

## Client report 15/04/2022

This report presents text-assessment results as an automated computer machine reviewed your client's writing about his/her self-injury experience(s). The results are inferred from counseling professionals' judgements on various self-injury cases.

This results are drawn from a psychologically validated structure for evaluation; however, please use this report as one of sources for your understanding about your client because this results are tentative. Official psychological evaluation and interview are needed to make reliable decisions for treatment.

### 1. Client's original writing \* An original piece from the K-SITR's training data is translated in blue.

제가 처음에 자해를 시작하게 된 때는 중학교 2학년 때였습니다. **I started self-injuring from the 2nd grade of middle school.** 그 당시 친구를 잘 사귀지 못해서 스트레스를 많이 받는 상황이었습니다. **At the time, I had a lot of stress because I had hard times making friends.**

체육시간에는 자유시간만 되면 고개를 꼭 숙이고 그 상태로 30분 이상은 기본적으로 몸을 전혀 움직이지 않았습니다. **During physical activity class, I put my head down and didn't move at all for more than 30 minutes.** 팀플 활동이 있을 때는 불안해서 몸을 긁거나 손톱을 물어뜯는 등 불안증세를 보였습니다. **I experienced anxiety symptoms like scratching myself or biting nails during team projects.** 이 행동을 할 때는 극도로 불안했고 멈출 때쯤에는 이미 팔뚝과 손톱 주위가 붉어졌습니다. **When I did it, I felt extremely anxious and found my arms and nails turned red and swollen by the time I realized.** 부모님께서는 이러한 사실을 말하지 않았습니다. **I didn't tell my parents about the situation.**

그 당시에 같은 반에 친구가 없었기 때문에 점심시간에 다른 반 친구들과 밥을 먹곤 했었는데, 그 친구들이 아니면 같이 밥먹을 사람이 없어서 한번씩 어쩌다 그 무리 중 친구 한명과 싸우게 되면 극도로 불안해졌습니다. **I used to sit with friends from other classes during lunch and I became anxious when I argued with one of them because I had no other friends to spend the lunch time with.** 주말이 되면 평일에 있었던 일들을 다시 떠올리며 울기도 하고 머리카락을 뽑지는 않았지만 잡아당기기는 많이 했습니다. **During weekends, I cried over thoughts about what happened during the weekdays and pulled my hair frequently although I didn't pull it out entirely.**

지금은 그렇게 스트레스 받을 일이 별로 없기 때문에 저 당시 했던 행동들은 안하고 있습니다. **I don't do those behaviors now because I don't have stressful events like that as much.** 여기까지가 제 경험담입니다. **So far was my experience.**

2. A tentative evaluation about the case

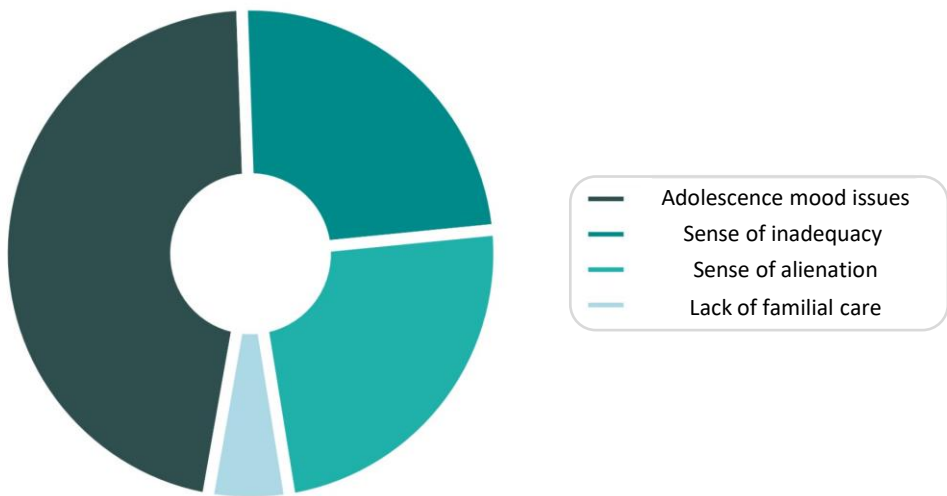
This case seems <not as serious but negative outcome concerning>.  
Please see keywords and characteristics found in this case and use them to plan your sessions.

3. Client’s keywords



4. Struggles

Below are topics of the client’s struggles inferable from his/her writing. First, “Adolescence mood issues” appeared as the most salient topic. Some other topics appeared in an order of importance: “Sense of inadequacy”, “Sense of alienation”, “Lack of familial care”.



## 5. Suggested treatment approaches

Below are ranks of treatment approaches counseling professionals suggested for cases similar to your client:

- (1) Acceptance Commitment Therapy
- (2) Client-centered therapy
- (3) Dialectical Behavior Therapy
- (4) Skill training group
- (5) Short-term Cognitive Behavioral Therapy

## 6. Suggested intervention priority

Below are ranks of targets to intervene:

- (1) Emotion
- (2) Current environment
- (3) Thoughts
- (4) Traits and personality
- (5) Past environment

- Thank you -

Please use this results as one of your sources of understanding because they are inferential results.

Questions and requests about this tool can be submitted to:

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