Tonya Bunch

SOWK648-06

Professor Rivers

3/26/19

**Informal Case Presentations I**

**Pseudo- Sara**

*Case Background/Brief History/Psychosocial Concerns: Client(s) problems and needs:*

* 55-year-old, Female, African-American,
* Admitted 7/30/2018
* Opioid Dependence no current mental disorders
* Biomedical conditions: Hepatitis C and HIV +, non-detectable (Will be getting Hep C cure medication soon)
* Environment: Single mother, low socio-economic status, Father deceased, Mother unknown alive or deceased, 3 sisters, and 3 sons. Family history of addiction both alcohol and substances.
* Working with Sara both individually and in groups
* Problems: Sister is living with her and is using substances, witnessed a shooting in front of her home.

*What specific theory and interventions are you using with the client(s) and what is your rationale for this choice?*

* Solution-Focused Brief Therapy- To gain an understanding of what Sara has done in the past that has worked for her to solve her own problems.
  + Example-What have you done in the past to have your sister move out? She is wanting to get her sister out of the house.
* Motivational Interviewing- Explore and challenge her ambivalence toward her feelings of responsibility of her sister.
  + Example-You said you feel responsible for your sister. Tell me a little bit more about that.
* Also, OARS to help her identify that her sister living with her could harm her recovery.
  + Example-You’re saying your sister is using heroin and you see the effect?
* Crisis Plan- Identified a step-by-step process of what Sara will do if or when a crisis happens. Sara also said exactly what the agency is to tell the person to say to Sara who calls the agency when she is in a crisis.

*What have been client changes/outcomes thus far?*

* Coming to every group/individual appointment
* Consistent clean urine drug screens
* Engaged in group/individual sessions
* Making changes of different people, places, and things/gaining support from agency
* Making friends from group at agency
* More engagement with her children
* Actively seeking a job and healthier living environment

What is making this case such a challenge for you? How much of the challenge you are experiencing is coming from you?

* I am not sure if I am looking deeply enough or just being too hard on myself. I feel the traumatic event should be explored
* Her sister has moved out and she just told me there is another person that has been living there for over a year. This is new information.

What use-of-self issues are present in this case for you? How does your use of self strengthen or threaten the therapeutic alliance?

* Strength: I meet the client where they are
* Strength: I am present, I am aware of my emotions if they arise and take deep belly breaths
* Strength: I observe the client’s nonverbals
* Strength: Head-nod/Eye-contact/Leaning forward
* Some self-issues could be when I stumble over my words, but that could be a strength too because that shows that I am a human. Sometimes I want the client to move further along in the next week; if they are thinking they want to do something I expect it because that is usually what I do. I have to remember that is not how everyone works and the Stage of Change they are in. I do not say this to the client.

*What ethical issues did you confront in this case, if any, and how did you address them?*

* I think I am too aware of time. We only get a certain amount of time to be with our clients and that is really hard on me. I try not to look at my watch but 2 times. There are not any clocks in the room that I go in. I think from now on I am going to bring my phone in with my timer ready and hit the start button.

*Have there been any policy challenges? Barriers to services?*

* **Outside source:** Barrier to service is her trying to find a better home through Section 8 and Greensboro Housing Authority. However, she is very resourceful and if finding many different avenues on her own to get out of the dangerous area.
* There have not been any policy changes pertaining to this case.

*What are the issues on which you would like feedback from your peers and/or questions for discussion?*

* I feel witnessing the shooting (traumatic event) is an issue. Should I bring it up? Should I ask her how she is handling it?
* I just got new information about another person that has been living there for over one year. She said that she has overstayed her welcome. What techniques should I use to talk to about this person?