Portfolio Reflection Form

Name: Student name  Case Study- Overview and Plan for Treatment

Course: Treatment of Drug & Behavioral Addictions

Semester: Summer Session I, 2012

Competencies addressed:

Knowledge-
Assessment
G. 2- Knows specific assessment approaches for determining appropriate level of care for addiction problems.

Diagnosis
K. 3- Understands the established diagnostic criteria for substance use disorders and describes treatment modalities and placement criteria within the continuum of care.

Skills and Practices
Assessment
H. 5- Applies assessment of clients’ stages of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care.

Diagnosis
L. 1- Demonstrates appropriate use of diagnostic tools, including the current edition of the Diagnostic and Statistical Manual, to describe the symptoms and clinical presentation of clients with addictions and mental and/or emotional impairments.

Summary of activities completed:

This artifact is based on a case study provided by the instructor. The paper begins with a summary of the client’s identifying information, including her age, employment status, important family relationships, as well as any noteworthy facts that may have influenced her substance usage. Next is a brief presentation of the current problem which includes what the client wishes to achieve in therapy. This is followed by the assessment in which I describe the intake process and evidence of symptoms that allow for accurate clinical diagnosis via the DSM-IV. The final section is a thorough treatment plan in which the family and significant other are included.

Explanation of how artifact relates to competencies:

This paper is evidence of proper use of the DSM-IV, as there was only one correct diagnosis for this particular client. This paper shows how I completed the process of elimination of certain disorders by considering duration and frequency of usage, testing for underlying or co-occurring disorders, and examining medical history (L.1.). I was able to differentiate this disorder from similar ones by eliminating factors that may often
be overlooked. This paper demonstrates the ability to recognize severity of addiction, considering duration, frequency, withdrawal, and state of mental and physical health. This paper shows how I follow the proper steps of assessment and diagnosis through an intake interview and chose to administer multiple assessments, such as the SASI, Beck’s Depression Inventory, and SDS to determine the most effective course of treatment (G.2.). Also displayed here is the understanding of Cannabis Abuse Disorder, including the psychosocial effects upon the client’s life as well as physiological effects that have changed her lifestyle. Most heavily emphasized in this paper is the client’s current stage of abuse and motivation to change which are prime factors in determining a proper treatment plan (K3). I have displayed how I can differentiate between dependence and abuse and develop a treatment plan that matches the client’s level of motivation for change, severity of addiction, lifestyle, and goals (H5).

**Explanation of how this experience helped you toward becoming a Substance Abuse and Clinical counselor:**

I have found that case studies are the most helpful way for me to learn and explore all the contributing factors that contribute to proper clinical diagnosis, next to actual experience with a client. This particular case study was an opportunity to develop a treatment plan for someone who was not a severe addict and voiced motivation for change. It was also an opportunity for me to rule out co-occurring disorders as well as consider important medical history (in this case, postpartum depression) into proper diagnosis. Prior to this case study it was not my nature to consider motivation into the treatment plan, but appreciate that I was given the chance to recognize this so that I may allow highly motivated clients the option of playing a more active role in recovery. I also gained a better appreciation for the intake interview and intend to develop my interviewing skills so that I can gain maximum benefits from this step of the assessment process.

**Explanation of what you need to work on to increase this competency in the future (minimum of 100 words).**

As stated above, I recognize that I need to pay greater attention to the client’s level of motivation before establishing a plan for treatment. Furthermore, I feel as though I have a list of tools for assessment but may need to expand my knowledge of appropriate application of these tools. For instance, I can describe what the SASI essentially is, but need more experience in deciding which clients will benefit from taking this particular assessment. I find myself generalizing a personality and matching the assessment to such, but should assess clients on a more individual basis. I feel I have a fairly thorough understanding of the process of diagnosis and use of the DSM-IV, and intend to increase my competency of diagnosis through case studies as well as mock experience.