

Case Conceptualization Paper

Client Name: Katherine Rivera

Client ID: 01

DOB: 3/6/1983

Therapist Name: Gloria Gavilanes

Treatment Plan Start Date: 3/23/2023

Treatment Plan Review Date: 3/23/2023

Treatment Plan End Date (Est): 9/23/2023

Katherine is seeking counseling because she finds herself worrying about things too much and she mentioned that she wants to “check in with herself and make sure that she’s mentally okay” and address concerns as they come up.

During the intake, she seemed guarded but as time went by, she seemed comfortable and less rigid. She has self-diagnosed herself with post-partum depression. She disclosed being sexually abused by her older brother and doesn’t trust him around her daughters. Occasionally she gets triggered when there’s a sexual scene in a movie. She also mentioned that her husband was sexually abused by his father. He was a heavy drinker and consumed drugs when they first met.

When he drinks, he becomes aggressive around the children and makes them uncomfortable.

She’s expressed having resentment towards him. It’s been years since she last spoke to her sisters and she hasn’t had any contact with them.

Katherine has a close relationship with her mom. She enjoys cooking on the weekends while hosting for her family. Cooking is her favorite past time. For leisure, she volunteers at a children's ministry center for two hours every two weeks. She exercises twice a week and enjoys traveling. By the time she turns 50, her goal is to have visited 50 states. When she graduated as an undergrad, it made her feel good about herself. Being in school makes her feel a sense of accomplishment. She is currently a financial aide specialist at NCC. She's been working at NCC for two years. Prior to this, she worked at Hunter for 20 years. She finds herself getting complacent in her role and she's afraid to move up. She stated that "she lives pay-check to pay-check". She's been married for 20 years and has two young teenage daughters – 13- and 16-year-old and a boy who's 4 years old. She's had a few health scares but she's been taking care of her health after she was diagnosed with being anemic, having high cholesterol and a low sugar level. At one point, she was diagnosed with cervical cancer and had a stroke. After learning about her mom being diabetic and having high blood pressure and her father being diagnosed with colon cancer, she realized that she had to take better care of herself. She's never consumed drugs and she's a social drinker. She appears to be detailed oriented, goal driven, a planner and frugal. She's learned that not everyone has good intentions.

Katherine is looking to rebuild her self-esteem, gain confidence, learn to trust herself and accept her flaws so she can live a normal life and be happier. She also stated that she wants to learn to "trust people so she's not constantly doubting people's actions".

The first objective is for the client to learn to recognize the symptoms of trauma, process emotions and any memories that are tied to her traumatic experiences. The second objective is uncovering the root cause of the mis-trust. The last objective is setting boundaries and learning to do self-care.

I recommend a treatment plan to address the client's trauma and fears, mistrust and lack of self-esteem by using the following therapeutic interventions:

- Client should keep a journal to track her negative and positive thoughts.
- Client to begin Cognitive Behavioral Therapy (also known as CBT) so she can learn to cope with the negative feelings and replace negative thoughts with happy thoughts and improve the way she feels.
- Client to undergo Eye Movement Desensitization and Reprocessing (also known as EMDR) training to address the sexual assault.
- Teach the client breathing techniques for self-calming when she feels anxious and stressed.
- Teach the client to be kind to herself.
- Teach the client to be open and honest with their partner, friend or relative and let them know about their trust issues and communicate without fighting.
- Teach the client how to say NO when they don't feel comfortable with doing something. This will teach the person how to be assertive, build confidence and self-esteem and set boundaries.
- Discuss the importance of self-care and ask the client to pick one self-care activity once a week such as exercising, eating healthy, yoga, getting your nails done or grabbing lunch with a friend.

