

Peer Assessment

Clinical Report

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Reason for the Assessment

Ms. Y, a self-referred 38-year-old Korean female, requested psychotherapy to manage her stressors, episodes of lack of sleep, constant worrying, and anxiety symptoms. The reason for the assessment is to gain a comprehensive understanding of her current mental health status and provide recommendations for treatment.

Description of the Client

Ms. Y is a full-time exchange student who works three hourly/part-time jobs in medical administration, construction accounting, and media at the church office. She reported feeling anxious since leaving her country of origin four years ago and living with her only sister, who treats her as if she were her mother. Ms. Y is single and not involved in a romantic relationship or having friends outside of church acquaintances. She expressed difficulty in expressing herself in educational and social environments due to her limited proficiency in English.

Background Information

Ms. Y reported experiencing symptoms of anxiousness, depressed mood, sadness, trouble concentrating, and racing thoughts. She has been having trouble sleeping due to constant worrying, mainly about her future, financial stability, and immigration difficulties. Ms. Y has not received any mental health treatment previously and denied having any medical conditions. She expressed anxiety about her migratory status after completing her degree and completing her practicum.

Evaluation Method

The evaluation method used to assess Ms. Y's mental health status included a clinical interview and the administration of the Beck Hopelessness Scale (BHS), Beck Anxiety Inventory (BAI), and Spiritual Well-Being Scale (SWB).

Behavioral Observation

Ms. Y was dressed in casual attire and exhibited good hygiene. She was able to maintain appropriate eye contact throughout the evaluation. Her speech was shallow and slow in rate and tone, and her temperament became anxious during parts of the interview. Ms. Y's insight, judgment, and impulse control were good, and she denied current suicidal and homicidal ideation. Her thinking process was coherent, and her thought function was rational.

Results Summary and Interpretation

Ms. Y scored a ten on the Beck Hopelessness Scale (BHS), indicating moderate hopelessness. Her score range suggests that she experiences significant feelings of hopelessness, which may affect her mental health and quality of life. Her BAI score was 18, indicating moderate anxiety. Her overall SWB scale score was 96, which reflects a sense of moderate spiritual well-being. Ms. Y's scores on the individual scales of SWB suggest a positive view of her relationship with God and a moderate level of life satisfaction and purpose. Based on the information provided, Ms. Y's symptoms are consistent with a diagnosis of Generalized Anxiety Disorder (GAD).

Table of Relevant Scores:

Assessment Tool	Score	Interpretation
Beck Hopelessness Scale	10	Moderate hopelessness
Beck Anxiety Inventory	18	Moderate anxiety
Spiritual Well-Being Scale:	96	Moderate spiritual well-being
Religious Well-Being	52	Positive view of relationship with God
Existential Well-Being	44	Moderate level of life satisfaction and purpose

Recommendations and Summary

Overall, the assessment results indicate that the Client struggles with significant mental health issues impacting their daily functioning. The Client would benefit from the provision of a supportive and non-judgmental environment for the Client to work on improving their mental health. Based on the results of the assessment, it is recommended that the Client receives ongoing therapy to address their reported feelings and anxiety symptoms. Sessions will focus on developing coping strategies to manage stressors in her life and work; in addition, the Client will work on building self-esteem and confidence with the use of cognitive-behavioral therapy (CBT) to help the Client challenge her pessimistic thought habits that may be contributing to her symptoms. In addition, it recommends that the Client seek medical attention for possible prescribed medication.

Reflection:

Administering and interpreting assessments can provide valuable insights into a client's mental health and guide treatment planning. As a provider, it is important to be aware of the limitations of assessments and to approach them with a holistic understanding of the Client's unique situation. The results of assessments should not be viewed in isolation but rather as a piece of the larger picture of the Client's mental health.

Assessments can also be used to track progress over time and adjust treatment plans accordingly. Providers should regularly reflect on the assessments they use and consider if they are appropriate for each individual Client.

This assignment was challenging due to the limitations of the provider's inability to understand the Client's English language dialect. In addition, other education and multicultural therapy training would be beneficial for this counselor. Ultimately, assessments should be used as a tool to support the Client's overall mental health and well-being.

References

Drummond, R. J., Sheperis, C. J., & Jones, K. D. (2020). *Assessment Procedures for Counselor and Helping Professional* (9th ed.). Upper Saddle River, NJ: Pearson

American Psychological Association (2019). *Publication Manual of the American Psychological Association*, APA,