

**ALLIANCE GRADUATE SCHOOL
OF COUNSELING
NYACK COLLEGE**

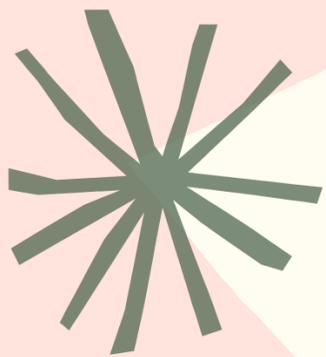
Case Presentation

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Nyack College Counseling Center**

**GCN 792 NC:
Counseling Internship II**

**Dr. Julio Orozco,
Director of Clinical Internship & Field Placement**

March 22, 2022



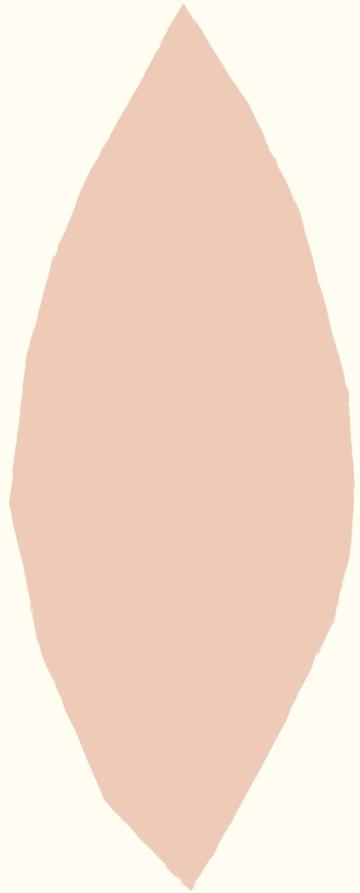
Client Demographics



- **Gender: Female**
- **Ethnicity: Asian, Afghan**
- **Languages: Dari, Pashto, English**
- **Marital Status: Single**
- **# of Children: 0**
- **Age: 31**

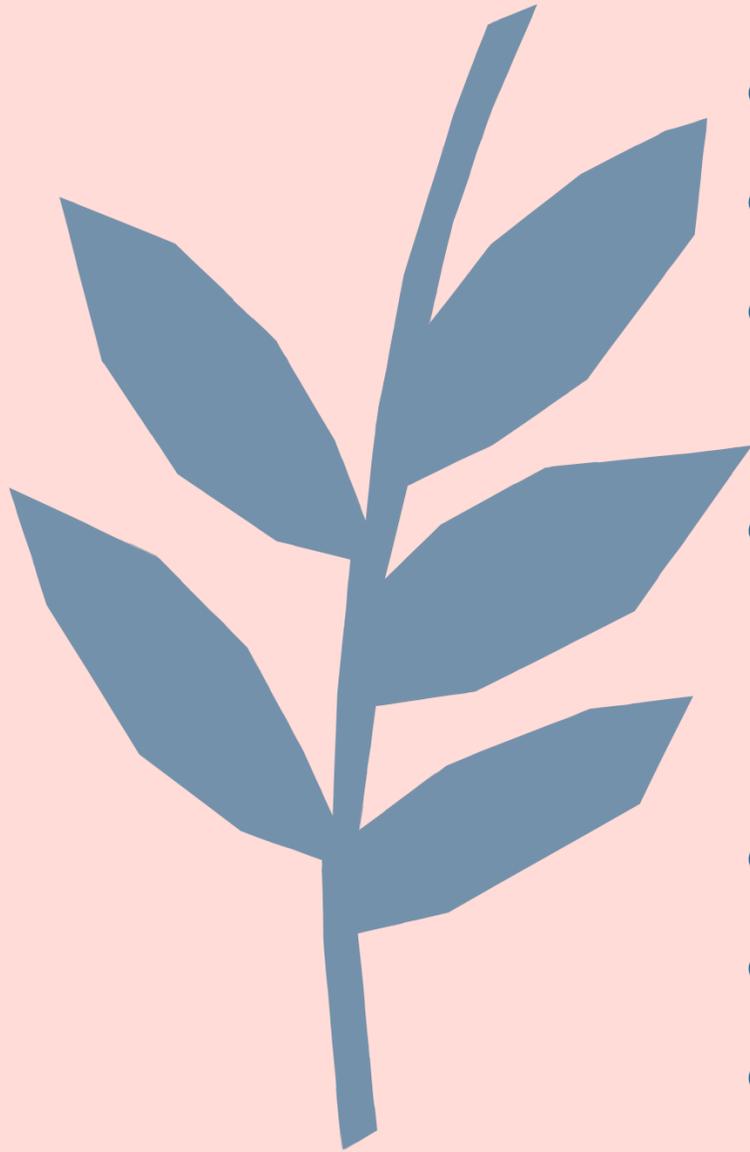
Presenting Problem

- **Client reported "lots of pressure" and "pain in the body"**
- **Depressed Mood**
- **Difficulty managing stress**
- **Misophonia (self-diagnosed) - dripping water, snoring are trigger sounds; stereotypy - hits head with fist when triggered by sounds**
- **Support with study methods, time management**



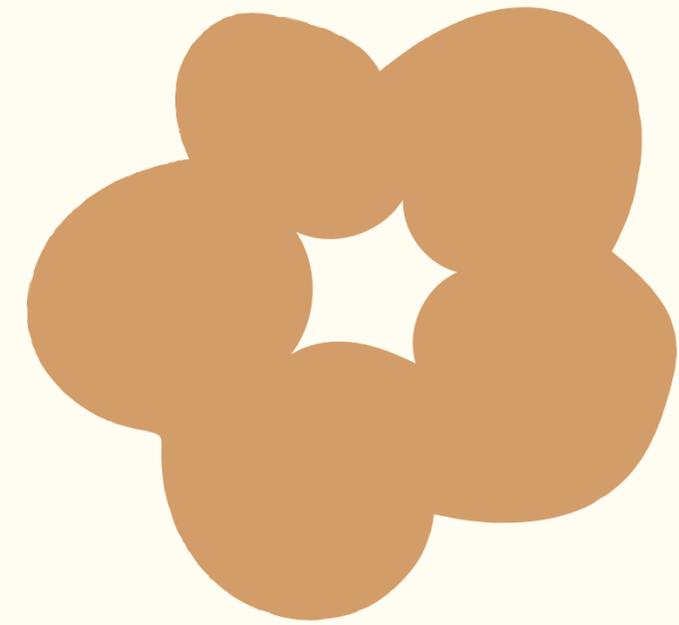
Psychiatric History

- **Attended counseling in Afghanistan for one session**
- **Last session was our 5th session since 2/2/22**
- **No previous formal diagnosis**
- **Client self-reported history: depression, anxiety, misophonia**
- **Currently meets criteria for:**
 - **Adjustment Disorder with Depressed Mood**
 - **Other Personal History of Psychological Trauma**
- **No current or previous suicidal or homicidal ideation**
- **No previous suicide attempts**
- **Client stated that she was prepared to "drink poison" if the Taliban invaded her family's home**



Spiritual History

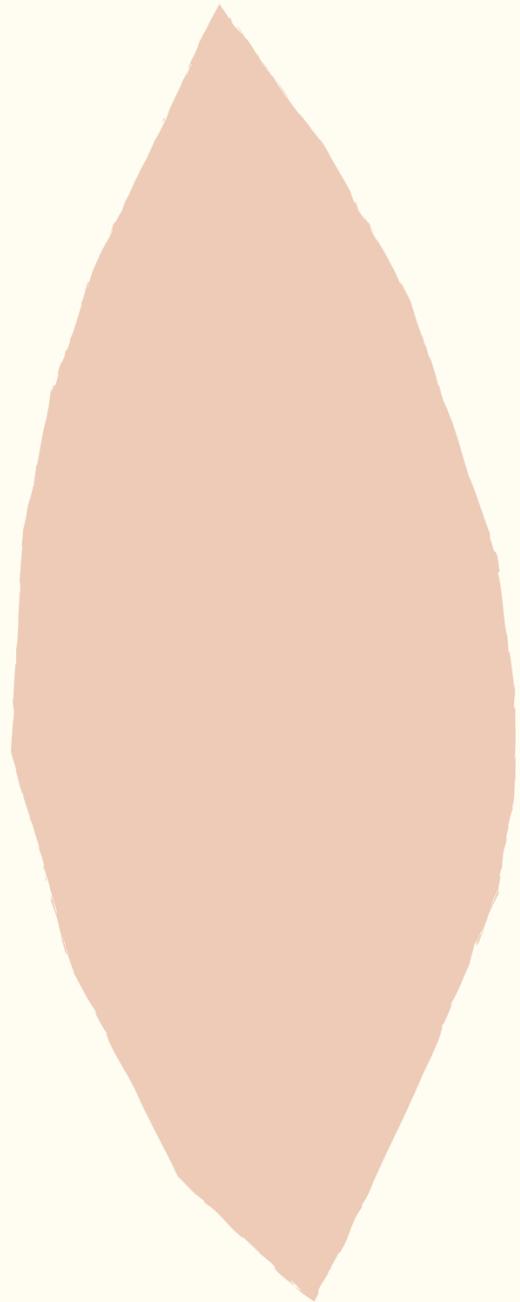
- **Client is Muslim**
- **Reported that she is expected to pray 5 times per day, but usually prays 3 times, is not always "connected to God"**
- **Seen as an "infidel" because she plays piano and guitar**
- **Restrictions with practice under the Taliban**
- **Client stated that she is not a "good" Muslim**
- **Client has not wanted to discuss her personal beliefs or practices**



Cultural, Family, & Social History

- **Traditional Afghan Muslim family**
- **Oldest of 5 siblings, expected to be the example, care for them**
- **Seen as "different" because she is artistic, musical, and unmarried**
- **Mother is "harsh" and "not affectionate," homemaker**
- **Reported family history of verbal abuse, possible physical abuse; crying is "weak"**
- **Client worries about her family members who are "still there"**
- **Two close friends who are not in the U.S.**
- **Sister and Brother also at Nyack**
- **Client said she has never had "emotional support" from anyone in her family, although they "talk a lot."**
- **Growing up in her home was "difficult."**
- **Assisted Art Therapists/Counselors in Kabul**

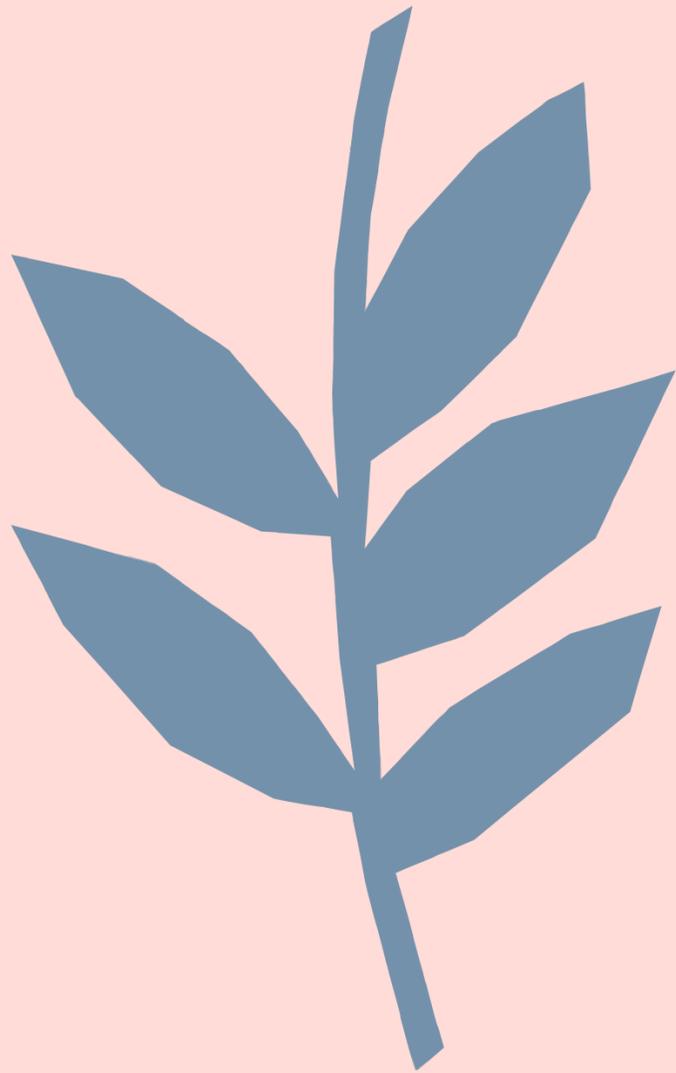
Ego Strengths & Weaknesses



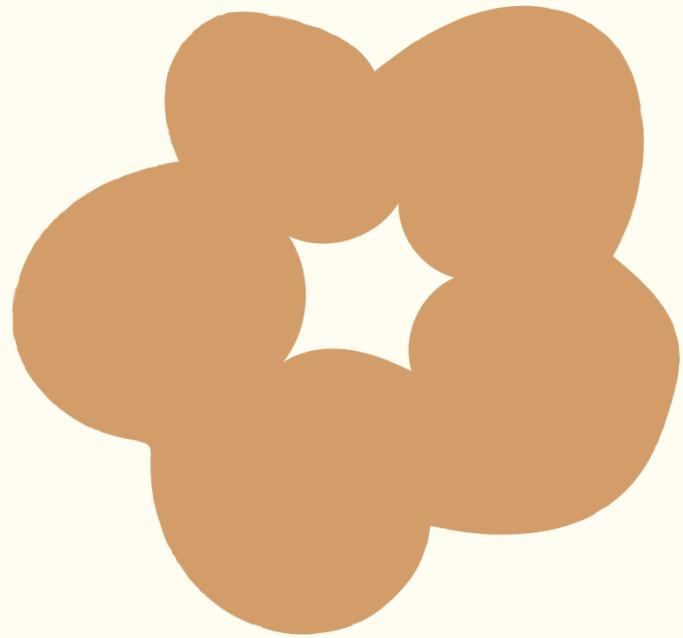
- **Strengths**
 - **Kind**
 - **Caring**
 - **Hardworking**
 - **Hopeful**
 - **Empathetic**
- **Weaknesses**
 - **Lack of Confidence**
 - **Impatient with others**

Theoretical Framework

- **Person-Centered**
 - **Unconditional Positive Regard**
 - **Supportive Reflection**
 - **Validation**
 - **Valued, worthy of dignity, respect**
- **Cognitive Behavioral**
 - **Cognitive Reframing**
 - **SMART Goals**
 - **Emotionally-focused**
- **Solution-Focused**

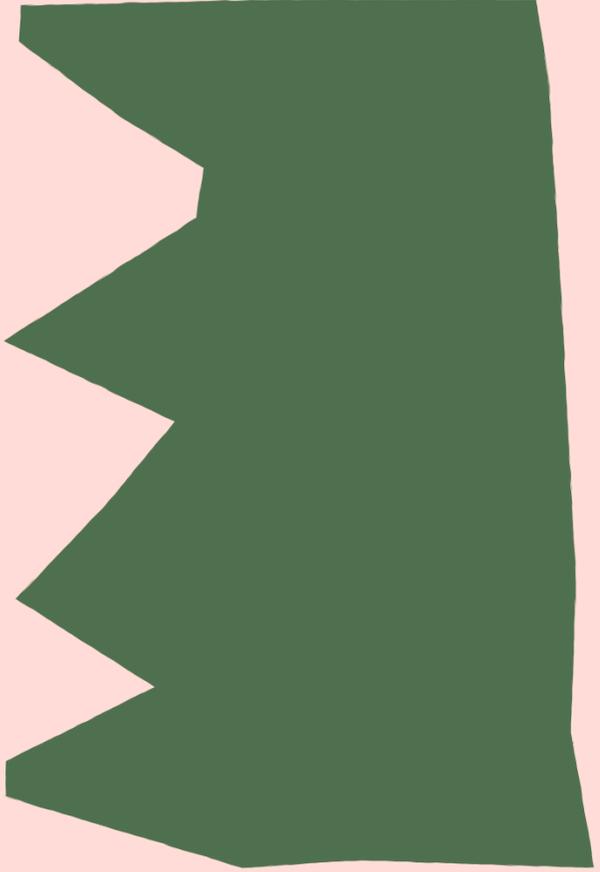


Transference & Countertransference



- **Transference**
 - **Be her emotional support**
 - **Language barrier**
- **Countertransference**
 - **Sees me as expert/teacher**
 - **Wants to be seen well by me**
 - **Language barrier**

Counseling Goals

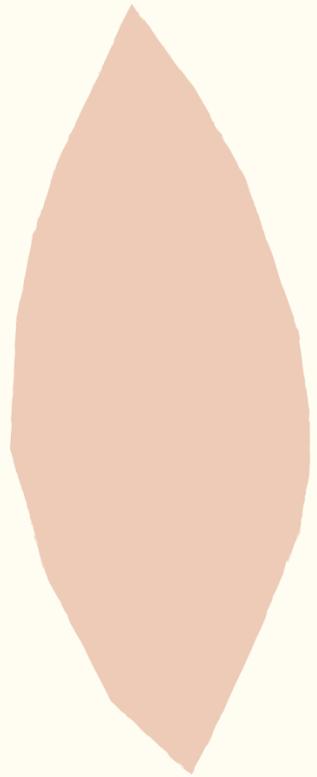


1. Decrease Depressive Symptoms

2. Create Effective Study Plan

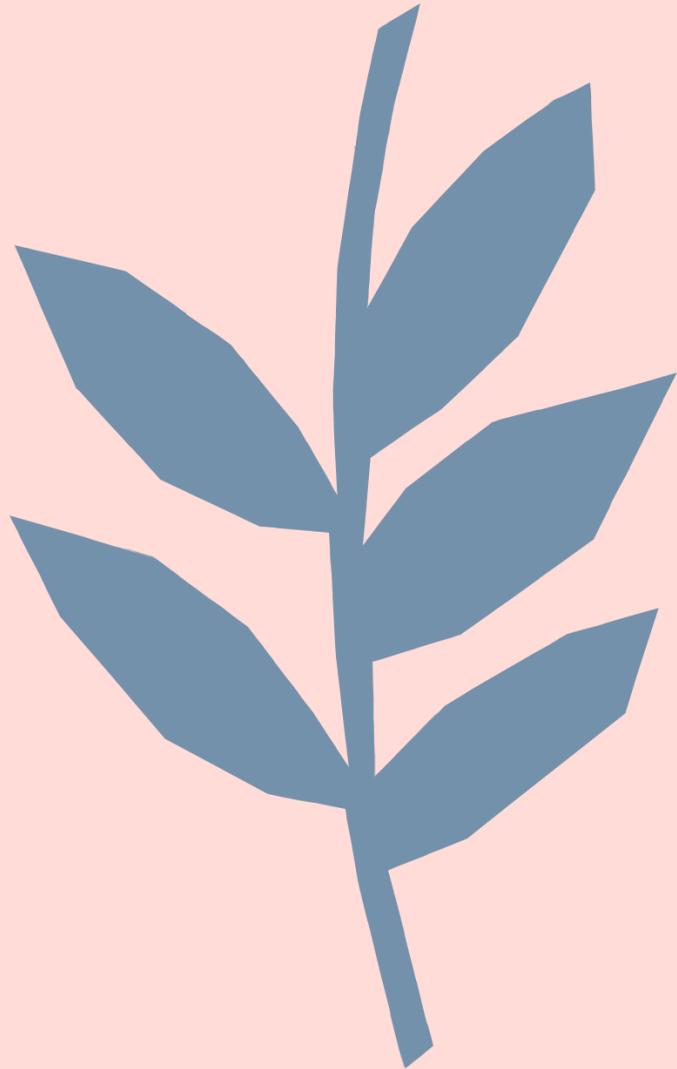
3. Increase Confidence & Self Esteem

Advocacy & Social Justice Concerns



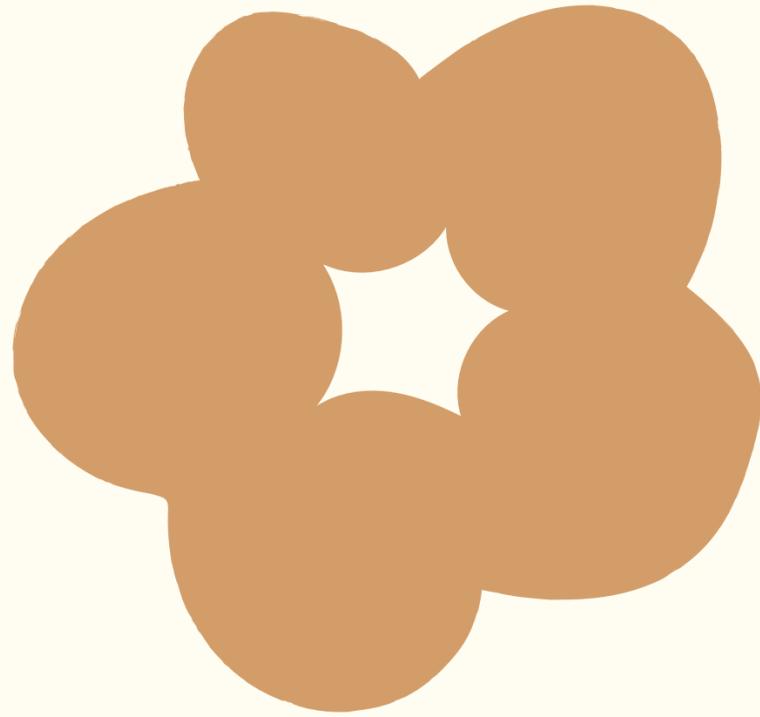
- **International Student from war-torn country**
- **Muslim in a Christian school**
- **Strong, goal-oriented woman from a patriarchal, traditional society**
- **English Second Language**
- **"Different" educational system**
- **Her confidentiality was breached at her place of work in Kabul**

Progress to Date



- **Depressive symptoms have decreased**
- **Goal for bedtime and waking up**
- **Developed study plan with her sister, sought tips from friend in India**
- **Goes out for walks each day with her sister or alone**
- **Emoting more - cried & laughed in last two sessions**
- **Physical pain has diminished**
- **"Talking about how I am feeling has been the most helpful."**

Consultation Questions



- 1. What are some suggestions for maintaining progress in her mood state while still encouraging emotional expression?**
- 2. What are some ways I can support her growing confidence while being culturally sensitive?**