

CASE PRESENTATION FORM**Name Presenter:** Larissa Weinert **Section:** GCN 793: Internship III

Date of Presentation: 02/14/2023 Date of First Session: 01/12/2023

Agency Setting: _____ Hospital: _____ inpatient outpatient _____ Rehab
 _____ Church _____ Mental Health Clinic _____ School _____ Shelter
 _____ Social Service Agency _____ Community Center _____ Probation/Legal

DEMOGRAPHICS:

FIRST NAME: Andrea

Gender: Female Ethnicity: Filipino-American Primary Language: English

Marital Status: Married # of Children: Three DOB: 09/27/1974 Age: 48

PRESENTING PROBLEM (What brought the client to seek counseling? What immediate STRESSORS brought the client here?)

What does the client hope to accomplish through counseling?):

The client sought counseling for help with parenting skills to deal with her youngest daughter's challenging behavior, which has been giving her anxiety - especially about the near future. The client fears that she will not know how her life will be once her two older daughters go to college and she is left alone with the youngest, challenging child and a difficult marriage.

The client hopes to improve her parenting skills to diminish the anxiety when handling her younger child's behavior, and improve her levels of satisfaction in marriage.

PSYCHIATRIC HISTORY (List ALL five Axis diagnoses. Has the client received counseling in the past? How long has the client been in counseling? Why did the client enter treatment and why did s/he leave treatment? How long has it been since the last counseling relationship? Is the client on psychotropic meds? Has the client ever attempted suicide?):

The client has been diagnosed with depression in the past (unknown type) and was treated for it from 2003 to 2006, which was her last counseling relationship until 01/12/2023, when she entered treatment for help with parenting skills and the anxiety, resulting from worries about the near future.

The client does not take any psychotropic medication and has never attempted suicide.

The client has a history of sexual abuse and her first marriage was emotionally abusive.

The client meets the criteria for adjustment disorder with anxiety (F43.22).

SPIRITUAL HISTORY (Is the client a believer? What is the client's church background? What is the client's view toward God? In your opinion [please back it up with examples] how has the client's relationship with his/her parents effected his/her view and experience of God, of Jesus and of the person of the Holy Spirit? Is the client open to you working with him/her spiritually? Does the client want you to work with him/her spiritually?) :

The client is a believer. She reported coming to her faith on her own when she was 10 years old. She was being bullied at school, and when she told her mother about it, her mother told her to "pray about it", and she did. She got the house Bible and started reading, and became a believer. She views God as a merciful father who is always present.

The client's husband is not a believer, but has been doing church online with her since 2019. Their spiritual differences sometimes negatively impact their marriage.

In my opinion, the client's relationship with her parents did not negatively affect her view of and experience with the triune God, if anything, it seems like it brought her closer to Him. Before starting therapy the client specifically asked for a faith-based approach and many times she asks if we can pay together at the end of the sessions.

CULTURAL, FAMILY & SOCIAL HISTORY (What might be the interplay between the client's culture and his/her present situation? Was there any abuse or trauma in the family? How well adjusted is the client to his/her environment? Does the client have sufficient support network? Who are his/her supports? How are the client's interpersonal relationships in general?) :

The client's Filipino-American culture play a role in her current situation due to the high expectations her parents had (and still have) for her, and the expectations she has with her children and husband in different areas. The client has difficulties self-differentiating from her family of origin due to cultural values, but also struggles understanding her husband's cultural background as a Chinese-American man. There is no report of abuse in the client's family of origin or current marriage. However, the client seems to have difficulties adjusting to her environment and interpersonal relationships within her family due to triggers of past trauma linked to her being sexually abused by someone outside of her family during childhood.

The client does not seem to have a solid support network. Although she is involved in leading women's groups, she reported her biggest source of support is her faith and relationship with God. Outside of her family, most of her social interactions occur in the groups she leads.

EGO STRENGTHS AND WEAKNESSES (What are your clients strengths/assets and weaknesses?) :

Among the client's strengths are her motivation to change, engagement in sessions leading to her vulnerability, and her task-oriented personality which makes her love homework and put in the work outside of the sessions just as much as in them.

Regarding her weaknesses, the client displayed difficulties establishing healthy boundaries with family members, and a tendency to avoid emotionally uncomfortable situations, shutting down easily.

TRANSFERENCE ISSUES (Please give examples to back up your hypothesis) :

The client may be looking for maternal love and support since her relationship with her mother is estranged, and many times, she seeks approval for her feelings and behaviors.

COUNTERTRANSFERENCE ISSUES (Please give examples to support your hypotheses, indicate both objective and subjective countertransference issues) :

As an immigrant myself, I tend to empathize more with clients from different cultures. However, I need to be constantly aware that cultures vary from place to place and even family to family, and never assume I fully understand this client's context because some of our experiences may have been similar.

COUNSELING GOALS (Agreed upon between you and the client) :

The first goal is to improve the client's parenting skills to diminish her anxiety when handling her younger child's challenging behavior. Secondly, to improve the client's levels of satisfaction in her marriage.

ADVOCACY AND SOCIAL JUSTICE CONCERNS:

My concerns related to advocacy and social justice in this client's case is related to establishing healthy boundaries while still respecting her cultural background and its influence in her life.

INTERFACING WITH THIRD-PARTY PROVIDERS:

None that I know of.

PROGRESS SO FAR (What have you and the client been able to work on so far? How are you doing in *working with* the client's transference? What goals still need to be worked on?) :

We have had five total sessions up to 02/14/23, and so far, the client has gained some awareness of her triggers and automatic responses and has been able to now process her emotions before reacting. She is currently working on establishing healthy boundaries with her family while still being respectful of their culture and values.

CONSULTATION QUESTION (What would you like the class to help you with today?) :

- How can I assist the client in assisting her daughter? (She usually shuts 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 her culture?
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