship to systems like family, groups, and organizations (Seabury et.al, 2011), and genogram (Ivey et al., 2014). Goals will include decreased anxiety and distress during interpersonal conflict and

increased emotional vocabulary and intimacy, due to more insight and self-understanding. Short-term goals include attempting vulnerable conversation with her partner or friend at least once in between sessions and reporting the levels of distress on a scale of 1-10. The goal would be to see these numbers improve as insight is gained through the course of therapy. At the end of 10 sessions, the clinician will assess whether the client would further benefit from group therapy to gain interpersonal skills (Yalom, 2005).

Signature and Title:

Michelle Kuhn

Date: *10/12/2020*

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Appendix:

Ivey, A.E., Ivey, M.B., & Zalaquett, C.P. (2014). *Intentional interviewing and counseling* (8th ed.). Belmont, CA; Cengage Learning.

Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. New York: Springer.

Seabury, B.A., Seabury, B. & Garvin, C.D. (2011). *Foundations of interpersonal practice in social work*. Thousand Oaks, CA: Sage.

Segal, D. (1998). Writing up the intake interview. In M. Herson, & V. B. Van Hasselt (Eds.), *Basic interviewing: A practical guide for counselors and clinicians* (pp.129-150). USA: Lawrence Erlbaum Associates.

Yalom, I. D., with Leszcz, M. (2005). *The Theory and Practice of Group Psychotherapy* (5th ed.)
New York: Basic Books.

