

Treatment Plan

Pre-existing Diagnoses

- Primary Dx: None available
- Secondary Dx: None available

Presenting Problem

- Description: Client is a new mother seeking help with relationship confusion and recent physical abuse from her partner. She expresses feeling overwhelmed and unsure of her next steps. She is financially and emotionally dependent on her partner.
- Onset: Acute (recent physical abuse incident). Previous emotional and verbal violence noted.
- Precipitating Factors: Recent physical abuse (pushed to the ground) by partner, prompting the client to seek assistance. Partner's jealousy and isolating behaviors.
- Course: Episodic (relationship described as "in and out" with arguments and separations followed by reconciliation). Recent escalation to physical abuse.
- History/Events: One-year relationship with partner, one child. History of emotional and verbal violence, with a recent first incident of physical abuse. Client states the incident "freaked me out" and "didn't even look like him."

Timeline

- None available

Case History

- Family History: Parents live "pretty far away."
- Relevant Information: None available
- Family Genogram: None available
- Social History:
 - Relevant Information: Client reports feeling isolated, stating she hasn't talked to anyone for a year. Partner is described as "jealous" and does not like her to have male friends.
 - Relevant People: Male friend who helped with resume.
 - Community/Social Genogram: None available
- Relationship & Sexual History: One-year relationship with a male partner, with whom she has one child. History of emotional and verbal violence, and a recent incident of physical abuse. Client reports partner is generally supportive financially but also controlling.

- Educational History: Was previously working and is now considering going back to work; sought help with her resume.
- Trauma History: Recent physical abuse by her partner (pushed to the ground). Prior history of emotional and verbal violence. Client described the physical incident as "scary," "weird look," and like he "was possessed."
- Medical History: None available
- Mental Health Treatment History: This is the client's first time seeking assistance for this situation.
- Strengths:
- Relevant Information: Deeply committed to taking care of her child. Motivated to explore options for greater self-sufficiency (e.g., employment). Willingness to seek help and engage in self-reflection. Demonstrates a developing insight into her situation and priorities.

Mental Status Exam (MSE)

- Observations: Client presents as somewhat overwhelmed and confused, but able to articulate her concerns and engage in reflective thought.
- Mood: Reports feeling "strange," "confused," and "overwhelmed" initially. Towards the end, expressed a sense of "freeing" when shifting focus.
- Cognition: Expresses confusion about "what to do next" and "sorting things out." Demonstrates capacity for planning and considering options (e.g., returning to work, childcare).
- Perception: None explicitly stated.
- Thoughts: Initially preoccupied with her partner and the relationship dynamics. Shifted focus during the session to her baby's needs and her own potential for work and safety. Realized she had been "agonizing" over the relationship.
- Behaviour: Actively sought help. Responsive to advocate's questions and reflections.
- Judgement: Recognizes her need for assistance in decision-making and exploring options for safety and self-sufficiency.
- Insight: Developing insight into the impact of the relationship on her well-being and the amount of mental energy spent on it. Expressed surprise at her shift in focus from partner to baby and self.

Provisional Diagnosis

- Symptom(s): None available
- Underlying Causes: None available
- Possible Dx: None available
- Screen/Assessment: None available
- Provisional Dx: None available
- Is a referral needed for official diagnosis? No

- Referral Name & Contact: None available

Case Conceptualization

- Chosen Model: None available
- 4-P Details: None available
- Predisposing Factors: Client's financial and emotional dependence on partner; existing pattern of "on and off" relationship dynamics with arguments and separations.
- Precipitating Factors: Recent physical abuse incident, described as unexpected and terrifying, prompting client to seek help. Partner's jealousy and controlling behaviors.
- Perpetuating Factors: Client's isolation; financial precarity when partner is absent; client's difficulty in processing the abuse from someone who also expresses love and provides support; continued "agonizing" over the relationship.
- Protective Factors: Strong commitment to her child's well-being; prior work experience and desire for financial independence; willingness to seek and accept help; capacity for self-reflection and insight.
- Needs, Priority Symptom, or Gaps: None available

Theoretical Model/Orientation

- Model Name: None available
- Model Principles/Goals: None available
- Narrative + Diagram Summary: None available.

Treatment Goals

- Identified Need: Increased safety for self and baby.
- Treatment Goal: Develop and implement a personal safety plan.
- Obstacles: Client finds it "freaky" to consider safety from a partner who says he loves her; initial difficulty processing the reality of the abuse.
- Supports/Resources: Domestic violence advocate, community resources for safety planning and crisis support.
- Identified Need: Financial independence and self-sufficiency.
- Treatment Goal: Explore options for returning to work and securing childcare.
- Obstacles: Childcare needs, balancing work with mothering responsibilities (e.g., breastfeeding, naps, bedtime), partner's expressed desire to "take care of us" which discourages her working.
- Supports/Resources: Domestic violence advocate, community resources for resume building, job search, and childcare options.

Goals & Objectives

- Goal 1: Enhance personal and child safety.
- Objective 1: Explore and identify potential safety strategies, including safe places and contacts, by the next session.
- Modality: Individual advocacy/counseling.
- Intervention: Discussion of safety planning components, identification of personal resources and community supports.
- Timing: Next session.
- Goal 2: Increase financial self-sufficiency.
- Objective 1: Explore possibilities and resources for returning to work (e.g., resume support, job search, childcare options) by the next session.
- Modality: Individual advocacy/counseling.
- Intervention: Discussion of challenges and options for balancing work and parenting, information on community resources for employment and childcare.
- Timing: Next session.

Action Strategies

- None available

Completed Sessions

- Session #: 1
- Focus of the Session: Initial intake and assessment; rapport building; exploration of client's presenting concerns, relationship dynamics, and immediate needs. Introduction to areas of focus for support (relationship, resources, safety planning, finances, self-care, parenting).
- Goal Addressed: Initial assessment, rapport building, identification of client priorities.
- Objective #: N/A for initial session.
- Intervention/Activity: Active listening, empathetic reflection, validation of client's feelings and situation. Psychoeducation on the advocate's non-directive role. Facilitated client's self-reflection through open-ended questions and presenting broad areas of focus.
- Strength/Resource utilized: Client's courage to seek help and her increasing ability to reflect on her own needs and shift focus from her partner.
- Progress in Session: Client expressed relief at discussing her situation and began to shift her focus from solely agonizing over the relationship to considering her own needs and those of her baby. She identified safety planning and exploring work options as priority areas.
- Challenges faced: Client initially felt overwhelmed and confused. She also expressed discomfort with the idea of needing to plan for safety from someone she loves.

Future Sessions

- Session #: 2

- Goal Addressed: Enhance personal and child safety; Increase financial self-sufficiency.
- Objective #: To develop specific components of a safety plan; To identify concrete steps and resources related to returning to work and childcare.
- Intervention/Activity: Detailed discussion on safety planning scenarios and resources. Exploration of job search strategies, resume building support, and childcare solutions tailored to client's needs.
- Resource: Referrals to community resources for employment assistance, childcare, and domestic violence support.
- Perceived Outcome: Client will gain concrete knowledge and actionable steps for improving safety and financial independence, leading to increased feelings of control and empowerment.
- Perceived Obstacles: Client's potential continued emotional dependence on partner; difficulty in acting on safety plans due to love for partner; logistical challenges of balancing work and childcare.

Process Analysis

The initial session focused on establishing rapport and creating a safe space for the client, who presented as overwhelmed and isolated. The advocate successfully maintained a non-directive, client-centered approach, empowering the client to identify her own priorities. A key theme that emerged was the client's intense focus on her relationship with her partner, which she described as "agonizing." Through empathetic listening and gentle redirection, the client gained significant insight, realizing that shifting her focus to her child and her own well-being felt "freeing." The therapeutic alliance seemed to strengthen as the client felt heard and validated. The advocate's ability to normalize the client's struggle ("you're definitely not alone") was crucial. The discussion naturally led to the identification of safety planning and financial independence as primary goals for future sessions, demonstrating effective collaborative goal setting.