**Contextual Assessment**

Jia is a 14-year-old African American female who is a freshman in high school. Her father died three years ago, and she is being raised by a single mother with the help of her uncle (mother’s brother) and live-in grandmother (mother’s mother). It recently came out that she has been repeatedly sexually abused and manipulated by her uncle who had been picking her up from school every day. Jia’s mother reported Jia having a more depressed mood at home. Jia has been experiencing sleep disturbances - trouble falling asleep and waking up in the middle of the night screaming. The only way to get her to fall back asleep is to receive comfort from her mom. Jia is showing defiant and “nasty” behavior, as described by her mother. Jia has been socially withdrawn, although she is engaging in risky sexual activity. In finding out about this sexual activity and noticing this “nasty” behavior, Jia’s mother has become physically abusive towards Jia - hitting her to “help her understand how bad her behavior is.” After the police were called regarding the sexual abuse, everyone denied the sexual abuse charges and the police settled for domestic fighting allegations. Jia’s uncle is still present in the family. Jia has not been diagnosed with any other medical or medical disorder.

**Assessment and Diagnosis**

* Assessment: Child PTSD Symptom Scale (CPSS)
* Diagnosis: 309.81 Posttraumatic Stress Disorder

**Necessary Level of Care**

* Outpatient, individual counseling 1x/week
* Meet with school counselor 1x/week
* Family Psychoeducation (via telephone) 1x/week

**Strengths**

* Self: Jia is an academically successful student who has always performed well in the classroom. Jia has many hobbies and interests including graphic design, fashion, and rock climbing. Jia seems to be very open to counseling.
* Family: Jia has a mother who does love her and wants to get her the help she needs. Jia’s grandmother, who lives in the home, is another supportive and helpful caregiver.
* School/Community: Jia has supportive teachers at the school she attends in a lower middle-class area. This area does have community resources that are available to Jia (library, park, YMCA). Jia has teachers/counselors in her school that are aware of her situation that are willing and able to help Jia and her family.

**Treatment Approach**

* Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

**Aim and Objective of Counseling (90-day objectives)**

* *Jia will learn and implement grounding techniques as needed.* Jia will learn several controlled breathing techniques, mindfulness exercises, and healthy externalized behaviors to help her cope with her psychological and physiological response to the trauma. Jia will be able to report the use of at least one of these techniques per week outside of the counseling session.
* *Jia will address distorted beliefs that are a result of the abuse and trauma.* Jia will be able to name the cognitive distortions she has related to her abuse (I am bad; I am the one to blame; etc). In naming these distortions, Jia will be able to name at least three positive self-affirming statements.
* *Jia will be able to name externalized maladaptive behaviors - social withdrawal, risky sexual activity, explosive anger, etc.and chose safer and healthier options.* Jia will be able to recognize and name the unhealthy behaviors she is engaging in as a way of coping with the trauma. Jia will be able to name a variety of healthy coping mechanisms and replace her unhealthy behaviors with at least three healthy ones.
* *Jia’s and her mother will improve their communication skills in times of conflict.* Jia’s mother will be given three anger management strategies to fall back on in times where physical aggression towards Jia would typically take place.
* *Jia’s mother and grandmother will be informed of Jia’s behavior that is a result of the trauma and how to best support her at home.* Jia’s mother and grandmother will be informed of what Jia is experiencing in her mind and body because of the trauma she has endured. Jia’s mother and grandmother will be given a handout of mindfulness activities to have on hand at home to provide for Jia as she may need.

**Research Based Interventions**

The counselor will help Jia to develop and implement the following skills:

* Increased knowledge of emotional and behavioral trauma responses
* Identification of triggers of the traumatic event(s)
* Grounding and meditative skills
* Increased awareness of and connection between thoughts, feelings, and behaviors

The counselor will help Jia’s mother to develop and implement the following skills:

* Increased knowledge of Jia’s experience and Jia’s needs in this time of healing
* A family safety plan
* Enhancing positive parent-child communication skills

**Therapeutic Support Services**

* Medical and physical evaluation with Jia’s pediatrician
* Weekly individual counseling sessions with the school counselor
* Weekly Psychoeducation phone call with Jia’s mother and the school counselor
* Family support group for Jia and her mother
* Referral of Jia’s mother for mental health counseling services

Kress, K., Paylo, M., & Stargell, N. (2019). Counseling Children and Adolescents (1st ed.) and MyCounselingLab. Needham Heights, MA:Pearson