

Case Conceptualization

Patient Name: Jayne

Date of Birth: 19/08/2001

Referring Practitioner (if applicable):

Practitioner: Dr. Sarah Hunt

Healthcare facility: St. Johns Mental Health Clinic

Previous treatment (Yes/No): No

Biological Considerations

Jayne may have a genetic predisposition for psychopathology. Her mother suffers from Major depressive disorder.

Psychological Considerations

Persistent worry and fear that is often linked to her early life experiences which exacerbates the level of anxiety she is feeling.

Social Considerations

There is a high level of stress within Jayne's workplace. She has a few strained relationships as of recently - this could also be contributing to the fear she is feeling.

Problem Considerations

Jayne is experiencing excessive worry, restlessness and tension. It has begun to impact her daily life and overall functioning and well-being.

Sample Of A Case Conceptualization Using Theory

Ian Pickup



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