

A 32-year-old client presents to the PMHNP for therapy. She has been experiencing feelings of guilt and has had trouble concentrating since returning to work after the birth of her first child three months ago. She states that she is sad most of the time. She feels frustrated with her partner because she feels that he has not assumed responsibility for any additional household duties since the baby's birth, leaving her feeling tired and discouraged.

Identify the client's problem.

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.

Describe at least three therapeutic techniques commonly used with the selected therapeutic approach.

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:

1. The client's problem is that she is experiencing feelings of guilt and has had trouble concentrating since returning to work after the birth of her first child three months ago.
2. One psychotherapeutic approach to address the client's problem is cognitive-behavioral therapy (CBT). CBT is a form of therapy that helps people to identify and change negative thinking patterns and behaviors that are contributing to their distress (Butler, Chapman, Forman, & Beck, 2006).
3. Three therapeutic techniques that are commonly used with CBT are psychoeducation, cognitive restructuring, and behavioral activation. Psychoeducation involves providing the client with information about their condition and how CBT can help. Cognitive restructuring involves helping the client to identify and challenge negative thoughts and beliefs that are contributing to their distress. Behavioral activation involves helping the client to identify and engage in activities that are enjoyable and satisfying (Butler et al., 2006).
4. Psychopharmacology would not be included as part of the treatment plan because the client's problem is not due to a chemical imbalance. The client's problem is due to negative thoughts and