Topic: A Case for Gina

 W​‌‍‍‍‍‌‌‌‌‌‍‍‌‌‍‍‍‍‍‍​hen working with clients/students it is important that we as counselors are purposeful with our words, use of skills, use of techniques, and our exhibited behaviors. The theory is what helps to guide how we conceptualize client situations and work with our clients and students. Each week, we will introduce you to a small handful of different theoretical approaches. For each weekly assignment (weeks 1-4) you will be provided a case scenario. You will also be offered the opportunity to choose which theoretical approach (covered in class that week) to apply to the case scenario. Make sure to fully respond to each question and to use the rubric to guide your writing (the rubric is used to determine your grade). Your assignments should be written in accordance with APA 6th edition guidelines and contain two professional sources (your text-book may count as one of your resources). Although there is not a minimum page length requirement for these assignments, you will likely need to write a minimum of one page per each of the 5 below sections to full address all the prompts within each section in accordance with the rubric requirements. See the assignment template to help you organize your writing. 1) Presenting Concern/s: a. Identify which of this week’s theoretical approaches you will use to conceptualize the case and why. b. What do you see as the client’s presenting concerns/basic conflicts? c. Based upon the concerns you identified, discuss which you would address first and why based upon the theoretical approach. 2) One Central Concept of the Approach: a. Identify one central concept of the approach (other than any you previously use to answer the above question) and describe the central concept. b. Explain how the central concept is relevant to working with the client or understanding the case. 3) One Technique: a. Identify one strategy or technique you could use with the client and describe the strategy or technique. b. Discuss why you chose the technique for use with this client. 4) Dialogue: This section contains two parts: a. Provide a 5x5 (or longer) practice dialogue (5 counselor statements and 5 client statements) to give us a brief snapshot of how you would go about using the above strategy or technique. See the attached skills guide for some basic counseling skills that can assist you when implementing the selected strategy or technique. b. Briefly explain the purpose (why you said what you said) behind each of your five statements. 5) Reflection: a. Provide at least one example of how you could apply any strategy, technique, or concept of this theoretical approach to an area of your life to learn something about yourself personally. Also, explain what you learned. b. What challenges did you encounter when attempting to apply an aspect of this theoretical approach to your life? Provide at least one example. c. Did you notice any cultural limitations/obstacles to applying this approach to your life? Describe the cultural limitation or explain how the approach is culturally responsive. Case Scenario The Case of Gina As the oldest of three children, Gina (age 29) berates herself for her family’s tension and dissension. Her father is depressed most of the time (which Gina feels responsible for); her mother feels overburdened and ineffectual (Gina feels she contributes to this); and both her sisters are doing poorly in school and having other personal problems (Gina also assumes responsibility for this). Somehow she is convinced that if she were different and did what she should do, most of these problems would greatly diminish. Most recently, her parents decided to get a divorce. Gina always felt that she was responsible for helping to keep her parents together since they did not have very good communication skills. Gina felt as if she was their translator. Assume, as you listen to her, that you hear her saying some of the following things: • “My father looks to me to be the strong one in the family. I must be strong if I’m to gain his approval, which I feel I must have.” • “My parents needed me to help them understand each other and I failed them. I am a horrible person. • “Since my mother is overworked, I should take on more of the responsibility for taking care of my younger sisters. I ought to be able to talk with them and help them with their problems.” • “My sisters both expect me to do their chores for them, to help them at school, and to live up to the image they have of me. I ought to meet their ideals, and it would be absolutely horrible of me to fail in this regard. Then if they grow up with problems, I’ll have only myself to blame for the rest of my life.” Assignment Rubric Criteria Well Developed (A to High A) Developed (B to Low A) Emerging (C to Low B) Undeveloped (Less than a C) Presenting Concern/s: 15 pts a. Identify which of this week’s theoretical approaches you will use to conceptualize the case and why. b. What do you see as the client’s presenting concerns/basic conflicts? c. Based upon the concerns you identified, discuss which you would address first and why based upon the theoretical approach. 15 points A theoretical approach was clearly identified. Evidence of using the approach to conceptualize the presenting concern/s was clearly presented. Evidence of using the approach to indicate how concerns should be prioritized was clear. 13-14 points A theoretical approach was identified. Evidence of using the approach to conceptualize the presenting concern/s was mostly clear. Evidence of using the approach to indicate how concerns should be prioritized was mostly clear and sufficiently explained. 11-12 points A theoretical approach was identified. Evidence of using the approach to conceptualize the presenting concern/s was unclear in some areas. Evidence of using the approach to indicate how concerns should be prioritized was unclear in some areas or lacked explanation. 0-10 points Three areas of this section or less were addressed (a. b. c.). Descriptions contained insufficient depth and/or were incomplete. One C​‌‍‍‍‍‌‌‌‌‌‍‍‌‌‍‍‍‍‍‍​entral Concept: 15 pts a. Identify one central concept of the approach (other than any you previously use to answer the above question) and describe the central concept. b. Explain how the central concept is relevant to working with the client or understanding the case. 15 points One central concept was thoroughly described. The explanation of how the concept was relevant to working with the client or understanding the case was thorough and clear. 13-14 points One central concept was adequately described. The explanation of how the concept was relevant to working with the client or understanding the case was sufficient. 11-12 points One central concept was partially described. The explanation of how the concept was relevant to working with the client or understanding the case was unclear in some areas. 0-10 points Two areas of this section or less were addressed (a. b.). Descriptions contained insufficient depth and/or were incomplete. One Technique: 15 points a. Identify one strategy or technique you could use with the client and describe the strategy or technique. b. Discuss why you chose the technique for use with this client. 15 points One strategy or technique was thoroughly described. A strong rationale for the selected strategy or technique was provided. 13-14 points One strategy or technique was sufficiently described. An adequate rationale for the selected strategy or technique was provided. 11-12 points One strategy or technique was partially described. A rationale for the selected strategy or technique was unclear in some areas 0-10 points Two areas of this section or less were addressed (a. b.). Descriptions contained insufficient depth and/or were incomplete. Dialogue: 15 points a. Provide a 5x5 (or longer) practice dialogue (5 counselor statements and 5 client statements) to give us a brief snapshot of how you would go about using the above strategy or technique. See the attached skills guide for some basic counseling skills that can assist you when implementing the selected strategy or technique. b. Briefly explain the purpose (why you said what you said) behind each of your five statements. 15 points 5 client and 5 counselor statements were provided. A thorough explanation of the purpose of each counselor statement was described. A strong connection between the explanation and theoretical approach was evident. 13-14 points 5 client and 5 counselor statements were provided. A sufficient explanation of the purpose of each counselor statement was described. Some connection between the explanation and theoretical approach was observed. 11-12 points 5 client and 5 counselor statements were provided. A partial explanation of the purpose of each counselor statement was described. The connection between the explanation and theoretical approach was unclear in some areas. 0-10 points Two areas of this section or less were addressed (a. b.). Descriptions contained insufficient depth and/or were incomplete. Reflection: 15 points a. Provide at least one example of how you could apply any strategy, technique, or concept of this theoretical approach to an area of your life to learn something about yourself personally. What did you learn? b. What challenges did you encounter when attempting to apply an aspect of this theoretical approach to your life? Provide at least one example. c. Did you notice any cultural limitations/obstacles to applying this approach to your life? Describe the cultural limitation or explain how the approach is culturally responsive. 15 points One example of how to apply a strategy, technique, or concept was thoroughly described, and well connect to a description of what was learned. One example of a challenge was thoroughly described. One cultural limitation of the approach was thoroughly discussed in reference to application to the student’s life OR strong rationale was provided for how the approach was culturally responsive when applied to an area of the student’s life. 13-14 points One example of how to apply a strategy, technique, or concept was sufficiently described, and connected to a description of what was learned. One example of a challenge was sufficiently described. One cultural limitation of the approach was sufficiently described in reference to application to the student’s life OR a sufficient rationale was provided for how the approach was culturally responsive when applied to an area of the student’s life. 11-12 points One example of how to apply a strategy, technique, or concept was partially described, and somewhat connected to a description of what was learned. One example of a challenge was sufficiently described. One cultural limitation of the approach was partially described in reference to application to the student’s life OR a partially rationale was provided for how the approach was culturally responsive when applied to an area of the student’s life. 0-10 points Three areas of this section or less were addressed (a. b. c.). Descriptions contained insufficient depth and/or were incomplete. Writing Mechanics and APA Format: 15 points 15 points No more than three grammatical, spelling, punctuation, and/or APA errors. Clarity of paper was not influenced by the errors. 13-14 points More than three grammatical, spelling, punctuation, or APA errors. Clarity of paper was not strongly influenced by the errors. 11-12 points More than three grammatical, spelling, punctuation, or APA errors that had a negative influence on the clarity of the paper. 0-10 points More than three grammatical, spelling, punctuation, or APA errors that had a strong negative influence on the clarity of the paper. Sources: 10 points 10 points 2 professional sources or more are used throughout the paper as appropriate to thoroughly support ideas, and are documented in the references list. 9 points 1-2 professional sources are used to adequately support ideas and are documented in the reference list. 7 points 1 professional source is used to partially support ideas and is documented in the reference list. 0-6 points 1 source or less was used. Ideas ​‌‍‍‍‍‌‌‌‌‌‍‍‌‌‍‍‍‍‍‍​were insufficiently supported. Total: 100 points