

## Unit 6 Assignment Example

### Case Study: Sally

Sally is a 34-year-old single Caucasian woman who comes to you seeking assistance for what she calls her “food problem.” Sally states that she loves food and finds it one of the only sources of comfort and pleasure in her life. Sally is wearing a tank top and matching shorts. Her outfit is clean and fashionably in style; however, the clothing appears to be too small for Sally’s obese body. Sally is sweating a great deal and she is breathless after the short walk from the parking lot into the office.

During the interview, Sally discloses that she was diagnosed with depression and was prescribed medication, but she has not been taking it like she should. She clutches the pillows on the couch to her body throughout the interview and pulls tissues out of a nearby box to wipe sweat from her face.

### Case Analysis:

#### **What are the client’s strengths and how can you apply these strengths to appropriate interventions?**

Sally’s strengths include her desire to make improvements in her life so that she feels better about herself, her honesty and openness with the human services professional, and her recognition of the role that food plays in her life.

By acknowledging these strengths to Sally, the counselor reinforces them and supports Sally’s self-esteem as well as communicates respect towards her.

#### **Using three different appropriate interview techniques, identify each technique as you work towards appropriate interventions with the client. To do this you will need to develop a brief dialogue. Remember to consider any ethical and cultural issues. Note these at the end of your dialogue.**

HSP: Sally, I appreciate how open you have been to sharing this information with me, so that we can work together to address your concerns. (Sustaining Technique) What would you like to focus on today? (Tried and True Question)

Sally: Well, I cannot take living like this any longer.

HSP: You sound frustrated and ready for a change. (Sustaining technique)

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Sally: Yes, I'm tired of people staring at me and my husband calling me tubby. The medicine isn't making the depression go away, so I've stopped taking it. The snacks make me feel better for a while but look at the results.

HSP: "You're concerned both about your weight and your depression. What connections do you see between the food intake and your mood? (Elaboration)

Sally: As I mentioned the food makes me feel better for a few minutes but then the sadness overwhelms me.

HSP: Have you thought about going back to your physician and discussing how the medicine doesn't seem to be helping? There are several varieties of anti-depressants on the market and you can have this conversation with your doctor about looking into other choices. (Exploring client's readiness to explore)

Sally: Well, I suppose I could, I do want to feel better about myself.

HSP smiles warmly at Sally (Communicating empathy): Great! Let me know when you have made an appointment with your physician.

Sally: Okay, I can do that later today.

HSP: Let's also look at some other ways of managing a depressed mood. Then let's look at your relationship with your husband

Sally: (Nods)

**Cultural issues considered:** There is an expectation in our society that women to be considered beautiful should be thin. This is reflected in the media and music. Thus women have self-esteem issues that are connected with the messages communicated in our society.

**Ethical issues considered:** Contacting Sally's doctor without her permission to discuss her discontinuing taking her medicine would be violating confidentiality.

**What goals would you want to work with Sally on based on the information available? Explain why you chose those goals and how you think they will help meet the client's needs. Tip: remember that goals are different from case tasks and referrals you might make to benefit the client and their situation.**

Some goals that Sally and I can work towards are the ones she has identified: to lessen the effects of her depression and to improve her self-esteem by living a healthier lifestyle and not relying on food to feel good. These goals will help her to feel better about herself. She hopes that as she becomes more confident and takes pride in herself, the people she interacts with will improve their words and actions towards her.