

Case Conceptualization, Ecomap, Genogram, DBT

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SWK 656: Clinical Social Work Practice II with Families (NOS)

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For the purposes of this assignment, in order to help Alissa H. to reduce her anxiety, mild depression, self-harm, ideations and her symptoms of social anxiety, she will engage in Dialectical Behavior Therapy. The client will keep a log of her feelings and emotions around her frustrations with her family and how she is connecting socially that leave her feeling uncomfortable. The issues that will be addressed include making further assessments of her depression and suicide ideations, developing coping skills to reduce her anxiety and depression, and including continued therapeutic sessions with both her parents.

Allissa H. will need emotional support, to establish some healthy emotional boundaries in dealing with her social connections with her peers and more specifically with young girls her age. She will receive and attend a psychoeducational class that deals with forming emotionally healthy relationships. \* *Note: The names in this assignment are fictitious.*

Dialectical Behavior Therapy (DBT) was developed by Marsha Linehan, Ph.D. In June of 2011, Dr. Linehan gathered an audience of family, friends and colleagues to reveal that at the age of 18 she had been institutionalized due to self-harming and suicidal behaviors, likely as a result of [Borderline Personality Disorder](#) (BPD). This was the first time she shared her life story with the world. The place where she made this landmark presentation was the Institute of Living in Hartford Connecticut, the exact same institution she had been admitted to as a teenager. After spending over two years as a patient at the institution, she went on to develop Dialectical Behavior Therapy (DBT) (Linehan et al, 2018).

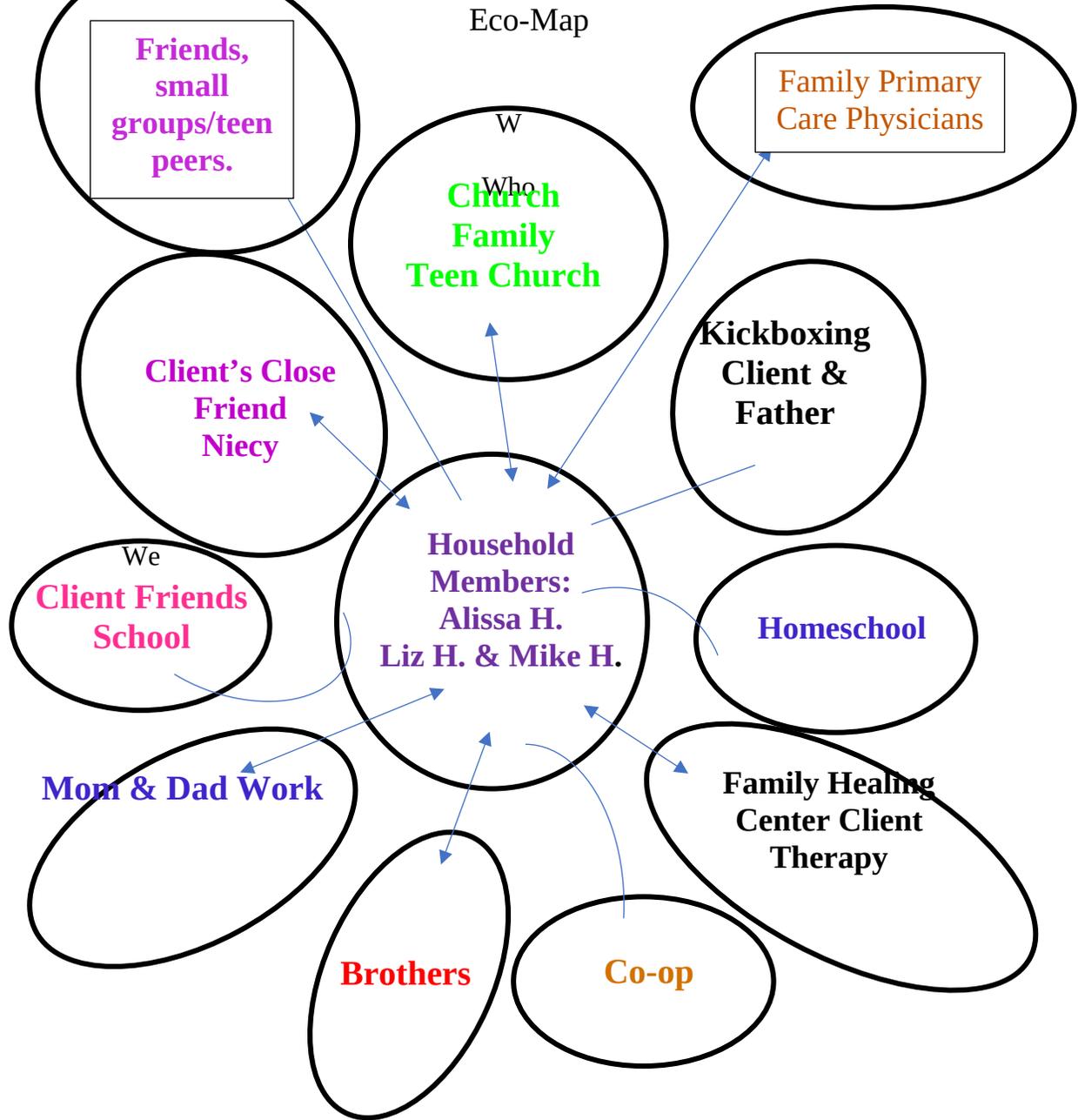
*“I made a vow at age 18 and the vow was that I would get out of hell and that once I got out of hell I would go back to hell and get other people out.”* Marsha Linehan, Ph.D (2011).

Dialectical behavior therapy (DBT) is a structured program of psychotherapy with a strong educational element intended to provide skills for managing intense emotions and negotiating

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social relationships. DBT originally was developed to ‘curb’ the self-destructive impulses of chronic suicidal patients, but it is also used to treat a wide range of mental health conditions including borderline personality disorder, emotional dysregulation and a number of psychiatric conditions. DBT consists of individual therapy and group instruction that are both conducted weekly for a period of six months to one year (Linehan et al, 2018).

The goal of DBT is to help clients create a “life worth living”. As clients work with therapists during interventions, they aim to debunk the idea of ‘ending life’ to developing a ‘life worth living’. According to Linehan, “the therapist’s job is to help the patient find a way out of hell, because their experience first coming into DBT is that of being in hell and having only a metal ladder to stretch out beyond hell and the therapist is there to help coax the patient onto the hot ladder and out of the hell that they are in.” The idea is that this working to help yourself using a hot ladder only causes the client to slide back down due to the pain involved, they have to use their skills in order to attain the goal of ‘getting out of hell’ (Linehan et al, 2018).



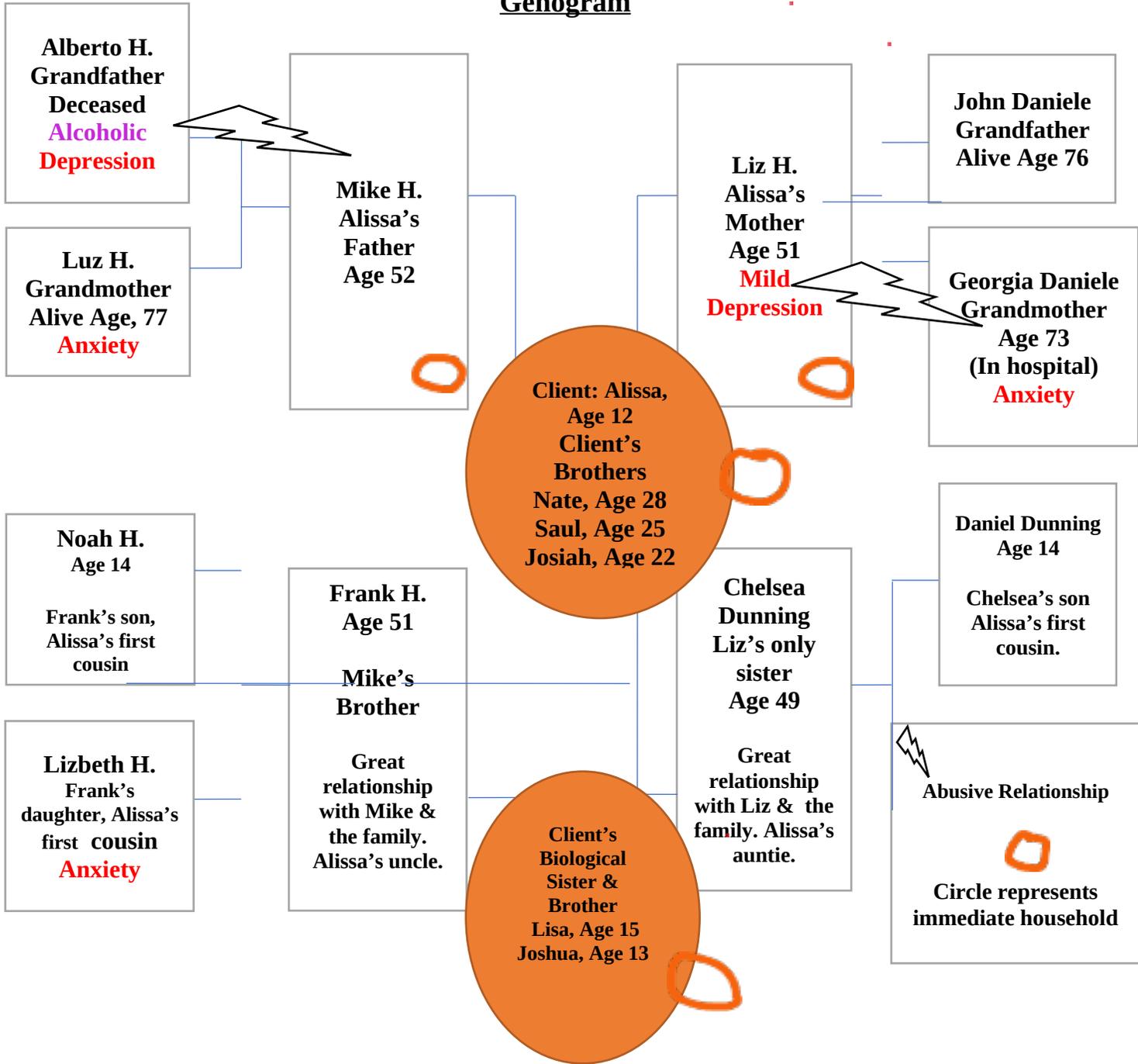
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Alissa H. and her family's *eco-map* represents a diagram of their world that illustrates the connections that they have with her church, their wellness facility, and their places of employment. The client is involved in her church group, she spends time with one of her close friends and she is involved with other friends she is contact with from church, friends school, the coop and at her martial arts gym. The client is close with her brothers, and she finds therapy an important part of her life. The client's day-to-day world also includes being home schooled at home which she finds to be a bit stressful.

These are the strengths and resources that exist within Alissa's world. Her eco-map can help her, and her family explore patterns in their lives that are accessible to them or those patterns that they need to work on in order to maintain harmony within the family. They will continue to grow when they add new resources into their eco-map.

### Genogram



## References

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