



NR605 Which Therapy Would You Choose? Worksheet

Name:

Carefully read the assignment guidelines and rubric. Review the scenarios provided in an announcement by course faculty. For each scenario, address the following.

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.
5. Rationales should include in-text citations. Include a complete matching reference using APA Style for each citation at the end of the worksheet.

Scenario 1

A 26-year-old client presents to the PMHNP for therapy. The client was recently discharged from an inpatient substance use disorder treatment program for alcohol use. Although he is committed to his sobriety, he is struggling to navigate social situations where alcohol is available. All of his friends drink alcohol socially. His sobriety is creating problems with his partner as he continues to consume alcohol in their home. He is having trouble expressing his concerns to his partner out of fear his partner will leave the relationship.

Diagnosis: Alcohol use disorder in early remission (F10.20) - Across the board alcohol is the most common substance used and is major contributor to mortality and morbidity (American Psychiatric Association, 2022).

Selected psychotherapeutic approach with rationale:

This patient has entered the maintenance stage of his treatment plan. Having this information Cognitive behavioral therapy (CBT) with a relapse prevention focus would be the most effective talk therapy for this patient. helps you identify the feelings and situations that can lead