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Psychotherapy Sessions

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Psychotherapy Sessions

From the wild 14 movies, therapy sessions, Cheryl consistently viewed the therapist as unjust, judging from her body movements and the dialogue she had with her therapist. On assessing her mental status, Cheryl experiences low self-esteem, probably occasioned by her past life heroin addiction and her mother's death. She stands up when annoyed by the questions from the therapist during the session while lamenting how unfair and judging the therapist had become towards her (Chouat, 2017). This paper assesses her in the following ways to best ascertain that she suffers a psychological problem throughout the therapy scene.

Appearance

She has unkempt hair with dirty clothes. The dress she is wearing seems dirty, and judging from her appearance, she cares less about her physical appearance.

Attitude

She has a very negative attitude towards the therapist. This is evident because she complains that the therapist is unjust towards her.

Behavior

She walks out of the session after feeling annoyed by the therapist. She does not want to accept that she has a problem and needs to recover from the problem. She constantly uses her hands to cover her nose, an indication that she is addicted to heroin.

Speech

Her speech is rude. The therapist is so much gentle with her, but she constantly talks loud at him. This shows that she is trying to cover up her problems by being harsh towards the therapist.

Affect

She affectionately describes her situation. An indication that she is much disturbed by her situation and her mother's death, as seen when tears linger in her eyes. She moves emotionally out of the therapist.

Mood

She is not willing to talk out her issue at all. She speaks loud at the therapist, who is very soft on her. Her mood towards the session means that she hates all processes which remind her about a negative past.

Thought process

She has a perfect thought process. Meaning her situation is not dire, and she only needs to accept her state and be helped.

Thought content

She perfectly remembers her issues. The fact that she could remember her issues is enough to ascertain that she can quickly be helped upon acceptance of her situation.

Perception

She has a negative perception of people around her and life in general. Walking out of the therapist and not willing to share is an indication of the same.

Orientation

She hates the whole issue of therapy. She yells at the therapist and walks out of him. This may be because the past haunts her so much that she doesn't want to be reminded about them.

Memory/ concentration

She has poor concentration while at the therapy session. Her sitting posture is not straight as she lazily sits on her back to sit.

Insight judgment

My evaluation of Cheryl's mental status is that she is suffering from depression. According to Kilgus et al. (2016), clients with depression tend to be repulsive where they become harsh towards people around them. Cheryl highly demonstrated this during the therapy session. As my client, I would understand her situation by continuing to be lenient to her until she becomes ready to be helped.

References

Chouat, M. (2017). Wild 2014 | Therapy scene. <https://www.youtube.com/watch?v=0zr6lupyuag>

Kilgus, M. D., Maxmen, J. S., & Ward, N. G. (2016). *Essential psychopathology & its treatment*.

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