

Biopsychosocialspiritual Assessment

Identifying Information

Amber Holt is a twenty-one year old Caucasian female. She currently lives alone in a studio apartment which she has rented for over two years. She has requested services to assist her relationship with her former fiancé, Ryan York, whom is currently beginning his fourth tour of Afghanistan with the Army Reserves. This is Ms. Holt's first contact with XYZ Services, Inc. Though Ms. Holt indicates her mother would be willing to discuss the situation, no further interviews have been conducted at this time. If Mr. York participates in our services at any point, we may request pertinent records relating to his discharge and continuing care with the Veterans Administration at a future date.

Presenting Problem

After intermittent challenges in their relationship, Ms. Holt and Mr. York are on a break. They both profess love and fondness for one another but find the relationship untenable. Mr. York's experiences in Afghanistan have led to difficulties transitioning to civilian life even though he greatly desires to establish roots with Ms. Holt as his wife, and enmesh himself into her larger family life. He exhibits continued trust issues, suspected substance use and has an inability to emotionally connect outside his military relationships with the limited exception of his relationship with the client. Ms. Holt expresses feelings of helplessness and isolation from Mr. York. She previously believed that if she tried hard enough to understand the things Mr. York had experienced as a soldier and was feeling while residing in Berkley, she would be able to forge a successful relationship with him. As it has become apparent that this goal is not realistic at this time, she is seeking

assistance understanding her role in his life as a civilian and perhaps counseling to help her to adopt more realistic expectations of herself and Mr. York.

Ms. Holt is a single adult, with no children, there are no others directly impacted by this situation. All adult members of her extended family have expressed concern for her relationship with Mr. York. Ms. Holt's uncles Adam and Crosby are most closely affected as her employers as Mr. York's outbursts have occurred in the presence of and against clients of their business.

Mr. York had already completed two tours as a US Army Reservist in Afghanistan at the time he and Ms. Holt met. Mr. York was participating in job placement services through the Veterans Affairs service center at the same time Ms. Holt's grandfather, Zeek Braverman was serving as a volunteer. The men bonded over the alien feeling of being home upon return from a war zone. Zeek is a Vietnam veteran from 40+ years prior. Mr. York was experiencing social isolation and was being treated with anti-anxiety medication (unspecified name/dose).

Background History

Client appears to be of above average intellect and composes herself in a professional manner. The client indicates she is from a large family. See genogram for more detailed lineage.

The client's parents were married prior to her birth and divorced while she was in middle school. Her father has a history of illegal substance and alcohol abuse. Mother Sarah and Father Seth had a challenging relationship due to his erratic behavior tied to his chosen profession as a musician and his substance abuse. Sarah moved the client and her younger brother, Drew, to her family home in Berkley, CA during Ms. Holt's junior year of high school. Ms. Holt's brother was a freshman at the time. Sarah has since struggled to find a career path in Berkeley. She worked as a bartender when they first moved, then did time in graphic design, and fiction writing. She is

currently the superintendent for an apartment building with professional photography as a sideline. To the best of Ms. Holt's knowledge, Seth is currently sober and working in the food industry in Nevada. Contact is limited and infrequent. Ms. Holt is close with her mother most of the time, though they have experienced significant conflict during the course of the client's relationship with Mr. York. The client is very close with her brother, Drew, who is attending college nearby.

Ms. Holt's extended family consists of two grandparents (with whom she, her mother and brother initially lived upon moving to Berkley), her mother's two brothers and one sister, plus their respective spouses and a total of 7 cousins, the majority of whom reside locally. Sarah's brothers Crosby and Adam jointly own and operate a historic recording studio in San Francisco. Adam's wife, Kristina has run political campaigns and is currently working to establish a school for special needs students in their geographic area. She is also 1 year into remission from breast cancer and a former mayoral candidate. Crosby's wife, Jasmine is a professional dancer who experienced much success and is currently teaching dance in the area. Sarah's sister Julia is an attorney who left the workforce in recent years to attend to the needs of her children, one of whom was adopted from foster care in 2013. Julia's husband, Joel is a general contractor leading work on a multi-million dollar housing development nearby.

Ms. Holt is the oldest of the Braverman cousins but considers them close due to proximity. Of the seven, only one resides outside the immediate area. Haddie (Adam and Kristina's oldest child) currently attends college in the northeastern US. The client has a special bond with Adam and Kristina's middle child, Max, who was diagnosed with Asperger's in 2010.

Ms. Holt has only been in 2 other relationships outside of the one with Mr. York. Both were with young men she met in high school or soon after. Neither of whom were responsible choices by her estimation. Drug and alcohol use were part of both relationships. The first

relationship ended when Ms. Holt's family moved to Berkley. The second relationship ended when Ms. Holt was a passenger in a vehicle the young man was driving while intoxicated. The resulting crash caused Ms. Holt extensive, life-threatening injury. The incident changed some fundamental things about the way Ms. Holt related to others and has since abstained from most substance use. She does consume alcohol socially several days a week since turning 21. There were a handful of casual-sex partners, including one former boyfriend of a cousin. The relationship with the cousin (Haddie) was eventually repaired.

Ms. Holt is a high school graduate. Her frequent social challenges during high school nearly resulted in repeating one year, but she did graduate on time. At the prompting of faculty, she applied to attend UC Berkley. When she did not gain entrance she sought no further academic options. She has always been inclined toward artistic expression through music both as a vocalist and playing guitar. She writes music as well.

Ms. Holt is currently employed as an office assistant at the recording studio owned and operated by her uncles Adam and Crosby. She enjoys her work and has a good reputation among the client base of the company. She has even had the opportunity to provide vocal tracks on some projects completed at the studio. Her previous employment situations include working as a campaign aide, and personal assistant on a political campaign run by her aunt Kristina. She has also worked as a barista at a local coffee establishment and office assistant at her aunt, Julia's law firm. Ms. Holt has spent no time formally involved in the military herself.

Aside from recovery from a significant vehicular crash two years prior, Ms. Holt experiences good health. There are no mental health diagnoses or concern of these conditions in her history. Though Ms. Holt has experienced many tumultuous events in her life, she reports great resiliency, credited largely to these experiences as well as her large network of supporting family members.

Client reports an average of 5 to 7 hours of sleep per night and average nutrition. She has adequate food, but admits some food choices could improve.

The Braverman family as a whole is eclectic. The client's grandparents were political activists in previous decades. The family dynamic is one of competitive camaraderie. Athletic and academic pursuits are highly valued, but not critical to acceptance within the family. Sarah and Ms. Holt both fit into the family dynamic through proven work ethic rather than academic or athletic success. The family as a whole is middle to upper-middle class with Sarah and her children falling just below to well below that threshold. Things seem to be improving financially at present. Drew is the first of the three to attend college.

Religion does not appear to be a significant family value to any branch of the Braverman family. Ms. Holt's aunt, Jasmine comes from a religious family but does not continue the tradition in her own home. The remaining family members appear to have adapted their own, informal system of beliefs that do not strictly follow any tradition. Christmas is observed with the same high degree of enthusiasm as Halloween or the World Series.

Assessment

At this time, Ms. Holt's primary concern is how better to foster a relationship with her one time fiancé. She understands better now that Mr. York relates to the world in a vastly different way due to his wartime experiences. She wants to find out if a relationship between them is possible.

Seeking outside input regarding the reintegration process of veterans and the impact it has on those around them is a good starting point to ascertain the likelihood of establishing the desired relationship with Mr. York. Support is available from other military spouses and family members and the perspective should be informative to Ms. Holt's decision making process. The biggest

concern is that her focus remains on improving her own experience of the situation, rather than finding ways to 'fix' her former fiancé.

The client reports to be functioning well, but it is apparent that concerns regarding this situation are affecting her ability to perform her job duties and potentially move forward with other relationships if things are unable to work out between her and Mr. York. Ms. Holt is experiencing low mood and some insomnia. She has had one episode of binge drinking since last seeing Mr. York. She reports being "stuck in her head" about Mr. York during times she should be focusing on other objectives. She hopes to be able to move past this stage either by resuming a relationship with Mr. York or by gaining closure, knowing she explored possible avenues to promote a healthy relationship.

Ms. Holt is at a loss for what to do to make things better for Mr. York. She is acutely aware that one cannot fix another person. She witnessed that unsuccessful dynamic for years between her own parents. In the same breath, she wants Mr. York to feel the support she feels from her family. She is increasingly aware of his own family of origin's lack of stability and support, finding out late in their relationship that he was abused by a stepfather during adolescence. To Mr. York, the military was a safe escape from the abuse.

During their time together in Berkley, Mr. York and Ms. Holt did establish a home together. Both were able to maintain steady employment. This semblance of normalcy seemed to make things worse with Mr. York's adjustment rather than help. He sought isolation often.

Formal evaluation by a qualified professional will be required, but suspected diagnosis of 309.28 [Adjustment Disorder with mixed anxiety and depressed mood] would be a valid approximation. Ms. Holt seeks assistance with skills, rather than assistance with mood and expects her negative emotional response to resolve once the lingering issues with Mr. York are reconciled.

Ms. Holt has a wealth of social resources from family, though very few resources outside of her family. Her mother is a strong ally but also a friend. Ms. Holt has fostered very strong relationships with Kristina, seeking her advice often. Adam and Crosby serve as paternal figures. Zeek has been invaluable through this relationship due to his perspective on Mr. York's experiences, as has Camille due to her experience as a military wife. Ms. Holt has a residence that was established prior to her relationship with Mr. York. She is employed in a job that seems well suited to her talents and interests; the income from which is small but adequate. She has experienced adversity in the past and survived. She is persistent and feels compelled to explore all angles of a situation before closing the relationship completely.

Provided Ms. Holt can maintain a focus on her own aspects of this relationship and how she can become better informed or better equipped to potentially resume the relationship with Mr. York, she has great potential for success. The biggest pitfall is shifting her scope to focus on how she can assist or 'fix' Mr. York.

Recommendations and Proposed Interventions

After our initial conversation, Ms. Holt has agreed that several resources should be explored to achieve her desired goals. Beginning this week, Ms. Holt has agreed to attend one military spouse support group per week for 1 month minimum. In addition, Ms. Holt will review a list of potential therapists that specialize with helping family members relate to loved ones with PTSD so she may begin short term CBT. Further community resources will be explored should the need arise. Ms. Holt will most likely benefit from the combined perspective gained through working at the individual and group levels. I would also encourage her to continue to discuss her thought process with her grandparents and her mother as their individual backgrounds and shared history with the client will provide further solidifying benefit to this process for Ms. Holt.

Provided Ms. Holt can remain focused on her current objective of personal growth, she is very likely to reach her established goals. Family support and counseling should help solidify her focus if she starts to lean toward seeking ways to change Mr. York or his experience.

| Objective | Action | By Whom | When |
|---|--|-----------------|---|
| Seek insight regarding typical experience of family member of returning service members. | Attend and participate in support group for family members of veterans. | Ms. Holt | Attend first meeting this week. |
| Seek individual feedback on specific coping skills and realistic expectations of relationship with transitioning veteran. | Seek counselor with experience assisting families of PTSD Dx individuals. | Ms. Holt | First appointment within 10 days of contract |

CM and Client will discuss progress at second meeting to take place 14 days after contract begins.

Episode Guide

- Season 4 | Episode 7 “Together”
- Season 4 | Episode 11 “What to My Wondering Eyes”
- Season 5 | Episode 4 “In Dreams Begin Responsibilities” (Gives a lot of backstory)
- Season 5 | Episode 9 “Election Day”
- Season 5 | Episode 10 “All that is Left is the Hugging”

References:

List of Parenthood Characters. (n.d.) In Wikipedia. Retrieved from http://www.wikipedia.org/wiki/list_of_parenthood_characters

Case Study Assignment

Social Work 390 | Practice with Individuals

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