

**A 15-year-old client presents to the PMHNP for therapy. She reports persistent feelings of sadness for the last year. She has trouble sleeping and has lost 12 pounds in the last few months. She used to enjoy participating in choir and drama club at her school, but no longer enjoys her favorite activities. She is experiencing problems in her social relationships due to difficulty making friends and often feels lonely.**

1. Identify the client's problem.
2. Identify and discuss one psychotherapeutic approach to address the client's problem. Provide an evidence-based rationale with support from at least one scholarly source for your choice of therapy.
3. Describe at least three therapeutic techniques commonly used with the selected therapeutic approach.
4. Discuss whether you would include psychopharmacology as part of the treatment plan. If yes, describe which medication(s) you might prescribe. If no, explain why not. Provide rationale from at least one scholarly source.

Rationales should include in-text citations. Include a complete matching reference for each citation

### **Answer:**

Depression is the issue that the client is dealing with. Cognitive behavioral therapy is an example of a psychotherapeutic approach that could be utilized in order to address this issue (CBT). CBT is a type of therapy that helps people change negative thinking patterns and behaviors that are contributing to their depression. These changes can have a significant impact on a person's overall mental health (Beck, 2011).

Cognitive restructuring, behavioral activation, and problem-solving are three forms of psychotherapy that are frequently integrated into CBT treatment plans (Beck, 2011). Cognitive restructuring entails assisting the client in identifying negative thoughts that are contributing to their depression and providing an argument against those thoughts. Helping the client to recognize and participate in activities that are pleasurable and gratifying is an important part of the behavioral activation process. In the process of problem-solving, you will assist the client in determining the factors that are contributing to their depression and in locating potential solutions to those factors.

It is possible that psychopharmacology will be incorporated into the treatment plan for this patient. Antidepressants, such as selective serotonin reuptake inhibitors, are examples of the types of medications that a doctor might recommend (SSRIs). Antidepressants have the potential to help improve mood and to lessen the severity of depressive symptoms (Hirschfeld, 2015).

### **References**