
CONTEMPORARY MENTAL HEALTH – ECHC5001

critically analyse a case scenario associated with mental distress, including signs and symptoms, and appropriate strategies for treatment or interventions.

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According to Johnstone and Dallos (2006), all case formulations have the following elements in common:

- They summarise the core problems
- They use psychological theory to understand the current difficulties and the development of problems
- Based on this, they plan interventions
- The interventions are revised through the process of therapy



CASE STUDY – VERA

CORE PROBLEMS



- Anxious
- Fearful
- Near breaking point
- Overwhelmed
- Difficulty sleeping/nightmares
- Feelings of not belonging or feeling safe
- Relationship problems
- Attachment issues
- Trauma/PTSD

UNDERSTANDING DEVELOPMENT OF ISSUES

Humanistic

- The therapist may reflect on some of the themes explored
- Invite client to think about their goals

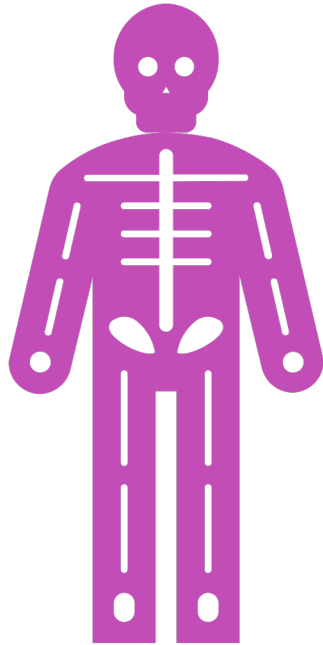
Psychodynamic

- Highlighting core issues as a focus for therapy

Cognitive-Behavioural

- Goal oriented and suited to short-term work

Feltham et al (2017) pp. 174-176



DAMAGE CONTROL - CLIENTS PRESENTING WITH TRAUMA

- Take a careful history and ask the client 'What brings you to therapy NOW?'
- What triggered that now?
- Focus on the current event that brought the client to therapy
- Signs of hyperarousal in the autonomic nervous system are good indicators

Rothschilde, B (2000) pp.152

INTERVENTIONS

- Consider the impact of trauma - (Rothschilde, 2000); (van der Kolk, 2014)
- Exclusion of PTSD from DSM-5 (DSM-5, 2013)
- Attachment theory – (Ainsworth et al, 1978); (Bowlby, 1982)
- Core conditions – (Rogers, 1951)
- Pre-Therapy – (Prouty et al, 2010)



ETHICAL IMPLICATIONS

- Confidentiality
- Therapist limitations
- Therapist self-care

Thomas, J (2019); BACP, (2018)



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“Almost everything will work again if you unplug it
for a few minutes, even YOU.”

Thomas, J (2019); BACP, (2018)





CONCLUSION

- Emphasises the interpersonal, phenomenological and empathic aspects of the case.
- Understanding how the client learns through observation and through the narrative.
- Flexible, subjective, interpersonal resource – at best.
- Rigid, objective, standardized treatment – at worst.
- Impact of childhood trauma on adults
- Importance of reviewing interventions
- Ethical implications

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- “Whatever model of practice we adopt, at the heart of all we do, is a person, who is in a professional relationship with us.”

Thomas, J (2019)



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