

**Demographic information:** Joshua a 10-year-old Caribbean/ Caucasian male

**DSM 5 Diagnosis:** Adjustment disorder with depressed mood 309.0 (F43.21)

**Child's strengths:** Joshua has a community at church and is a leader in his karate dojo.

Joshua desires justice for victims of bullying and he is a school ambassador for his 5th grade class.

**Child barriers to progress:** Lower self-esteem, trouble locating thoughts and origin of emotions.

**Psychosocial Formulation of Child's situation (Please summarize it from the case example you created):**

Joshua and his mother presented to therapy as Joshua has recently made statements of wanting to be dead or wanting/threatening to hurt himself. Joshua (10) has a younger brother (Ean 8) whom he engages in physical fights with at home, both mother (Cherie) and father (Bob) are at home. Joshua and Ean have a distant relationship with their father, mother has a strained relationship with husband. Father has denied believing in therapy and refuses to come/participate in family therapy. Joshua is close to his maternal grandmother and has never met in person with his paternal grandparents who live out of the country. Ean has been diagnosed with enuresis, which can shift mother's attention away from Joshua, causing Joshua to have feelings of sadness and refuse to let Ean participate in therapy.

**Problem 1:** Joshua makes statements implying self-harm and has difficulty identifying thoughts and origin of emotions.

**Child Goal 1-** Decrease talk of self-harm and increase positive feelings.

**Play therapy theory the therapist chooses:** Cognitive Behavior Play Therapy

**Directive or Non-directive:** Directive

**Toys and play setting:** In office, "Kid Friendly" Cognitive Distortion flashcards, "Playing CBT" board game, "Where in my Body" coloring sheet, "Spin the Feelings Wheel" game, "How I Am Feeling" CBT worksheet, "Catch an Unhelpful Thought" worksheet.

**Treatment goal:** Decrease Joshua's cognitive distortions and increase use of positive emotions/coping statements.

- **Objective 1:** Assist Joshua in identifying and expressing his thoughts and emotions with mom present in session.
  - **Intervention 1**
    - Provide psychoeducation to Joshua and mom in identifying thoughts, emotion, and behavior cycle.
    - Teach mom how to assist Joshua in identifying his emotions at least once a week by completing "How I Am Feeling" CBT worksheet, to be discussed in weekly session.
    - Once a month fill out "Where in my Body" worksheet with Joshua to help him connect his emotions with his body.

- **Intervention 2**
  - Using CBT cards from “Playing CBT” board game, have Joshua put the event, thought, emotion and behavior cards in correct order to help Joshua see the sequence of thoughts to feelings to behaviors.
  - Help Joshua to understand there is usually an event that triggers negative thoughts or cognitive distortions.
- **Objective 2:** Assist Joshua with replacing/reframing negative thoughts with positive/coping thoughts.
  - **Intervention 1**
    - Introduce “Kid Friendly” cognitive distortion cards to Joshua and mom to encourage a collaborative atmosphere.
    - Encourage Joshua and mom to identify which distortion they use frequently.
  - **Intervention 2**
    - Help Joshua to challenge his negative thought and utilize coping statements using “Catch an Unhelpful Thought” sheet in session.

**Problem 2:** Joshua displays low self-esteem and difficulty in adjusting to loss of balance in attention from mother, due to brother medical condition.

**Child Goal 1-** Feel more loved and accepted at home.

**Play therapy theory the therapist chooses:** Jungian Play Therapy

**Directive or Non-directive:** Directive

**Toys and play setting:** Play Genogram/Family Diagram, Positive Posting, Family Fun Day Box, Biblical Feelings Wheel

**Treatment goal:** Increase Joshua’s self-esteem/confidence and reinforce connection/relationship with family members.

**Objective 1:** Increase understanding/empathy and positive engagement with brother.

- **Intervention 1**
  - Joshua will create a Family Diagram using miniatures/figurines that represent the feelings about his relationship with each family member.
  - Therapist will draw information from symbolic nature of each piece chosen per member of the family and the distance in which Joshua chose to place them.
  - Therapist will take this information and formulate questions that highlight dynamic of family for Joshua and mother.
- **Intervention 2**
  - Invite younger brother Ean, into session to participate in creating a Family Fun Day Box.

- Therapist will facilitate collaboration by having both Ean and Joshua decorate a shoebox together. Therapist will then have Joshua and Ean write down fun ideas their family can do together once a week. Family will pick a day together to draw from the box and do an activity.
- **Objective 2:** Joshua will Increase verbal affirmation towards self and increase verbal and physical praise/affection from mother.
  - **Intervention 1**
    - Familiarize Joshua with using the “Biblical Feelings Wheel”.
    - Each emotion has a correlating scripture reference to affirm ourselves as image bearers of God.
    - Therapist will have Joshua use this wheel when he starts to feel insignificant or invisible.
    - Joshua must report to mother the verse he learned that day at bedtime to make a connection and check in with emotions and self-esteem progress.
  - **Intervention 2**
    - Have Joshua and mother collaborate on creating a “Positive Posting” exercise surrounding Joshua’s positive qualities.
    - Therapist will discuss self-esteem with Joshua and his mother, then ask the child to draw an outline of their body on paper.
    - Therapist will then instruct Joshua and mother to write down several of their positive qualities or traits on piece of sticky paper.
    - Therapist will then have Joshua has them stick the notes on their outline.
    - Therapist will help Joshua remember past moments when he felt negative emotions and connect it to his positive postings, and how he would feel better if he remembered them in moments like that.