

The Doctor Is In The House!

Dr. _____
(your name here)



Directions.

a. Read each case history and provide the correct diagnosis: **what disorder does the subject have?** (you may want to consult ch. 15)

b. For each, **which therapeutic perspective should be used to treat the subject: psychoanalytic, humanistic, cognitive, behavior, or biomedical?** You should consult Ch. 16 for these.

1. *Ken* is plagued by constant worries that what he has planned will not occur as scheduled. He makes hundreds of to-do lists each day and often checks these lists to make sure they are correct. Ken incessantly reminds his colleagues of upcoming deadlines, sometimes 15 or 20 times each day. Ken has _____.

The best **perspective** to treat Ken is _____

Extra credit: what is the specific appropriate treatment from that perspective?

2. *Julio* believes he is an alien who has been left behind on Earth by his “pod.” He is often difficult to understand, because he speaks frequently in rhyme and makes up his own words. Julio has _____.

The best **perspective** to treat Julio is _____

Extra credit: what is the specific appropriate treatment from that perspective?

3. *Brian* appears to be a mild-mannered 20-something, but he sometimes believes he is a teenage female named Suzy who is a member of a high school dance team. At these times, he dresses in various matching outfits, carries pom-poms, and practices various dance routines. Brian is confused about why he sometimes awakens dressed in strange clothing. Brian has _____.

The best perspective to treat Brian is _____

Extra credit: what is the specific appropriate treatment from that perspective?

4. *Keshona* is terrified of speaking in public. Although highly knowledgeable and competent, whenever she has to address a gathering of adults her heart pounds and her mouth gets dry. Keshona has _____.

The best perspective to treat Keshona is _____

Extra credit: what is the specific appropriate treatment from that perspective?

5. *Tuan* has been arrested on numerous occasions for disturbing the peace and for illegally producing and selling alcohol and drugs to minors. Although a number of his clients have died from overdoses, he feels no remorse. Tuan has _____.

The best perspective to treat Tuan is _____

Extra credit: what is the specific appropriate treatment from that perspective?

6. While on a visit to the Midwest, *Samantha's* residence was demolished by a tornado. Ever since, she has been plagued by terrible nightmares and occasional flashbacks.

Samantha has _____.

The best perspective to treat Samantha is _____

Extra credit: what is the specific appropriate treatment from that perspective?

7. *Don* goes through periods when he feels he just can't lose. He goes on gambling sprees, launches new get-rich-quick schemes, and engages in promiscuous behavior. At other times, he feels so down that he can't even get out of bed. Life seems purposeless.

Don has _____.

The best perspective to treat Don is _____

Extra credit: what is the specific appropriate treatment from that perspective?

8. No matter what he is doing, *Ikimba* always feels a little tense, the apprehension has no apparent cause. Even during weekends and vacations, he experiences constant uneasiness.

Ikimba has _____.

The best perspective to treat Ikimba is _____

Extra credit: what is the specific appropriate treatment from that perspective?

