

**ALLIANCE UNIVERSITY
GRADUATE SCHOOL OF
COUNSELING**

CASE PRESENTATION

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GCN 793: NOSB

Counseling Internship III

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February 14, 2023



ABOUT THE CLIENT



THEORETICAL APPROACH



**PRESENTING PROBLEM
& PSYCHIATRIC
HISTORY**



COUNSELING GOALS



**SPIRITUAL, CULTURAL,
FAMILY AND SOCIAL
HISTORY**



PROGRESS



STRENGTHS & WEAKNESSES



QUESTIONS



ABOUT THE CLIENT

- ANDREA, 48, FEMALE
- FILIPINO-AMERICAN
- ENGLISH SPEAKER
- SECOND MARRIAGE
- THREE DAUGHTERS



- DIFFICULTIES PARENTING YOUNGER DAUGHTER

- IMPAIRED RELATIONSHIP WITH SPOUSE

- WORRIED ABOUT NEAR FUTURE

PRESENTING
PROBLEM:

FAMILY-RELATED
ISSUES



PSYCHIATRIC HISTORY

- LIMITED RELATIONSHIP WITH PARENTS

- SEXUALLY ABUSED AT THE AGE OF FOUR

- FIRST MARRIAGE WAS ABUSIVE

- PREVIOUS DIAGNOSIS: DEPRESSION, TREATED BY ANOTHER
THERAPIST FROM 2003 - 2006

- MEETS THE CRITERIA FOR CHRONIC ADJUSTMENT DISORDER WITH
ANXIETY [309.24 (F43.22)]

- LOOKING FOR SPIRITUAL OR RELIGIOUS COUNSELING [V65.49]

Client came to Christ at the age of ten by reading the Bible on her own - bullying



SPIRITUAL

Reports faith to be her greatest support

Husband is not a believer

Involved in a women's ministry

Has been doing church online since the pandemic, husband joins her

Filipino-American



CULTURAL

High expectations regarding the client's physical appearance

Client responds to husband & parents - difficulties self-diferentating from family of origin (avoidance)



FAMILY

Client's parents are first generation immigrants
(both doctors)

Limited relationship with parents "due to their lack
of time and perspective"

Current husband is Chinese-American (Lawyer)

Client described relationship with daughters as
good



SOCIAL

Most of the client's social interactions
are with women from her church/
women's ministry



STRENGTHS & WEAKNESSES

+ HIGHLY MOTIVATED TO CHANGE

+ ENGAGED IN SESSIONS

+ TASK ORIENTED - LOVES HOMEWORK

- DIFFICULTIES ESTABLISHING BOUNDARIES

- TENDS TO AVOID UNCOMFORTABLE
SITUATIONS

THEORETICAL APPROACH

SOLUTION-FOCUSED THERAPY

- EMPHASIS ON WHAT IS CHANGEABLE AND POSSIBLE
 - FOCUS ON THE FUTURE - SOLUTION RATHER THAN THE PROBLEM
 - REEINFORCE CLIENT'S STRENGTHS, QUALITIES AND RESOURCES
-

COGNITIVE BEHAVIOR THERAPY

- CHALLENGING AND REFRAMING NEGATIVE THOUGHTS AND BELIEFS
-

SPIRITUAL/ RELIGIOUS COUNSELING

- INCORPORATE BIBLICAL CONCEPTS INTO SESSIONS

COUNSELING GOALS

1. IMPROVE PARENTING SKILLS TO DIMINISH ANXIETY WHEN HANDLING YOUNGER CHILD'S BEHAVIORS

2. IMPROVE LEVELS OF SATISFECTION IN MARRIAGE



PROGRESS

- * FIVE TOTAL SESSIONS TO DATE
- * GAINED AWARENESS OF SOME OF HER TRIGGERS AND AUTOMATIC RESPONSES
- * ABLE TO PROCESS EMOTIONS BEFORE REACTING
- * CURRENTLY WORKING ON ESTABLISHING BOUNDARIES WITH FAMILY



CONSULTATION QUESTIONS

- How can I assist her in assisting her daughters?
(Shutting down during melt downs)
- What are some suggestions to help her marriage since she is the only one putting in the effort ?
- How can I assist her in implementing healthy boundaries with her parents while still respecting their culture?