Case History Paper

Bambi Boers is a 27-year-old Caucasian female that is diagnosed with Cannabis-induced Anxiety Disorder, with Moderate/Sever use. Below is an excerpt from the PHQ9 and then a summary of the BioPsychoSocial assessment interview with Ms. Boers.

Therapist: How long have you suffered from anxiety?

Bambi: I have suffered with anxiety throughout my life.

Therapist: Have you ever sought treatment for anxiety before?

Bambi: No, I didn’t know how to get help until my sister told me.

Therapist: How is your relationship with your family?

Bambi: They are supportive and it’s mostly positive.

Therapist: When did you start using marijuana?

Bambi: I started smoking marijuana at 12 years old.

Therapist: Can you tell me more about your marijuana usage over the years?

During the interview, Bambi discloses that she smokes marijuana every day from the moment she wakes up until she goes to sleep. She states that she has to smoke in the morning to deal with the people at work. She reports she smokes at night because it helps her go to sleep. Bambi stated she has been smoking marijuana like this for the past 5 years. Bambi has been in a relationship with her male partner for the past 2 years. He also smokes marijuana. Bambi disclosed some behaviors by her partner that include requiring her to check in and telling her where she is at, handing over her paycheck since “he is better at money”, and him making comments about her body and how she should work out more. Bambi appears unaware of the codependent relationship she has with him and makes excuses for his unhealthy and sometimes abusive behavior. Bambi reports she would try at times to stop smoking marijuana in order to get better employment because she would have to pass drug screens however she was unable to persist with sobriety as she would then get panic attacks from not smoking. This led to Bambi using other methods to pass employment-related drug screens. Bambi disclosed she does have a criminal history of minor traffic infractions and two charges of simple possession. Bambi was required to complete Alcohol and Drug treatment and pay court fines. Bambi stated she recently got those charges since being with her current partner. Bambi has an overall positive family support system however there have been times in her past where her marijuana usage has caused rifts with her parents and siblings. Bambi tries to respect their wishes and not smoke around them however she finds it difficult to be completely sober when she visits for family functions. Bambi has not introduced her boyfriend yet to her family as he is “always busy”. This has started to bother Bambi because she wants her relationship to progress.

During our sessions, Bambi appears under the influence of marijuana due to her having glazed eyes and pungent smell coming from her clothes. Bambi realizes her marijuana usage has been causing her anxiety and panic attacks to worsen and wants a way to manage them without the marijuana use. Bambi has disclosed she is at a point in her life she thinks she “ought to grow up” and wants to get a job making good money without the fear of being fired for her marijuana use. Bambi also expressed concerns about how her boyfriend feels about her not smoking marijuana. He tells her that he will continue to smoke but she can stop if she wants. However, he still continues to offer it to her after she has told him no. Bambi reports this then leads her to having symptoms of a panic attack and then starts smoking marijuana.

Treatment Planning and Interventions

Bambi will complete an intensive outpatient program 5 days a week for up to 6 weeks.

Bambi will utilize grounding techniques when anxiety starts to ramp up.

Bambi will spend 5-10 minutes a day utilizing mindfulness.

Bambi will take medications as prescribed and not use any illicit substances.

Bambi will reach out to the hospital if she is having any feelings of suicidal or homicidal ideations.

Bambi’s goals for treatment are:

1. Bambi will stop using cannabis to treat her anxiety.
2. Bambi will be able to learn to manage her anxiety.
3. Bambi will learn to recognize cognitive distortions.
4. Bambi will utilize healthy coping mechanisms and assertive communication in her relationships.

Diagnosis Explanation:

Ms. Boers disclosed having panic attacks or anxiety in which she uses marijuana to “treat”. Ms. Boers discloses that at times when she stops smoking marijuana her anxiety will increase however if she smokes too much or a higher potency of marijuana her anxiety will increase causing her to have a panic attack. Ms. Boers has been checked out medically and there is no other physical ailment for her condition. Ms. Boers denies that these instances of anxiety or panic attacks occur during a course of delirium. Ms. Boers description of her anxiety and panic attack symptoms persist after acute withdrawal or severe intoxication. Ms. Boers reports there is significant distress in her social and occupational functioning because of this disorder.