



NR605

Scenario 1

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.

Identify the client's ICD diagnosis.

The diagnosis is Major Depressive Disorder.

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.

One psychotherapeutic approach to address the client's problem is cognitive-behavioral therapy (CBT). CBT is a well-known effective treatment method for Major Depressive Disorder and has been recommended in most guidelines as a first-line treatment. (Karrouri et al., 2021)

Describe at least three therapeutic techniques commonly used with the selected