**C:\Documents and Settings\thammond\Local Settings\Temporary Internet Files\Content.IE5\H55H9SU6\MC900233375[1].wmfCase Study Practice**

**Analysis of Disorders and Insight Therapies**

**Instructions:** Below are 5 case studies of individuals suffering from different forms of mental disorders. On a **separate sheet of paper** – (RECORD EACH CASE #). Then, complete the following for each case study.

1. Label the specific **disorder** and **category** of the disorder that you think each person is suffering from based on the reading notes (and the few presentations done in class) from chapter 13.
2. Identify 1 of the insight **therapies (from your primer)** that you feel would best help the person. Read the descriptions carefully and think about the disorders. There is usually a BEST option depending on the disorder.
3. Answer the following questions:
4. What would you expect the therapist to focus on, do, and say? The key is to describe the session such that anyone can easily **identify the techniques** used!
5. Critical thinking - What would be an **advantage** of using this approach?
6. Critical thinking - What would be a **disadvantage** of using this approach?

**Case Study 1**

Zelda has been struggling to feel happy for over three years. She can adequately cope with the feelings of sadness. Zelda is able to go to work and function but she is fatigued most of the time (sleeps a lot). In addition, she doesn’t spend much time with her family and friends, which she used to enjoy doing. Zelda did not think much of feeling “down” because there were some months, here and there, when she felt much better (not associated with any season).

**Case Study 2**

Monica is suffering from a form of amnesia. She has deliberately left her home town moved to another city 350 miles away, and has assumed a new identity, a new job, and even new personality characteristics. She has no recollection of her past.

**Case Study 3**

Alan regularly suffers from feelings of “stress” but he cannot pinpoint the source or otherwise say why he is so “on edge” all the time. He describes the following symptoms: he often worries about things that he has little control over, sometimes he has trouble sleeping, and he has difficulty concentrating.

**Case Study 4**

Katniss is a two-time survivor of the Hunger Games! She has been struggling for over 1 year with insomnia, anxiousness, flashbacks of the event, and horrible nightmares (when she is able to sleep).

**Case Study 5**

Thelma has strong fear of abandonment. At 25 years old, she has had several relationships (without much time in between) and even been engaged – she was devastated when it ended. However, when she is in a relationship Thelma is clingy. She relies on her current boyfriend to help her make even the smallest decisions (what she should wear) to the important ones (where they should go on vacation). When he is out of town for work, Thelma can’t stand being alone, so she stays at her mom’s house until he gets back.