Final Exam Responses

First Case Scenario

After reading this first case study it is pretty clear the patient is experiencing post traumatic stress disorder (PTSD). With this patient I would want to discuss with him about the events that trigger his ptsd as well as things that we can start working on to improve his life. One key counseling skill that is going to need to be implemented here is to actively listen to the patient. Listen to what he is experiencing and the things that are causing him to have the flashbacks. I would then want to discuss with him as to why he feels the fall of Saigon and why that event had such a big impact on how he feels about the Vietnam war.

After speaking with him about these issues we would need to come up with a good proactive plan to start talking about the behaviors he is exibiting. Especially, because they are starting to affect his relationship with his wife at home. I would suggest to him to stop watching the news and any related events that would cause himself to experience those traumatic events. After we got some good ground work done I would suggest to him to get plugged into a survivors group with either the VA or a local church. This will allow him to speak to others that have been through similar events in their lives and give himself an outlet as to what he needs to be able to overcome in order to move forward.

Lastly, I would want to speak to him about God and how having faith in God would be able to strengthen his will to move forward with his life and give him the hope that he is going to need to see a brighter future. A few scriptures that come to mind are Psalm 34:17-18, Isaiah 41:10, and 2 Corinthians 1:3-4. All three of those passages speak about God’s compassion and strength that He gives to us all who believe.

Second Case Scenario

This case is a very interesting one. I would first begin by expressing the outstanding accomplishment that she has done being so young and already having a master’s degree and is a junior executive at the firm. It seems the next thing I would want to speak with her about is her childhood and the conditions at home. What stood out to me in this case is the fact it appears she is constantly looking for approval from others to justify herself. She married her husband just because she thought she needed companionship. Another thing I would want to speak with her about is her cases of depression she has been experiencing. I would want to deep dive into why she felt inferior to the other students at her college and why she feels intimidated by them as well.

I feel the best kind of counseling skills to use with her is active listening and maybe bringing in the husband during a few sessions to assess the relationship. I would also like to speak with her and see if maybe she would be willing to speak with her supervisor since she did say she admirers his success maybe they are just getting their “lines crossed” when it comes to their interactions. She could speak with him about how she could grow and become better at the firm.

Next I would speak with her about her beliefs in God. Having a Christian community to turn to in times of need and being able to confide and trust in God is something that would really help her overcome her feelings of inaduacy and self-doubt that I feel she is suffering from. I would bring up passages like Romans 8:28, and Psalm 42:11.

With her I would definitely want to setup more meetings with her to follow up and be able to monitor her progress or just be there for a sounding board to assist her through this. I would though want to monitor her issues with depression closesly and may need to refer her to a licensed therapist to get the further help she may need.