David is a young adult who is struggling with depression. It appears this depression is brought on by a variety of factors. It seems the biggest factor he identified is conflict at work, perticularly with his boss. He frequently gets caught up with mistakes he has made at work that have harmed the company. Additionally his already strained family relations are further strained becuase his father and brother don’t approve of his life choices and aren’t afraid of letting him know their opinions. He has occasionally thought about suicide but never seriously considered it. He does use substances of some kind and he views them as healthly, it doesn’t seem to be out of control however.

I found the process of giving an intake interview to be quite enlightening. It was different than just actively listening because I actually needed to steer the conversation, while also active listening which seems like it is a delicate balance I haven’t quite nailed down yet. Also due to the time restricted nature of the activity I felt like I had to rush through some of the points which was unfortunate. Overall I actually enjoyed the process.