

# 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

**Ying-Ying Zheng**



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