

# What is a Case Study?

INVESTIGATE



# **How to Build A Case Study**



# **As a Young Psychologist, I will be able to...**

- **Examine the Case Study Assignment Rubric**

# Section 1: Case History

1. Write a brief overview of your client's backgrounds & important information that may illustrate their situation
2. Describe the present problem including the subjects physical or emotional issues & any tests given

3. Diagnosis! Use the DSM-5 and find the code & defend your diagnosis



# Section 2

**Discuss interventions to help the climate using one of the following approaches**



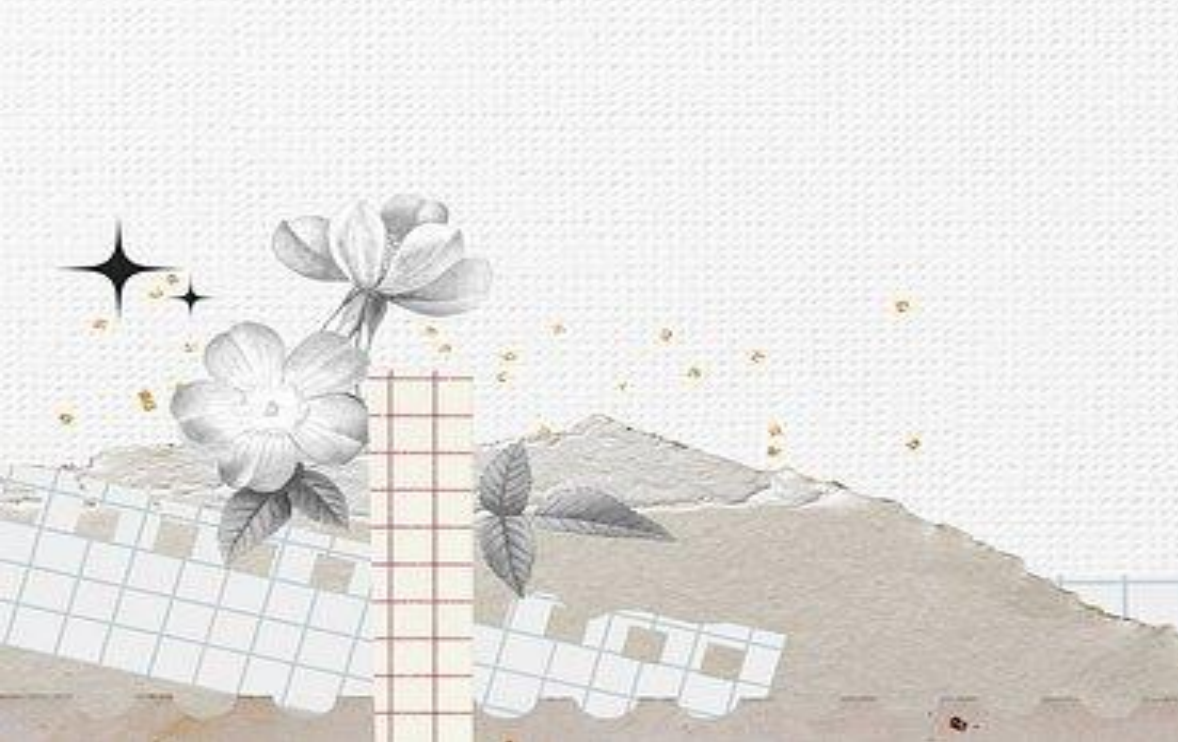
# The Psychoanalytic Approach

**The theory & therapeutic method that explores how the unconscious mind influences a person's thoughts, feelings, & behaviors**

**Approach is based on the idea that a person's present is shaped by their past**

**Unconscious desires & experiences come from childhood & contribute to problems in relationships, work, & self-esteem**

**Sigmund Freud** is the founder of this method & believed that a person's behavior is a direct reflection of their past experiences



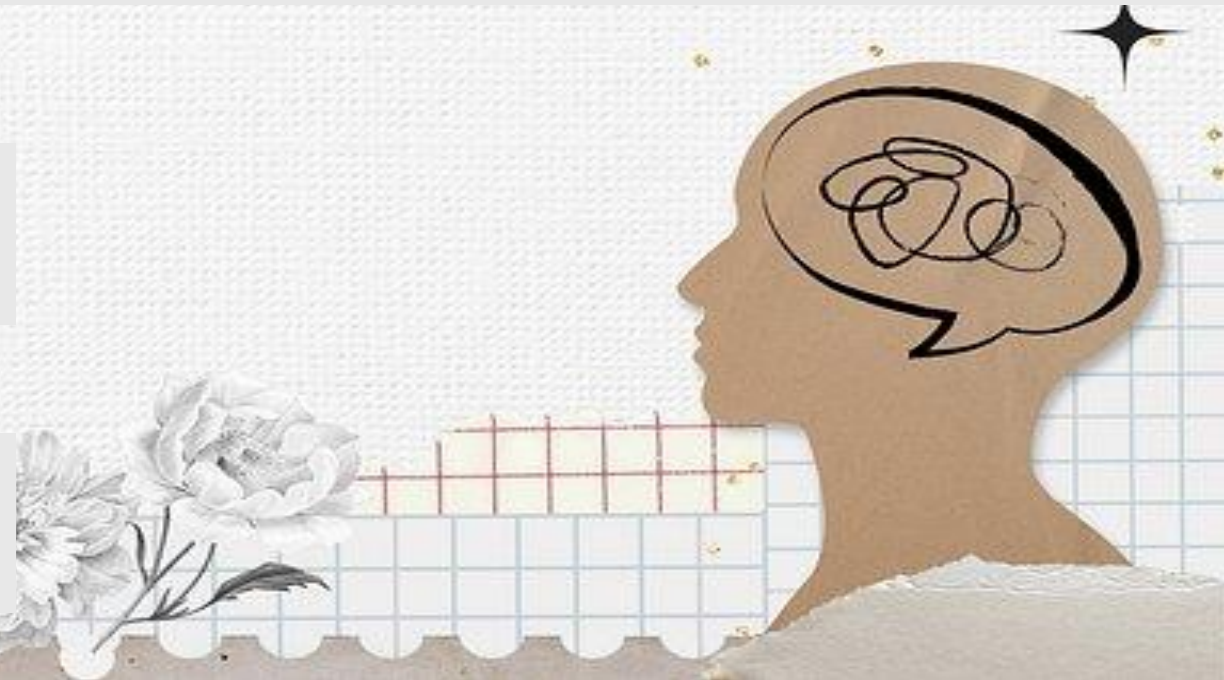
# Cognitive Behavioral Approach

**Based on the idea that thoughts, feelings, & actions are connected and that negative thinking can lead to a negative cycle**

**Helps people break down problems into smaller parts & learn to challenge negative thoughts with more logical & positives thoughts**

**Used to help anxiety, depression, & substance abuse**

**Aaron T. Beck** is recognized as the father of this practice in the 1960s



# Stages of CBT

**1. Assessment & engagement**

**2. Formulation**

**3. Active intervention**

**4. Maintenance & relapse prevention**

**5. Termination & Evaluation**



# Humanistic Approach

**Psychological perspective that focuses on the individuals potential for growth & self-actualization**

**Focuses on the whole person rather than just analyzing the unconscious behavior**

**Therapist recognizes the uniqueness of each clients strengths, needs, challenges, & experiences**

**Created by Abraham Maslow & Carl Rogers**



# Maslow's Hierarchy of Needs

**A psychological theory that organizes human needs into a pyramid, with the most basic needs at the bottom and the most advanced at the top**

