

**Generalist Application Paper**

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## **Hypothetical Scenario**

Our group chose to focus on upper-class young adults and teenagers with white European ancestry. My first focus for this assignment is a white male aged sixteen with parents who are affluent individuals who are very career-oriented and busy. They are Catholic and deeply religious. This sixteen-year-old male is a gay person and struggles with this reality. He has been cyberbullied. Instagram posts of his sexual text messages with another male student were posted anonymously on a gossip profile for his school, and shortly after his parents sent him to my agency for therapy. His parents are deeply troubled by the reality that their son is attracted to men, and they want to send him to receive conversion therapy.

My next focus for this assignment is a white nineteen-year-old female who was raised by her mother and has an absent father. She is falling deep into alcoholism and parties regularly. Her father has history of alcoholism. This girl is seeking therapy because she does not want to follow the same lifestyle choices as her relatives, and her mother is deeply concerned for her. She is seeking help after “blacking out” from alcohol on two separate occasions within the same week.

## **Methods**

For my first client I would go through the basic steps of a first-time therapy session. I would ask him questions about himself and then I would let him know a bit about me. If he feels comfortable in the session, I would ask him about what happened and how is he managing. I would let him know that his parents notified me of cyberbullying as well as their struggles accepting his sexuality. I would ask him about what he hopes to gain from our sessions together. If he mentioned an end to the cyberbullying as well as hoping his parents would accept him, I

would have a few resources available to him. I would let him know that he has rights, and we can discuss what all happened regarding the cyberbullying, I would show him the website [stopbullying.gov](http://stopbullying.gov) and show him what actions we could take, if he would like, against the bullying. I would also, in future sessions, do an ecomap with him so we can see where his support is and what options he has for community. I would suggest group therapy and refer him to someone who specializes in LGBTQIA+ therapy. I would then talk to his parents separately over the phone about me having a separate session with just them about what actions we can take regarding cyberbullying. I would also, in session, show them the research regarding conversion therapy and cyberbullying. If sessions began to progress smoothly, I would ask if my client would like for his parents to have sessions with him. I would refer them all to specialists in LGBTQIA+ therapy.

My second client, since she is above eighteen, I would deal with in a more personal manner. I would talk with her about her alcoholism and what she would like to achieve goal-wise in sessions. I would talk to her about rehab and rehabilitation therapy groups. I will ask her if she has opportunities she wants to prepare for so we have a focus for our sessions. Opportunities like college or trade school or joining a community group to serve others might help her be motivated to become sober. In future session I might draw out a genogram to help her see where her alcoholism connects to her genetically and perhaps even an ecograph so she can reevaluate who she surrounds herself with so we can remove negative influences from her life.

### **Reflection**

With my first client I know that this situation is extremely sensitive and there are a lot of parties involved. I would have to navigate the parent to child relationship incredibly carefully because of the clear discomfort and misunderstand of my clients' parents. I would have to be

careful when showing them the research on conversion therapy. I would not want them to think I was trying to attack their religious beliefs. I would also need to be careful with my client to be sure he has the mental health support he needs as often as possible. My client does not have much support at home or at school. I would also need to educate myself on cyberbullying laws within my state and I would need to remind my client that I am a mandated reporter, and I would need to be sure he is always safe.

Regarding my second client I would need to make sure that my intervention is swift and thorough. Alcoholism can be very tricky to deal with and I would let my client know that we need to take immediate action.

### **Countertransference**

I do think that with my first male client that religious trauma is playing a key role in my client's life. When I was sixteen, I suffered from religious trauma regarding my sexual activity. I know what it is like to have parents disapprove of you from a religious perspective. As I said previously, I would already need to refer him to another therapist, and I think that this would take care of me taking my clients struggles home with me. Regarding the second scenario I would be careful because the client is closer to my age.

## References

- Foody, M., Samara, M., & Carlbring, P. (2015, May 27). *A review of cyberbullying and suggestions for online psychological therapy*. *Internet Interventions*. Retrieved October 11, 2022, from <https://www.sciencedirect.com/science/article/pii/S2214782915000251>