

Case Conceptualization

Client Fictitious Name: T (individual)

Date of Last Session: 6/18/22

Number of sessions: 2

Background

T is Asian American. He is in his late thirties. He is living with his mother and dogs. He has a son who lives with his biological mother. He is at the time of the session in a long-distance relationship. He works as a mechanic and was part of the army.

Presenting Problem: T is seeking therapy to help him in moments of depression and stress in relationships. He wants to be able to express and communicate his feelings better. He finds himself isolating himself from social and familial settings.

Conceptualization: The client demonstrates closed/walled-off behavior in familial and romantic relationships. He struggles to communicate his needs and finds himself performing instead of being honest with himself and others about his feelings.

Contributing factors: Unresolved past traumatic experiences such as his experiences in the army, infidelity by his ex-partner in a past romantic relationship, cultural conditioning, and losing strong family bonds.

Treatment Goals: To help the client feel safe enough to explore feelings with himself and open up in romantic and family relationships.

Treatment objectives: For the client to become aware of his emotional internal state by identifying feelings and thought processes behind the feelings that determine his behavior of walling off or isolating. To help the client feel safe enough to express freely his feelings and needs in a relationship.

Current Progress: The client is able to check in with himself on how he is doing and observe any specific feelings that come up. He finds himself struggling to keep up with the check-ins regularly and goes into his default of overworking. He is using deep breathing and check-ins to slow down his pace on a daily basis.

Raw Data

1:40 minutes- 14:00 minutes. This clip captures the client's exploration of his emotions and why he might be walled off in his relationship.

Goals for Supervision

Interventions that would help a client express emotion.