

CASE OF JORDAN

You are a psychotherapist working in a private practice group setting. One afternoon, a 19-year-old non-binary client named Jordan comes to your office for their first session. Jordan presents with a flat affect and appears anxious, often fidgeting with their hands. They share that they have been experiencing intense feelings of sadness and hopelessness over the past several months.

During the session, Jordan discloses that they have engaged in self-harm as a way to cope with overwhelming emotions. They express feelings of guilt and shame about their actions, stating that they don't want to continue hurting themselves but feel trapped in their emotional pain. Jordan also mentions a recent breakup with a long-term partner, which has intensified their feelings of loneliness.

As the conversation unfolds, Jordan begins to share about their struggles with mental health, including previous diagnoses of anxiety and depression. They express concerns about how to navigate their emotions in a society that often invalidates their identity. Additionally, Jordan mentions that they have contemplated suicide but are currently in a safe place and want to find healthier coping strategies. At this time, you notice that Jordan begins to avoid eye contact, becomes fidgety, and shifts in their chair when expressing that they are in a safe place.

Questions:

1. What are the most important actions you could take to assist Lina at this time?
2. Which contexts are particularly important in your treatment planning decisions?
3. How can trust be built in this situation?
4. What are some key pieces of information about the client that are essential to learn before proceeding with treatment?

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Responses	Which competencies were used in your response?	Which standards of practice are most closely associated with your response?	Which ethical code principle is most associated with your response
Q1. Actions			
Q2. Contexts			
Q3. Trust			
Q4. Information			