

Sample Case History

Bill is a 28 year old male who has been divorced for about a year. He has two children, both girls, ages 5 and 3.

He was referred to an Intensive outpatient treatment program by his probation officer following his second DUI and his first arrest for spousal abuse and disorderly conduct. Bill stated he was relieved that he would be able to participate in this level of treatment so he could continue working his full-time job as a fast food restaurant manager.

At the time of his initial interview he was dressed neatly and displayed no visible signs of intoxication with no shakes or tremors. He arrived on time for his appointment and displayed appropriate speech. Bill stated he started using alcohol and smoking marijuana at age 15, but denied excessive use of marijuana except for recreational purposes at most twice a week.

His drinking was initially confined to drinking four to six 12 ounce cans of beer at a time a couple of weekends per month. He states he didn't drink at all during the week. However, now he says it takes at least two to four cans of beer plus several mixed drinks for him to feel good. He also reports occasional losses of memory and admitted over the last 18 months prior to the initial interview that he has started drinking during the week, but only at night after his work is over. When questioned about his use of other drugs, he would neither confirm nor deny use of other substances, although he did deny any use of prescription medications.

Bill was oriented to time, place, and person, fully alert and his memory appeared intact. He did not admit to any suicidal or homicidal thoughts or ideations. From his vocabulary and speech he appeared to be of above average intelligence although he states that he dropped out of school before completing the eleventh grade. He did earn his GED as a requirement for his first full time employment and he expressed a desire to continue his education by enrolling in college. During the final week of Bill's treatment, an appointment was scheduled with a local college admissions counselor. During the course of the interview Bill admitted that all of his difficulties with the law were alcohol related and that he got along with his wife quite well when he was not drinking.

Based upon the initial interview, Bill was given a provisional Axis I diagnosis of "alcohol dependence" and admitted to an Intensive outpatient program. After completion of the initial interview, Bill was given a tour of the facility, a client handbook, and introduced to his primary counselor and scheduled an appointment the next day to discuss what the client could expect during treatment and what would be expected of him in return.

During his treatment Bill worked with his counselor to develop four primary treatment goals: To spend at least four hours every other weekend with his children; To attend three A.A. meetings a week for the next three months; To abstain from alcohol and all mind altering and mood enhancing substances; and Complete a 12 week Intensive outpatient treatment program.

Bill was quite resistant to attending A.A. meetings because of fear of being seen by his friends at meetings. The counselor helped Bill deal with his feelings by encouraging him to "A, B, C" his thoughts about what people might think of him if seen at meetings and documented the client's progress in his chart with a process note. In addition, Bill was provided a set of videotapes which provided information about the disease concept of addiction, family dynamics, relapse prevention and problem solving strategies to review during his first two weeks of treatment.

In the sixth week of counseling, Bill became quite agitated and insisted he was going to have to stop treatment because his work schedule had been changed -four of his employees had quit their jobs and he was going to have to fill in their responsibilities. His counselor met with him and encouraged him to calm down and accept a change in his daily treatment schedule.

Given his limited financial means and approximately \$7,500 of debt on his Visa card and the fact that Bill talked excessively about his enormous debt, his counselor sought the advice of his clinical supervisor since financial problems were outside his scope of expertise. The clinical supervisor suggested that the counselor schedule an appointment with a non-profit credit counseling agency near his home. After explaining the discussion with his supervisor, Bill agreed to the appointment.

Upon completion of the 12 week program, the client was discharged with instructions to attend 90 A.A. meetings in 90 days and twice weekly aftercare sessions. It was noted that the counselor lived less than two blocks from the client and so they agreed to car pool to aftercare.