

Peer Assessment Clinical Report

Jonathan Reyes

Measurement and Assessment class

Dr. A'tasha M. Christian

***Reason for the Assessment:***

Carolyn Berlepsch has expressed some symptoms of anxiety and depression. When asked when she started noticing these symptoms, she inform me that she has been dealing with anxiety and depression since high school. I decided to administer an ACE assessment to see whether trauma or other childhood experiences could be the cause of her current anxiety and depression.

***Description of the Client:***

Carolyn Berlepsch is a 34-year-old female who identifies as being white and a Christian. She is currently married, going on 9 years and has 2 children. C.B has had 2 miscarriages since the age of 21 and her current occupation is a stay-at-home mom and a part time masters student. Growing up, C.B was raised with both parents in the household and one brother. She has moved multiple times in the last few years and has no criminal record. C.B stated no use of drugs and has good friends as a support system.

***Background Information:***

Carolyn Berlepsch appeared well dressed and groomed. Was very aware of where she was and why she was being interviewed. Seemed very professional and intellectual with our conversation. C.B had no issues answering all my questions. The Ace assessment results will allow me to explore more her past and upbringing as potential results could shed light into her current state.

***Evaluation Method:***

The evaluation method is the ACE assessment questionnaire for adults. The questionnaire has 10 questions and for each question she says yes to, I will add a number 1. At the end of the

questionnaire, I will add up the numbers. This evaluation will allow me to better understand her childhood experiences and will support me in her counseling sessions. The 10 questions are below:

1. Did you feel that you did not have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
2. Did you lose a parent through divorce, abandonment, death, or other reason?
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?
6. Did you live with anyone who went to jail or prison?
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
9. Did you feel that no one in your family loved you or thought you were special?
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

The ACE assessment was administered by allowing C.B to answer the questions on her own and providing me with the results. I did observe C.B as she answered the questions.

***Behavioral Observation:***

Carolyn Berlepsch took around 10 minutes to complete the assessment. I did notice some face expressions being done as she kept going down answering the questions.

***Results Summary and Interpretation:***

The results were 0/10 questions with yes. This would indicate that C.B anxiety and depression is not based on her childhood experiences but rather something external or developed through time. The outcomes of the assessment it that there is no trauma that is rooted in her upbringing and even though her anxiety and depression has been persistent in her life since high school, it is not due to her childhood experiences.

***Recommendations and Summary:***

I recommended Carolyn Berlepsch starts receiving psychotherapy, specifically the Cognitive behavior modality for her anxiety and depression. It could be a pattern of thought process that was developed in high school and has been persistent until adulthood. Learning breathing techniques and skills will help her cope with her anxiety and psycho educational workshops can assist her with learning more about what is anxiety and depression which will bring more awareness to her. I also recommend the ABC model to be taught and applied to C.B so she can understand what her triggers are, what are the behaviors that proceed those triggers and the consequences of those behaviors which is the main concern for her.

Carolyn Berlepsch came for an interviewed for her anxiety and depression. She stated that she has been dealing with her anxiety and depression since high school. Since she can go as far back as being 14 years old, an ACE assessment was administered to rule out trauma that could be the reason for her current anxiety and depression state. The results indicated that C.B anxiety and depression is not rooted in her childhood experiences. Cognitive Behavioral Therapy was recommended to continue treatment for her anxiety and depression to reduce symptoms and start the healing process.

***Personal Reflection:***

I had an interesting experience administering the ACE assessment to C.B. She was doing some face expression during some of the questions that made me think of the possibility of not answering as truthful since some of these questions are very personal. The last question in the assessment asked about unwanted sexual contact which if that did happen, I can see how someone would not want to disclose that in the first session as then that would have to be explored and spoken about. This type of assessment relies on the honesty of the client. I think it would be beneficial to administer this type of assessment after you have built rapport with the client incase, they did have any childhood trauma, they can rely on the therapeutic relationship to discuss it.

It was a great learning experience for me when I was doing research on which type of assessment to administer. There are so many clients who have trauma and are dealing with anxiety and depression because of their adverse childhood experiences. According to the CDC, 1 in 6 adults experienced at least four or more types of ACE's. It also stated that 5 of the top 10 leading causes of death are associated with ACE'S and that preventing ACE's could reduce the number of adults with depression by as much as 44%. This is why research is so important because if we can understand the data and not ignore it, we can use it to treat and prevent future trauma and depression for the next generation.

I would also wait and gather more information before administering this type of assessment again. C.B scored a 0/10 and she never mentioned anything about her childhood experience in a negative way. Its better to be safe than sorry since her she has been dealing with anxiety and depression since high school but its good to remember that just because she has been

dealing with it for so long, there is no correlation between her upbringing and her current state. If a client starts speaking about their childhood experience, that based on what they have shared, I know there are two or more of these questions that they would say yes too, maybe than I can administer this type of assessment again.

References:

*Preventing Adverse Childhood Experiences*. (2021, August 23). Centers for Disease Control and Prevention. <https://www.cdc.gov/vitalsigns/aces/index.html#:~:text=1%20in%206%20adults%20experienced,by%20as%20much%20as%2044%25>.

Ace Questionnaire. <https://www.acesaware.org/wp-content/uploads/2022/07/ACE-Questionnaire-for-Adults-Identified-English-rev.7.26.22.pdf>