

CASE PRESENTATION FORM

Name Presenter: Hyojung (Esther) Jung **Section:** GCN.792.NLS/NLSB

Date of Presentation: 3/17/2022 Date of First Session: 6/3/2021

Agency Setting: Hospital: inpatient outpatient Rehab
 Church Mental Health Clinic School Shelter
 Social Service Agency Community Center Probation/Legal

DEMOGRAPHICS:

FIRST NAME: MARY YU

Gender: F M Ethnicity: Korean American Primary Language: English

Marital Status: Single # of Children: 0 DOB: 5/25/1971 Age: 51

PRESENTING PROBLEM (What brought the client to seek counseling? What immediate STRESSORS brought the client here? What does the client hope to accomplish through counseling?):

Client is suffering from lack of self-worth and boundaries. Unhealthy behaviors such as drinking and burning out manifests and would like to work on this during counseling.

PSYCHIATRIC HISTORY (List ALL five Axis diagnoses. Has the client received counseling in the past? How long has the client been in counseling? Why did the client enter treatment and why did s/he leave treatment? How long has it been since the last counseling relationship? Is the client on psychotropic meds? Has the client ever attempted suicide?) :

Client received counseling a few times in the past and didn't connect with the therapist. For the first time, the client has been in weekly counseling since June. Client stopped using psychiatric medication early on into therapy and has not attempted suicide.

SPIRITUAL HISTORY (Is the client a believer? What is the client's church background? What is the client's view toward God? In your opinion [please back it up with examples] how has the client's relationship with his/her parents effected his/her view and experience of God, of Jesus and of the person of the Holy Spirit? Is the client open to you working with him/her spiritually? Does the client want you to work with him/her spiritually?) :

Client believes in spirits beyond this world, but doesn't associate with any specific religion.

CULTURAL, FAMILY & SOCIAL HISTORY (What might be the interplay between the client's culture and his/her present situation? Was there any abuse or trauma in the family? How well adjusted is the client to his/her environment? Does the client have sufficient support network? Who are his/her supports? How are the client's interpersonal relationships in general?) :

The extreme version of the Korean American culture (although not the only component that contributed to this) contributed to the client growing up in a very verbally abusive home environment and an immense sense of abandonment as the biological mother left the family. Given this context, client is very high functioning and adjusted to their environment, however still struggles with self-efficacy and appropriate balanced social boundaries in her work and social life.

EGO STRENGTHS AND WEAKNESSES (What are your clients strengths/assets and weaknesses?) :

Client is very high functioning (intelligent) and has done well as an artist in NYC. Weaknesses are low self-esteem and lack of appropriate work and social boundaries.

TRANSFERENCE ISSUES (Please give examples to back up your hypothesis) :

Transference issues come up when client wants to cling to the therapist and this has recently flared up discussing eventual termination, which triggers feelings of abandonment growing up.

COUNTERTRANSFERENCE ISSUES (Please give examples to support your hypotheses, indicate both objective and subjective countertransference issues) :

Also as the eldest Korean American female, I identify with her high sense of responsibility, values & standards, and control she must place on other family members and friends.

COUNSELING GOALS (Agreed upon between you and the client) :

Priority counseling goals are to work on self-worth and boundaries.

ADVOCACY AND SOCIAL JUSTICE CONCERNS:

Pt. personally doesn't believe in marriage.

INTERFACING WITH THIRD PARTY PROVIDERS:

Recently, client wanted to transfer therapeutic information to another medical facility.

PROGRESS SO FAR (What have you and the client been able to work on so far? How are you doing in *working with* the client's transference? What goals still need to be worked on?) :

We worked on self-care, self-efficacy, and boundaries.

CONSULTATION QUESTION (What would you like the class to help you with today?) :

My questions consist of therapeutic techniques around helping the client build a sense of worth and healthy boundaries for oneself, especially amidst upcoming termination/transition to another potential therapist.