

(student's name)  
Fieldwork I  
HS – 207/M01  
Spring 2010  
Revised2 SP12

## PSYCHOSOCIAL ASSESSMENT----EXAMPLE---EXAMPLE---EXAMPLE

**Presenting Problem:** Client is a forty-four year old white male who has abused alcohol. Due to his alcohol abuse, the client has recently received a ticket for DUI.

**Personal Status:** Client stated that he grew up in a middle class family in northern New Jersey. Client graduated from a four-year college in 1987 with a Bachelors degree in Finance. He served four years in the U.S. Air Force as a Finance Officer and was honorably discharged from active duty in 1991. In 1995, client married a woman he dated while in college. Four years later their first child was born, and the second child was born two years after the first one. Client worked for the same firm for fourteen years. Last spring the client was laid off due to the economic recession. Despite searching for a job for the past nine months, the client has been unable to find employment. Prior to being unemployed, the client had little time for hobbies or leisure time activities because of work and family responsibilities. Due to this period of unemployment, the client's self-esteem has been negatively affected and his stress levels have increased. The client currently lives in an affluent community in northern New Jersey. The client is demonstrating poor stress management skills at this time.

**Drug History and Current Patterns of Use:** The client began drinking alcohol while in his junior year of high school. Client stated that it was never more than a couple of beers at a time and that it was fairly infrequent at once or twice a month. This continued in college, in the Air Force, and after he was married. Client stated that he was only intoxicated a few times during those years, but in the last six to nine months, as he became more discouraged about not being able to find work, the client stated that he found that a mixed drink like a gin and tonic or several beers would relax him and make him feel less anxious and unhappy about his situation. As his tolerance increased, the client found that it would take drinking several more beers to reach the

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same level of comfort and relaxation that he sought. As the frequency of his drinking increased and the amount of alcohol he consumed increased, his home life was affected. During an argument with his wife about his drinking, the client stormed out of the house and while driving to a friend's house he was stopped by the police for a DUI. At this point the client could no longer ignore the problem his drinking was causing and is seeking help for his problem with alcohol. The client admitted that this was probably not the first time he drove a motor vehicle while intoxicated but it was the first time he was caught.

**Substance Abuse Treatment History:** The client reported that he had no previous treatment for alcohol or drugs.

**Medical History and Current Status:** The client stated that he suffers from high blood pressure and he was recently diagnosed with Type II diabetes. He is currently taking medication to lower and stabilize his blood sugar levels.

**Family History and Current Relationships:** The client comes from an intact traditional family. The client's family is white and middle class. His grandparents are deceased and his father passed away in 2001. The client said that he has always been able to rely on his family. Other than the occasional normal arguments between siblings, there were no major family problems. Client stated that there was no family history of abuse to include physical, sexual or substance.

**Positive Support Systems:** The client stated that his wife is a strong and stabilizing influence in his life and provides much support to him. In addition, the client's mother lives approximately ten miles away and he has a close relationship with her as well as with his brother and two sisters who also live in New Jersey. Outside of family and work, client has two good friends but no hobbies or interests.

**Crime or Delinquency:** Client reported that until his DUI, he was never arrested for any crime. Other than a few speeding tickets more than twenty years ago, he has not committed any crimes.

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**Education:** The client has a Bachelors degree in Finance and was working toward an MBA when the company he was working for was forced to reduce their workforce.

**Employment:** The client is currently unemployed. Client was laid off from his job at a brokerage firm in New York due to the recession.

**Readiness for Treatment:** The client accepts his need for treatment and denied any barriers to treatment.

**Resources and Responsibilities:** The client's socioeconomic status is upper middle class, but he is currently unemployed. The client's unemployment benefits have expired and he is supporting a family of four on his savings which are rapidly being depleted. The client may be eligible for other services due to his economic problems.

**Mental Status Exam Narrative and Mental Health History:** The client was neatly dressed in casual business attire and neatly groomed. During the interview he was alert, friendly and very cooperative. Although he seemed slightly nervous at first, he became more relaxed during the interview. The client seemed interested in the discussion. His affect was appropriate. His rate of speech and tone seemed natural. His thought processes were logical and he demonstrated insight into his situation. His thought content was appropriate and he did not exhibit any psychotic symptoms. The client denied having any obsessions, compulsions, or phobias. He was oriented to time, place, and person. His memory seemed unimpaired. The client's intelligence was estimated to be above average but his judgment and impulse control are inadequate as shown by his DUI and his abuse of alcohol to relieve stress. He denied any suicide or homicide ideation.

**Diagnosis:**

- Axis I:** 305.00 Alcohol Abuse
- Axis II:** 799.9 Deferred
- Axis III:** High Blood Pressure, Diabetes Type II
- Axis IV:** Occupational (Job Loss), Economic (Inadequate Finances)
- Axis V:** GAF 51



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**Client's Personal Values and Attitudes:** The client appeared honest and truthful about his alcohol abuse and sincere in his desire to end his use of alcohol. He also seemed positive and showed an understanding of the seriousness of the problem. The client's love of his family and regret over his DUI indicates that he is eager to begin recovery and motivated to eliminate his use of alcohol.

**Counselor's Personal Values and Attitudes:** The client seems to have strong family ties and values which are similar to the counselor's values as well as attitudes regarding life and the challenges we face. While the counselor can empathize with the client and has noticed many similarities in their backgrounds, values, and life experiences, the client showed poor judgment in drinking and driving and using alcohol to lower his stress. The counselor does not believe that counter-transference issues developed during the assessment.