

## Case Conceptualization

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### Content:

1.

**Introduction** In this case conceptualization I will evaluate a client's symptoms and history to determine a diagnosis. I will assess the client by taking into account their history, family history, appearance, presentation, mood, thought process, behavior, level of functioning, orientation, insight, trauma, judgment and the impact their symptoms have on their life.

2. **Identifying Information** Dusty Smith is a 35-year-old caucasian male.

3. **Presenting Problem**

a. I assessed Dusty Smith today by televideo. Dusty is in the X County jail. Dusty attempted to strangle himself with his tank top just before the assessment. The jail staff had to intervene and arrange for a safer environment. He is facing charges of violating a restraining order where he is forbidden to have contact with his ex-girlfriend. Dusty Smith has a history of suicide attempts and substance abuse. Dusty stats, "I'm tired of the endless cycle. I want to be with my family. They are all dead." Dusty has experienced significant loss in his life. His parents and siblings have all died of natural causes or car accidents. Dusty reports that he is tired of hurting his loved ones with his substance abuse. Dusty is not currently in outpatient services. His last inpatient hospitalization was 3 weeks ago in Mocassin Bend. He is uninsured and homeless. Dusty has

attended Alcohol and Drug treatment three times. Dusty states that substance abuse is the only thing that helps him escape the pain of his loss. Dusty is diagnosed with Major Depressive Disorder and Substance Use Disorder.

#### **IV. Factors**

- a. Predisposing: The client has a family history of substance abuse and mental illness.
- b. Precipitating: The client had an altercation with his ex-girlfriend.
- c. Perpetuating: The client reports mood instability, impulsivity and irritability.
- d. Protective/Positive: None reported.

#### **V. Summary Paragraph**

a. Treatment recommendations include outpatient services involving case management, therapy and medication management. In case management, SMART goals will be established to motivate Dusty to look towards the future. Mindfulness-based therapy has been proven to be an effective treatment for depression symptoms due to its reduction in recurrence (Moore, 2022). Cognitive therapy has been shown to regulate negative mood (Areas, 2021). Research indicates that improvement is expected when individuals with a diagnosis of depression take an antidepressant (Høstmælingen, 2022). Dusty tends to deny or avoid the truth and is unwilling to own his part in the altercation with his girlfriend. Dusty has cognitive distortions based on what others have said to him. Behavior modification, acceptance and reducing cognitive distortions will be on the agenda.

## References

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