

# Clinical Write-Up Template

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GCN602: Measurement and Assessment: OA

Assessment – Anna

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## Clinical Write-Up Template

### **Identified Client and Reason for Referral**

Patient's name: Anna

Date of Evaluation: 3/10/2023

Age: 24 years old

Education: College graduate

Occupation: Unemployed

Current medications: None

Handedness: Right

### **Reason for Referral:**

Client Anna 24 years old, a college graduate, unemployed was referred to our facility by Dr. R.N. for concerns about attentional functioning.

### **Interpretation of Assessment Information**

According to the assessment, Anna does not believe that she is ready to be released from her psychological care, so she was referred based on her feelings of inadequacy, her bizarre behavior, manic-like symptoms of a possible diagnosis of bipolar disorder, and post-traumatic stress disorders due to the strained relationship with her mother, and her brother who was the support she had, is now married, and moved away.

### **Counseling Goals**

The counseling goal is to assist Anna to become the independent human being she is supposed to be. It is to assist Anna to move forward on her path of life independently without fear. Anna could benefit from Person-to Person therapy which would allow her the safe space to open up about her feelings and concerns. This would help to change her perspectives on life, and perhaps improve her relationship with her mother. It would help her to reach her full potential. It would help Anna to strengthen her goals, and decision-making regarding employment, and possible career goal, pave her path to independence and start her family.

### **Interventions**

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It is important to know how often Anna has thought of committing suicide, her alcohol, and drug intake, and if she is currently in an abusive relationship.

Anna should be counseled on her Childcare position at the Daycare center as her assignment. Open both a checking and a savings account and make a list of household and personal items she will need during her pay period. This should help Anna with her math skills, as she creates her budget, as well as assist her in becoming independent.

It is important to understand why Anna is not happy at home. Is she being abused by her boyfriend? Does she have enough to eat at home? Is she eating healthy, since she had a history of eating disorders, unemployment, and a history of attempted suicide?

### **Possible Barriers to Treatment**

Possible barriers to treatment can be anyone or anything that prevents her from maintaining focus on her treatment and well-being. Worrying about not having a relationship with her mother, missing her brother who has recently gotten married, consumption of alcohol, and any other substance she might be consuming.

Attention includes developmental tasks such as attention shifting, divided, focused attention, and sustained attention. For Anna to be successful in her treatment, it is important for her to be aware of this focus, and how she can make the necessary adjustments.

### **Recommendation for Collaboration (Natural and Professional Supports – to include referrals)**

Anna will benefit from a suicidal prevention program/hotline, phone number 988, alcohol anonymous, drug treatment program, nutritionist, and an OBGYN to ensure that if and when she became pregnant, she has no drugs or alcohol in her system, full medical support team who will

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help her to be prepared and to ensure that she gives birth to a healthy child without addictions of any kind.

### **Clinical Summary**

After reading Anna's assessment, it was ascertained that Anna has great potential for growth and healing if she continues her therapy as designed and follows through with her appointments and recommendations. Anna's presence at her appointment is an indication that she is ready to do the work that will propel her forward.

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