

Disorder case study

Student's name

Institution affiliation

Course code

Date

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Part A – Chp 16: For each of the following cases, first identify the general category of each disorder (e.g., anxiety disorder, mood disorder, personality disorder, dissociative disorder, schizophrenia, somataform disorder), and then indicate what the specific diagnosis would be (i.e. generalized anxiety, OCD, bipolar etc).

1. Reggie is a first year student who has registered for four classes, but cannot get himself up and out of bed to go to any of them. He feels like a complete failure. He believes he is too stupid to get a university degree, but he does not want to disappoint his family by letting them see what a loser he is. Instead, he just stays in bed all day with the shades drawn. He doesn't even have enough energy to make himself something to eat, so he is rapidly losing weight.

Disorder: Mood disorder

Specific diagnosis: Depression

2. Anastasia, well-prepared for a scheduled quiz, is getting ready to leave her dorm and walk to one of her classes, when she suddenly breaks out in a cold sweat and becomes weak and shaky. She realizes her heart is racing, and is afraid she might be having a heart attack.

Category: Anxiety disorder

Specific diagnosis: Panic disorder

3. Fourteen-year-old Jarrod has been getting in trouble ever since he was a small child. He has been a petty thief since the age of nine, has been drinking alcohol and smoking marijuana since he was twelve and now goes to school only long enough to bully other students and steal their lunch money.

Category: Personality disorder

Specific diagnosis: Antisocial personality disorder

4. Walking home after work one night, Gina chanced upon a drug deal turning sour. Guns were drawn and shots were fired. She heard the explosions and the whiz of bullets, saw a man fall bleeding to the ground, and watched a car race away with squealing tires. She was so shaken after this incident that she quit her job so that she would not have to go to that section of town. She refused to take another night job because she did not want to go out at night. Finally, she found that she could not bear the idea of getting any job because she did not feel safe leaving her apartment at all.

Category: Anxiety disorder

Specific diagnosis: Agoraphobia

5. Rafael, one of your new roommates, appeared to be very shy and withdrawn at the beginning of the semester. He seemed sad and lonely but kept to himself and he seemed also to spend a lot of time sleeping. Now, suddenly, he has been transformed. He is the life of the party, carousing all night then dashing off to his classes, with no need at all for sleep. He claims to have a system for “aceing” his classes without doing any studying, but is not able to give any coherent explanation of his system.

Category: Mood disorder

Specific diagnosis: Bipolar disorder

6. You are walking downtown one day, when you see a homeless man sitting on the street with a cup next to him and a sign that says, "I'm Joe. I'm homeless and hungry. Please help." You put some coins in his cup and continue on your way. Several weeks later, at the same location, you see a man that looks like Joe, but younger and more energetic, hurrying up and down the block saying, "I'm Henry and I've been saved. Bless the Lord. Thank you, Jesus." You realize it is the same man you saw before, but even his voice sounds different.

Category: dissociative disorder

Specific diagnosis: dissociative identity disorder

7. Sitting in a hospital emergency room to have a cut on your hand stitched, you see a wild, disheveled looking man shouting disjointed words and phrases like, "I am the king...the Lord.... Amen.... Women.... Sex....sextets....sextuplets...."

Category: schizophrenia

Specific diagnosis: disorganized

schizophrenia

8. One of your friends is consistently late for every class, every appointment, even every social get-together, because they cannot leave home without taking an hour-long shower, washing their hands ten times, changing their shirt three times, and locking, unlocking, and relocking the door five times.

Category: anxiety disorder

Specific diagnosis: Obsessive-compulsive disorder (OCD)

9. Michael is just a mass of symptoms and complaints. Ask him how he is, and he will describe unbearable pain in various parts of his body. He can show you small bruises that he is sure will prove to be cancerous. He will cough lightly and ask if he could possibly have developed lung cancer by inhaling second-hand smoke. He will wonder if you've heard anything about this strange new symptom he seems to have whenever he drinks fluids of any sort.

Category: somatoform disorder

Specific diagnosis: hypochondriasis

Part B - Disputing Irrational Thoughts

Instructions: Assume that each of the following is an irrational thought that causes disturbance and is held by a student. Substitute a rational alternative for each irrational thought.

1. Irrational thought: If I can't make this (intimate) relationship work, I'll never be able to make any (intimate) relationship work.

Rational alternative: If can't make this relationship work, it does not necessarily mean that I'll never be able to make any (intimate) relationship work.

2. Irrational thought: If I try to change majors at this point, my parents will kill me. I might just as well drop out of school altogether and head for the coast.

Rational alternative: Perhaps I should talk to my parents about changing my majors. This is better than dropping out of school and heading for the coast.

3. Irrational thought: Nobody is ever going to love me. I'm just not attractive and interesting enough.

Rational alternative: I may not have found love. This is not because I am not attractive and interesting but because I have not yet met the right person.

4. Irrational thought: I can't stand my life. Nothing ever gets better. The courses are too hard, the professors are too tough, even the social life is too difficult to break into.

Rational alternative: I am losing control of my life. Things seem to get worse with every day that passes. Perhaps I can deal with the situation by coming up with new ways to deal with my course work and to cope with my professors that are becoming tougher and to break into social life.

5. Irrational thought: I really made a fool of myself at that party last night. Everyone in my dorm must have heard about it by now. No one is ever going to want to be seen with me. Everyone is going to be staring at me and thinking, "There goes the biggest jerk I've ever seen."

Rational alternative: I did not have to please anyone at the party last night. Therefore, I do not care about what anyone in my dorm may be saying. Even if people may try to avoid me, I believe that this does not matter. For those that will be staring at me and thinking that I am the biggest jerk they've ever seen, I will not have time to prove them wrong and I will even not know about it.

Part C - Matching Problems and Approaches

Instructions: For each of the following problems, indicate which therapeutic approach (psychodynamic, rational-emotive, systematic desensitization, modeling and social skills training, family therapy, drug therapy) that is likely to be the most useful for the following client scenarios.

1. Ernestine is terrified of elevators. She would rather walk up 100 flights of stairs than ride in an elevator. Even thinking about elevators makes her heart pound and her palms sweat.

Systematic desensitization- would help her slowly get over her fear

2. Tamara is very depressed because she feels stupid, unloved, and unlovable, and is convinced that none of this will ever change.

Rational-emotive- She needs to know how to address her emotions appropriately

3. Stefan is very shy. He would love to be in a close relationship with a girl, and is convinced that she would like him if she had a chance to get to know him, but he just doesn't know how to take the first steps to get to know someone.

Social skills training- It would help him learn how to take the first steps to get to know someone.

4. Ricardo hears voices that tell him to do things that he doesn't want to do. He is very paranoid, and is convinced that people in the television set are watching him and waiting to hurt him.

Drug therapy- It will help deal with the anxiety and paranoia

5. Gerry keeps trying to find a man just like her father. She goes from relationship to relationship looking for the right man, but none of them can live up to the image she has of her dad as the perfect husband, lover, and father.

Psychodynamic – It will assist in building a strong relationship

6. Yolanda has been anorexic ever since her early teens. Basically, she controls everything that goes on in her household by her refusal to eat.

Modelling- she will learn effective ways to deal with her condition and to accept herself.

7. Every time James tries to do something to please his parents, they seem to him to be dissatisfied, and he is convinced that nothing he can do will ever make them happy. He broods so much about his failure to please them that he can't seem to find anything to do to make himself happy.

Family therapy- it will assist James to balance how to balance his life and his parent's expectations on him.