

Monique Newton

Student in GCN 601 NLS Principles & Methods of Counseling Livestream

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Masters in Mental Health Counseling Program

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Intake Report

CONFIDENTIAL

Client Name: Sharms Henry

Supervisor's Name: Denise Varela . LMHC

Address: 123 Henry Street

LPC, NCC

Hudson, NJ 12345

Date of Interview: 10/14/2020

Gender: Female

Date of Report Written: 10/18/2020

DOB: 12/25/1968

Date Report Submitted: 10/20/2020

Highest Level of Education: Some college

Current Employment Status: Employed Full time

Current Marital Status: Married

Examiners Name: Monique Newton

Referral and Purpose of Evaluation:

Sharms Henry was referred by a mutual friend. There was a request made for assistance in finding a client for an academic project. The client reported that she was interested in being of assistance and was looking to have a conversation to vent.

Description of Client/Behavioral Observations:

Charms Henry is a 51-year-old black female who is of Jamaican descent. She is currently married but separated maintaining her own residence. She has 3 children, 2 from the marriage and currently resides with her 10-year-old daughter. Her husband has an additional four children from previous relationships. She has been married for 20 years and assisted with rearing of those older children. She was born in Jamaica and immigrated to the Unites States 10 years ago. She was professionally trained in Jamaica as a seamstress. She continued her education when she

came to the United States. She is currently working as an LPN at a skilled nursing facility. Mrs. Henry has been a devout Seventh Day Adventist since her childhood. Mrs. Henry identifies as a heterosexual female. Mrs. Henry reported that she does not use any recreational or prescription medications. She does not use tobacco products and usually only drinks wine in social settings. She stated that she has never used substances.

Mrs. Henry is of average height and weight. She has a very short hairstyle and was observed as well groomed. She was comfortably dressed in a sweat suit, with matching sneakers and simple accenting jewelry. Mrs. Henry speaks with a distinct Jamaican accent at a slow deliberate pace. She maintains eye contact intermittently. When speaking about situations that appeared to pose difficulty, she diverts her gaze upwards toward the ceiling. She also requests to stand and walk throughout the interview. She reported that she is more comfortable speaking while in constant motion.

Presenting Problem:

Ms. Henry said that she has always “fretted” but now spends more time worrying. She is concerned about her finances, her parenting ability, and her future stability. She stated that this worrying has impacted her sleep patterns. She stated that she has found that she has difficulty enjoying her time away from work. She frequently feels exhausted and disinterested. She has been distracted at work and her mind goes blank at times. She sits and thinks about her future and her ability to ensure her daughters safety. When she arrives home from work, she feels contaminated. She is overly concerned about whether she will have the money necessary to pay her monthly bills. She has always had these concerns, but in June her sleep patterns changed, and she found herself overly preoccupied with this “worry.” She finds that she needs to read or watch television to fall asleep. Some nights she drinks glass of wine, but sometimes nothing works. She currently has an irregular sleep pattern which has caused her to be lethargic and unpleasant at times. She alternates between feelings of anxiousness and fatigue consistently. She has tried keeping a journal and drinking special teas at night to help her sleep. She had also committed to attending church services online. She completes her Sabbath School lesson to keep herself encouraged. She reports that studying the promises of God assist in helping to soothe her fears. Mrs. Henry’s obtained prescription sleeping pills in June from an online medical service. She discontinued the pills after a few days. She complained of feeling lethargic and tired after using them. Mrs. Henry complained of muscle pain that began during her diagnosis with Covid-19 . She further reports difficulty concentrating which has been a hinderance at work. Her lack of concentration has also impacted her ability to assist her daughter with her academic tasks.

History of Illness and Other Relevant History:

Mrs. Henry was found was laid off March 2020 during the pandemic which allowed her to adjust her schedule. She was able to switch to begin home-schooling her daughter. She began her current job in May and tested positive for Covid-19 that month. She had a difficult time during recovery and was concerned for her daughter’s safety while she was infected. She recovered and return to work in June. She felt compelled to return to work due to financial constraints. When

she returned to work, she noticed that her concerns were intensified. The nursing facility experienced patient deaths and she was also aware of many people expiring in her personal life from Covid-19. She reported that she is always acutely aware of her ongoing risk of exposure. When arrives home and removes her work clothes she begins to feel anxious. She stated that when she prepares for sleep, she finds that she continues to ruminate about her day at work. When she looks at her mail and reviews her bills, she feels anxious and may avoid opening mail. she needs to work overtime to earn extra money but has body aches as a lasting impact from Covid-19.

Mrs. Henry reported that she was reared in Jamaica by her grandmother in a very structured, religious household. As a child she was quiet and obedient and was able to find comfort in her religious beliefs. She is the middle child but was not raised with her other siblings. She reported no history of mental illness but was in a horrible car accident as a child which left her with physical scars. She stated that overcoming difficulty and recovery during that time strengthened her trust in God. She believes that God protected her during that time, and this is when she formed her own relationship with God. She reported that she married her husband in Jamaica, but they have always had a tumultuous relationship. They were living apart for years as he migrated to the United States and she stayed behind. She stated that she supported herself financially during this time quite effectively. She decided to migrate to America because of her religious beliefs and wanting to honor her marriage vows. She came to the United States, her last child was born, and eventually, she left her husband again. She describes her husband as insensitive, unsupportive, selfish, and abusive. Mr. Henry reported that aside from her husband she has a close relationship with her family. She reported that she feels supported by her siblings and has made friends that are helpful. Mrs. Henry reported that she has no mental or physical disabilities. She is not aware of a family history of mental illness.

Mental Status Examination:

Mrs. Henry stood and paced during the interview at twice. When she spoke about the car accident during her childhood, and separation from her husband she was visibly unnerved. She explained that she needed to move to calm herself. She stated that when she was uncomfortable, she found that pacing was helpful. Mrs. Henry had a collection of receipts in her pocketbook and reported that she had started collecting them to assist her in financial accountability. Mrs. Henry was appropriately oriented to time and place. She presented as a person with above average intelligence. She spoke about enriching her daughter academic curriculum since home schooling was required. She spoke about preparing academic tasks for her daughter. Mrs. Henry did not appear to have any deficits in memory or concentration. She reported that she was neither suicidal nor homicidal. Mrs. Henry thoughts and narrative appeared appropriate. Her speech was slow and deliberate throughout the interview. She spoke about her current concerns and how they have impacted her quality of life with introspection. She reported that she knew her lack of sleep was interfering with her ability to enjoy her life. She reported that she knew that she spent more time worrying after work then resting. She knows her daughter is happy, but she feels guilty for separating the household. She worries about the impact of her not remaining in the

home with her father. Mrs. Henry strengths includes her insight, self-esteem, religious beliefs and social support and current efforts to manage the difficulties she is experiencing. Mrs. Henry reported that she prays aloud because she feels empowered when she speaks to God. She keeps a journal to documents her victories. She reads her bible and does her Sabbath school lesson daily to remain encouraged.

Clinical Formulation:

Sharms Henry is most likely experiencing Generalized Anxiety Disorder. Mrs. Henry has not been experiencing these symptoms for six months, but they appear consistent and ongoing. She has had marked difficulty in sleeping and concentration. She has reported that she has difficulty failing asleep and remaining asleep throughout the night. The use of prescription sleep aids has been unsuccessful. She reports that she experiences feelings of worry more days than not. This has impacted her work performance and quality of life. Mrs. Henry does not have any other medical conditions and underwent a full medical examination after contracting Covid-19. She has ongoing muscle aches and tension which is also a known symptom of Generalized Anxiety Disorder, but this was alternately attributed to her bout with Covid-19.

Mrs. Henry reports that she has always been a person with heightened concerns and a natural propensity to worry but reported her present condition has intensified and impacted her daily functioning. It is noteworthy that she has separated from her husband within the last year, was laid off and began a new job in May. She contracted Covid-19 at her at work and returned to work shortly thereafter. Due to the nature and location of her employment she is exposed to ongoing health risk and emotional stressors. There is a realistic component to her worry, but she continues to struggle to regulate her anxiety and rest. She is working at a skilled nursing facility and has seen patients expire during this pandemic. Mrs. Henry has reported that she is not using substances currently, nor does she have a history of substance abuse. Mrs. Henry needs to continue to document her symptoms and seek an additional assessment in January 2021. Mrs. Henry reports that she is not a risk to herself or others but there may be some concerns as her lack of rest is impacting her job performance presently.

DSM-5 Diagnosis:

- F41.1 Generalized Anxiety Disorder

Tentative Treatment Plan and Goals:

Mrs. Henry has reported that she has been keeping a journal and will be encouraged to continue. She has been documenting positive occurrences and we discussed gratitude and how many people keep gratitude journals to empower themselves. She stated that she finds it helpful to review positive occurrences and grace during periods of worry. She previously enjoyed documenting her blessings and testify when she attended church. She has been missing her

church congregation but reported that she could participate more with the online platforms. Mrs. Henry was able to support herself while living apart from her husband in Jamaica. She spoke with pride about how she organized her finances. She stated that she has been collecting her receipts to evaluate her spending and formulate a new monthly budget. She will continue to perform organizing tasks and they assist in reducing anxiety. Mrs. Henry now has access to her primary care physician and will inquire about trying an alternate sleep aid. Adjustments can be made in dosing that may also impact effectiveness and assist her in obtaining restorative sleep. In addition to a gratitude journal she will be documenting sleep patterns and her feelings to provide information for her mental health service provider.

Mrs. Henry has agreed to seek counseling to address her ongoing concerns. She had already obtained the information but was not sure why she had not set up her intake. She will seek counseling via a remote platform to allow her to engage regularly without travel or financial hardship. She reports that if she attends counseling via Zoom there is no copay. Cognitive Behavioral Therapy is indicated to assist in replacing her unhelpful distortions. When a person has Generalized Anxiety Disorder intrusive and negative thoughts are consistent and create worry about a future that may never exist. They experience a fusion between their thoughts and what are perceived results. Techniques to assist in a separation of their thoughts and reality maybe helpful (Leahy, 2017). Mrs. Henry can be reminded of her logical thinking and her belief in God as a sense of comfort.

Monique Newton 10/20/2020

Appendix:

American Psychological Association (APA). (2010). *Publication manual of the American psychological Association* (6th ed.). Washington, DC: American Psychological Association. ISBN-13: 978-1433805615

Leahy, R.L. (2017). *Cognitive therapy techniques a practitioner's guide (second edition.)* New York: Guildford Press ISBN-13: 978-1-4625-2822-6