

Treatment Plan

Nyack College, School of Social Work  
SWK 616- Clinical Social Work with Individual

Stecie Petit-Homme

November 30, 2020

## **Treatment Plan**

**Date:** November 30, 2020

### **Demographic**

Christian Grey is a 27 years old, Caucasian man. His sexual orientation is heterosexual. He was born in Detroit, Michigan. He is a college dropout but could start his own business after receiving a loan from a family friend. During the first four years of his life, he was physically and verbally abused by his mother's pimp. His birth mother was a prostitute and a drug addict. At the age of 4, after losing his mother to a drug overdose, the doctor who treated him adopted him. His adoptive parents' names are Trevelyan Grey and Carrick Grey. His adoptive sibling names are Mia Grey and Elliot Grey.

Due to him being in an adopted family, all members of his family were Caucasian. However, they have a different ethnicity; his adoptive father's family is from England. His adoptive mother's family is from France. However, both parents were born in Detroit, Michigan. He and his brother were also born in Detroit, Michigan. His sister was adopted in Seattle, Washington.

### **DSM-5 Diagnostic**

Christian was referred to because he had Post-Traumatic Stress Disorder (PTSD).

### **Consumer strengths**

Christian has many strengths. Even though he cannot be affectionate physically towards his family, he makes up for it by making sure his family lacks nothing. One of his most significant strengths has been attentive to details and can see when something does not look right. He can lead a multi conglomerate business despite his illness. Even though he was diagnosed with PTSD, that did not stop him from achieving his goal, which shows he is

remarkably resilient. Despite his struggles, he is extremely motivated to use his position of power to help others. He can recognize his shortcomings and knows to seek help.

### **Consumers Barriers**

Christian has different barriers. One of the biggest is his views when it comes to love. Because of how he was brought up, he has a misconception of what it is to be loved. Another thing is that even though he has achieved so many things in his life, he still does not see his worth. He believes it to be a burden to his family members or those close to him. He does not believe that he deserved to be loved or show that they care for him; he has a hard time trusting it. His relationship with his family is eccentric. This conclusion is because even though he and his family do not have any physical interaction and respect his limit, they still find different ways to show that they care for one another.

### **Psychosocial Formulation of consumer's situation**

There are no known medical issues from his biological family. He never knew who his father was. His biological mother died of a drug overdose when he was four years old. This incident shows that addiction runs in the family because his mother was a drug addict. Christian expressed that he has been going to therapy his whole life but never sticks to them because he never connected with them. His lack of connection makes him feel weary regarding starting therapy again. Over the years, some behaviors show signs of anxiety and trauma and stress related disorder. He is very fit and works out a lot, which is how he controls the anger issues.

His social circle is tiny. The people that Christian is closed with, to a certain extent, are his family and his sexual abuser. During his teenage years, his mother's best friend abuses him sex Granted, and he does not see the person who sexually abused him during his teenage years as an abuser. Christian sees his abuser as the woman who loves him and saves him during his

teenage years. He expressed that he was out of control, and the woman uses sexual pleasure to control him. Christian views this woman as a best friend and that she saves him from himself. He has a close relationship with his driver. His work is more like acquaintances or people he leads but does not have a close relationship with or bonded with.

## **Problem and Intervention**

### **Problem 1**

1. **Consumer's view of the problem:** He expressed the holder he gets the stronger his anxiety is when it comes to interact physically with others. He tends to have strong negative reaction to touch which can be difficult since he is the leader of an enterprise.
2. **Consumer Goal 1- Client's words (Change that is desired):** Show affection physically towards family and friend.
3. **Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment:** ABC assessment chart will be used for this goal
  - **Objective 1:** Putting people in his environment at ease
    - **Intervention:** With exposure therapy (ET), he will turn to trust family member when it comes to physical touch.
  - **Objective 2:** Learn new skills on how to control his anxious behavior; especially when someone gets into his personal space accidentally.
    - **Intervention:** CBT will help Christian recognized his triggers and uses the right techniques to control his anxiety.
  - **Objective 3:**
    - **Intervention**

## Problem 2

1. **Consumer's view of the problem:** He has also been having a hard time sleeping.
2. **Goal 2 (Consumer's words/change that is desired):** attend therapy because that might help him because he does not want to result in taking medication for sleeping pills
3. **Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment:** PTSD Symptom Scale Interview (PSSI-5)
  - **Objective 1:** To get at least 8 hours of restful night sleep
    - o **Intervention:** CBT will be of help because he can start identifying the reason why his sleep pattern has been off. Like if it happens when he is stress or what the triggers are.
  - **Objective 2:** Learning different ways to reduce the nightmares that is stopping him from getting restful night of sleep.
    - o **Intervention:** Journaling when he wakes up in the middle of the night and talk about them during therapy session
  - **Objective 3:** He will experience fewer nightmare and be able to sleep.
    - o **Intervention:** The last result regarding his sleep pattern is taking medication if therapy sessions and the skills learn does not work and he still have trouble sleeping.

## Problem 3

1. **Consumer view of the problem:** Christian harbor some guilt over his biological mother's death.

2. **Consumer Goal 3- Client's words (Change that is desired):** Be able to move forward and stop feeling responsible for his mother's death., Come to turn with what happened in his childhood
3. **Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment**
  - **Objective 1:** Get understanding on his feelings
    - o **Intervention:** Using Person in Environment (PIE), the information that he wrote in his journal when he talks about it, he will try to see things based on his environment and have a bigger picture of what happened.
  - **Objective 2:** Understand where the guilt is coming from.
    - o **Intervention:** Using CBT, we can on understanding what he is feeling, why he is feeling the way he does and how to move past what he is feeling.
  - **Objective 3:** Accept his feelings and get the source of his anger.
    - o **Intervention:** Participate in anger management session.

**Psychotropic Medications?** That is the last resort is taking medication if his sleeping pattern has not improved. Christian did express that he was interested in medication but after talking to him, he understand that it might be needed in his case.

Do you want your family involved in treatment? **Yes** or No?

**Date of Next Review:** After 2 weeks of starting the intervention

**Termination Criterion and Plan for Termination**

Running Head: TREATMENT PLAN

When Christian meets the goals, he set for himself, we will plan termination. For the final session it will be important for Christian's family to participate and have family session, so they can talk about his progress and how they can best help him move forwards on when some of the symptoms or he is feeling stress and is falling back on hold habits.

**Signature of Therapist: Stecie Petit-Homme    Date: 12/12/20**

**Signature of Supervisor: \_\_\_\_\_    Date: \_\_\_\_\_**