

CASE PRESENTATION FORM

Name Presenter: Anne Bonbon Section: 793 III

Date of Presentation: 4/4/23 Date of First Session: 1/21/23

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

Private Practice

DEMOGRAPHICS:

FIRST NAME: Rebecca
Gender: Female Ethnicity: African American Primary Language: English

Marital Status: Single # of Children: 0 DOB: 12/20/05 Age: 17

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 was recommended to come to counseling by her mother. In our initial sessions she stated that she wanted to work on her PTSD and anxiety. She stated that she witnessed her mother being abused by her father at a young age and feels anxious when there are arguments around her.

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?) :

This is the first time the client is receiving counseling outside of school counseling. The client entered treatment at the behest of her mother. The client has never attempted suicide but has made mention that she has a loss in motivation and questions her purpose. The client is not any medication at this time.

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 Jehovah's Witness and mentions their relationship with "Jehovah" numerous times. The client

tries to live a life following the tenets of her faith and has questioned some of her friendships due to them not being compatible with the way she's being raised. There have been instances where she has asked members of their hall to intervene in family issues. The client has a strong relationship with God and frequently mentions the social issues that she believes in and the ones she doesn't.

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?) : Mother has a history of substance use (cocaine). Rebecca's biological father abused her mother who then depended on substances to cope. Her mother eventually left the husband with Rebecca to her grandmother's house until she could get a place on her own. She then met Rebecca's step father who she is now married to. The grandmother mentions that the mom's brother also used substances. The grandmother serves as Rebecca's major support system and she visits her often. Mother no longer uses substances after going to multiple rehabs and outpatient facilities. Step-father will sometimes throw her past in her face during arguments. Step-father was caught drinking by Rebecca who felt disappointed in him because she thought he was "more responsible." Rebecca got brothers from the hall involved to speak to step-father who stopped drinking, atleast in the house.

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

The client is very self aware and is great at communication. She has a plan for her future

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

There have been moments where I feel Rebecca is holding back because she sees me as an authority figure and doesn't want to use the "wrong word" that will lead to action. For example, she'll mention that she feels a loss of motivation and a change of appetite but if I ask questions about suicide she'll rush to say that she never planned to. These symptoms do not necessarily have to be symptoms of major depression, but she usually tries to shoo away the thought.

COUNTERTRANSFERENCE ISSUES (Please give examples to support your hypotheses, indicate both objective and subjective countertransference issues) : Rebecca is my youngest client and sometimes I treat her differently than my adult clients. We also had a session where she mentioned that she struggles with being friends with those who are a part of the LGBT community due to her beliefs and wanted to work on how she could end one of her friendships. I felt countertransference because I've struggled with my faith verses what I believe to be right in terms of being an ally.

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

Set boundaries with family

Work on low self-esteem and eating issues

Improve emotional regulation

ADVOCACY AND SOCIAL JUSTICE CONCERNS:

Rebecca is a 17 year old African American girl. Throughout her life she is bound to face racism and sexism. She's also been exposed to domestic violence which may affect how she views relationships in the future. She may be able to see warning signs more clearly or make excuses if she's ever in that type of relationship.

INTERFACING WITH THIRD PARTY PROVIDERS:

The only third party provider that Rebecca see is her high school guidance counselor. She's in a stage where she thought she wanted to major in art but now she doesn't know what she wants to do or what school to go to. We discussed her options and the fact that it's okay if her plans change and she ends up doing something else.

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?) :

Rebecca has improved her relationship with food. She's starting to apply to different colleges and plans to go away to a school at least two hours away from home. She's also attending tutoring sessions to alleviate her stress at school and has seen improvement in her work.

Rebecca has made peace with the fact that she will have to leave her sister when she goes away to school but she knows she will always stay in contact. She's also given up on trying to "fix" her parents problems and let's her grandmother and fellow congregants speak to them. Rebecca still has some issues when it comes to those around her arguing but she finds herself either grounding or removing herself.

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

How can I stop myself from judging those who have done things to lead my clients to counseling?

How can I handle "helicopter parents?" (Parents that want to know every single thing discussed in session even when it is not cause to alert them)

