

Jonathan Reyes

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

Anna who is 24 years old and a college graduate was referred by Dr. R.N for concerns about attentional functioning. She is currently unemployed and is not on any current medication.

Anna currently lives in Baltimore, MD and has a history of anxiety and depression since high school. Her symptoms have improved significantly with medication, but she is also experiencing problems with attention and concentration for several years.

she attended a clinical interview and was administered a Cognitive Assessment, Achievement Assessment, Information processing examination and Personality Assessment.

### **Interpretation of Assessment Information**

Anna score on the cognitive assessment was on the average range with both the verbal and non-verbal performance. She scored in the low average for several subtest, but it was reported that it was mostly because of her anxiety and not her true level of functioning.

In the Achievement Assessment, she scored in the expected range of reading, spelling and sentence comprehension with the exception of math computations which was an area of weakness for her.

Anna scored on the Information Processing assessment in the average range with the exception of a subtest of the WAIS-IV but again, it was reported that this was related to her weakness in calculations. Language and vision were within normal range.

Anna completed her personality and mood assessment and her score indicated that she was experiencing a high degree of distress with symptoms of tension, depression and agitation.

## Clinical Write-Up Template

Her score was in the severe range for anxiety and her depression symptom did not meet the criteria for a depression disorder.

### **Counseling Goals**

Based on the results of the assessments provided to Anna, the counseling goal would be to treat her generalized anxiety disorder and other secondary diagnosis like alcohol dependence and bulimia. The test also showed that she had a significant weakness in math skills that could also be diagnosed as a mathematics disorder that has been present since childhood.

### **Interventions**

Anna would benefit from receiving psychotherapy specifically the CBT modality for her generalized anxiety disorder. It can be a combination if needed of psychotherapy and medication treatment as well. Another intervention that could help is psychoeducation workshops where she would learn more what anxiety is and it will make her more aware of her diagnosis. I would also recommend mindfulness practices and relaxation techniques. Also breathing techniques could help reduce symptoms. For her secondary diagnosis, attending a A.A group would be beneficial. For her Bulimia disorder, CBT or DTB could be administered.

## Clinical Write-Up Template

### **Possible Barriers to Treatment**

Possible barriers to treatment could be not being consistent with her sessions or medication. Also, her substance dependency could hinder the process to healing.

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

### **Clinical Summary**

Anna was referred by Dr. R.N for concerns about attentional functioning. Several assessments were administered which results were consistent with a generalized anxiety disorder and secondary diagnosis of alcohol dependence and bulimia. Recommendations were psychotherapy and medication treatment with a collaboration of attending A.A group counseling as well. Possible barriers to treatment were considered.

# Clinical Write-Up Template