

**Community Counseling and Assessment Clinic
Sample Initial Assessment Report #1**

Client: Jane Doe Interviewer: Ima Counselor, B.A.
Assessment Date: July 1, 2009
Supervisor:
Emily E. Bullock, Ph.D.

LETHALITY SPECIFICATION:

Ms. Doe reported that she is not presently experiencing suicidal or homicidal ideation. She stated that she has experienced mild forms of both in the remote past but has never attempted to harm herself or anyone else.

PRESENTING PROBLEM AND HISTORY:

Ms. Doe is a 23-year-old Caucasian female who reported that she is currently a Psychology major at the University of Southern Mississippi in Hattiesburg, MS where she has a cumulative GPA as 2.86. She described her future career plans as "undecided" although she plans to graduate in December of 2009. She stated that she currently lives in Hattiesburg with her boyfriend and is employed part-time at a local restaurant chain. Ms. Doe listed her gross annual income as \$19,000, adding that she has a difficult time living on this amount.

Ms. Doe arrived on time to the interview and completed all requested paperwork without difficulty or omission. She presented as a tall and slender Caucasian female who appeared somewhat younger than her stated age of 23. She was well-groomed and dressed appropriately for a college student in this setting. She was alert and fully oriented throughout the interview. Overall, her attitude toward the interviewer was agreeable and compliant, as evidenced by answering each question posed. Although she described her mood as depressed, she smiled and laughed when discussing humorous experiences.

Ms. Doe stated that she was interested in obtaining counseling in exchange for class credit in PSY 312. Initially, she had a difficult time articulating any presenting concerns other than general dissatisfaction with her academic performance. She said that she usually feels like she knows the material prior to an examination but continues to perform poorly. She stated that she has never been tested for learning disabilities and wonders whether she might have one. She said that she earned mostly "As and Bs" in high school and never experienced difficulty until college. Ms. Doe also reported being "worried" about her relationship with her boyfriend. Although they have been living together for the past two months, she stated that he has been talking about "wanting to leave" lately. She reported that the prospect of him leaving is particularly difficult for her because "he's my best friend...really my only friend." She said that she has felt "sad," has noticed herself crying more often, and has had less energy than normal for the past two weeks after her boyfriend told her that he is unhappy with their relationship.

Ms. Doe reported that she is currently sleeping approximately six hours a night. She said that she is often awakened by her boyfriend watching television or talking on the phone, finds it difficult to resume sleep, and often feels tired after waking in the morning. Although she initially described herself as having a poor appetite, she later said that she consistently eats three complete meals a day and has not lost any weight.

Although she initially described her boyfriend as her only friend, Ms. Doe was able to identify other sources of social support. She stated that she often copes with her sadness by "thinking about things myself," but added that she also has some friends to whom she can talk about her feelings. Yet, Ms. Doe reported that she is not as interested in socializing as she once was and finds that she is less interested in