**ASSESSMENT 2**

**CASE STUDY**

**Background**

Bonnie is the eldest of two children with a sister 2 years younger. Bonnie has grown up in a happy, middle-class home. Her father is a building contractor and her mother works in a bank. Her parents are happily married and have always been quite supportive of her. At the time of her first appointment, Bonnie was a 15-year-old white girl in the 9th grade.

**Interview**

At the start of the interview, Bonnie states that her problem is that she gets nervous about everything, particularly things at school, doing anything new and a fear of social situations. When asked to give an example, Bonnie says that she is very fearful of situations such as eating in public, using public restrooms, being in crowded places and meeting new people. She claims that she will almost always try to avoid these situations. At school, Bonnie reports fear and avoidance of such activities as speaking up in class, writing on the white board and talking to her teachers. Although she is very good at playing the flute, she has dropped out of the school band because of her anxiety over participating in band performances.

In addition to anxiety about talking to teachers, she reports a fear of talking to unfamiliar adults such as shop assistants. In fact, Bonnie says that she will never answer the phone at home. She is also very hesitant to use the phone when she has to interact with strangers to do such things as ask for information or order pizza. In most of these situations, Bonnie says that her fear and avoidance are related to her worry that she might say the wrong thing or she does not know what to say or do and she thinks this will lead others to think badly of her. Quite often, her fear of these situations is so intense that she would experience a full-blown panic attack. Bonnie also reports getting headaches and stomach aches when she is anticipating a situation that she finds difficult.

Despite her problems with anxiety, Bonnie has two or three close friends and a number of acquaintances. Her parents say that Bonnie could always make friends; she just would never make the first move. Bonnie prefers to spend time with her close friends with whom she feels safe because they are also extremely shy. Each day at school, the group eats lunch together apart from the other students between classes.

Bonnie’s grades at school were usually in the mid-range. Her parents said that Bonnie achieved these grades with little effort. Interestingly, while Bonnie was often quite fearful of school, she had not missed many days over the past school years. Her parents noted that Bonnie always had stomach aches before school, but that she never asked to stay home.

**Word requirement: 2000-2200 words**

**Your response requires you to provide at least 8 reference sources. These must be peer-reviewed academic articles, not websites**

PROVIDE NO MORE THAN 2 SENTENCES TO INTRODUCE THE CASE STUDY SCENARIO- IF YOU WRITE MORE YOU WILL LOSE MARKS

**Answer the following questions, numbering your answers**

1. Suggest the type of anxiety condition that Bonnie could be experiencing. Explain the reasons for your suggestion and provide a reference to show where you researched your answer.

2. Identify and describe two theories (DO NOT USE EGAN OR PERSON-CENTRED APPROACH), that would be helpful in counselling Bonnie. Explain why you have chosen these two theories and provide a reference for each.

3. For **each** of your selected theories, describe at least 2 interventions or techniques would you think might be helpful to use in your counselling session with Bonnie and explain why you think these would be helpful. Identify your preferred theory from the 2 you have selected and give reasons for choosing this theory.

4. Select 2 agencies to which you could refer Bonnie for further support and choose the one that you think would be the most helpful to Bonnie. Explain why you think that one would be more helpful than the other. Include this agency in the reference list. Make sure these agencies are from **your own** state/territory in Australia or make sure that they are Australia wide agencies with services available in your state/ territory.

5. If Bonnie’s class teacher approached you to ask about your session with Bonnie, what ethical issue/s would you need to consider before replying to the teacher? Use either the Psychotherapy and Counselling Federation of Australia or Australian Counselling Association of Ethics to inform your answer. Provide a reference to the code you use in the reference list.