

Intake Interview Report

Kimberly Jean-Baptiste

GCN 601 Principle & Methods of Counseling

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Student in GCN 601 NLS Principle & Methods of Counseling Livestream

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: Naimah Mclaughlin Supervisor's Name: Denise Varela, LMHC, LPC, NCC

Address: 114-24 167th street Jamaica, NY, 11434 Date of Interview: 10/10/2020

Gender: Female

Date Report Written: 10/12/2020

DOB: 05/13/2020

Date Report Submitted: 10/14/2020

Highest Level of Education: Bachelors

Current Employment Status: Sales Representative

Current Marital Status: Engaged

Examiner's Name: Kimberly Jean-Baptiste

Referral and Purpose of Evaluation:

Mclaughlin was referred by a close friend of her family, Rashelle Williams. Williams notice Mclaughlin's change mood in a short period. She witnessed Naimah assaulting her fiancé over a misunderstanding. She suggests Mclaughlin should talk to someone about her struggling mood swings and anger.

Description of Client/Behavioral Observations:

Naimah Mclaughlin is a 22 year old African American female. Mclaughlin is a US citizen born and raised in Queens, New York. In her last year of studying, Mclaughlin is a registered nurse and engaged to her boyfriend, Christopher. Mclaughlin is the firstborn of 5 siblings. Her family is of African American descent. She lives with her mother, two brothers, grandmother, aunt, cousin, and uncle. The client's presentation during the interview was appropriately comfortable and bright. She wore a pull-on black jockers, a white crew-neck t-shirt with a long sleeve light pink sweater, and black loafers. The client's grooming was neat and orderly. Her mannerisms were mere casual with direct eye contact. Mclaughlin's friend Rashelle stated the client to be erratic in the presence of her family and friends.

Presenting Problems:

Naimah is second-guessing her engagement with her boyfriend. The client assaulted her boyfriend due to the assumptions she had about the fiancé Christopher. Christopher could not answer her calls and messages because he was taking care of his sick mother. Naimah was angry and left violent messages on the fiance's phone. The client later went to the fiance's house and made a scene demanding answers from the fiancé. The fiancé became angry, and Naimah assaulted the fiancé. They have not spoken since the incident occurred. The client struggle with her anger towards her father. Any man who is significant in her life she does not trust them. The client is often angry towards men. She feels irritated about her living conditions with her family.

History of the Illness:

Naimah is diagnosed with anxiety, depression, and intermittent explosive disorder. When she isolates herself, the client tends to start thinking about her past, what is bothering her at the moment, and the impulsive decisions she made. The client lives in an aggressive environment with her mother and brothers. She argues with her uncle and grandmother about the ill-treatment towards her mother and brothers. Usually, this triggers the episodes of IED when she feels she is being attacked physically and verbally. The episode will last up to 15-30minutes depending on the person and the reason. Naimah described her reaction towards the episode as attitude, irritation, fear, anger, and aggressive outbursts. She blames her father for all of the hardships she is going through.

These episodes started at the age of 12 years old. Now that Mclaughlin is older, the attacks are less frequent but more intense. Mclaughlin lives with her mother and two brothers in the basement of her grandmother's house. She consistently argues with her aunt and uncle about living arrangements and expenses. The client has seen a previous psychiatrist who prescribed her Zoloft to help calm her down. Mclaughlin currently works at Burlington Factory in the loss prevention department. She has been working since she was 19 years old and had good work ethics. The client can function normally at work when she takes her medicine on the days she feels low of herself. Mclaughlin does smoke or drinks alcohol. She has a close relationship with her mother and two brothers, but her relationship with her father is distant. The client's father resides in Atlanta, Georgia, with his family. Mclaughlin's father verbally abuses her and does not support her family in New York. The mother helps the client when she can. Mclaughlin's grandmother has panic attacks and anxiety when she is overwhelmed in challenging situations. Usually, she takes deep breaths and tries to clear her mind so that she can calm down. The client's family is Christian but have not been to church in over a few months.

Mental Status Examination:

During the interview, the client seemed shy when a question was asked; she looked down at the floor before giving a response. Her body language says she is uncomfortable and but she is approachable. The client spoke when it was necessary, not giving away her genuine emotions. Living in her grandmother's house is a stressor. She believes the environment is toxic for her health. Mclaughlin's speech and thoughts are coherent. The insight that was given about her anger and depressive state is clear and understandable. Most of her strength comes from going to school, her fiancé, and her mother. They drive her to stay focused and positive about her life attributes. The client state she will pray and talk to God more about her struggles. She will start attending church again.

Clinical Formulation:

Naimah Mclaughlin has a recurrent behavior in aggressive impulses such as verbal arguments, fights, and outburst. Suggestively the client may have a mild mood disorder that supports her diagnosis due to her depressive disorder. Clients consistently isolate themselves and feel sad. The client has poor appetite due to weight gain, and she does not sleep properly. Mclaughlin struggle with feelings of worthlessness due to issues with her father and family. According to the DSM-5, the client is diagnosed with Intermittent Explosive Disorder (Criterion A2) and Major Depressive Disorder (Criterion A).

DSM-5 Diagnosis:

- F63.81 Intermittent Explosive Disorder
- F32.1 Major Depressive Disorder, Single Episode (Moderate)

References

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

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