

# Counseling case study

Business



**ASSIGN  
BUSTER**

Introduction - Robert is a 46 years old high functioning male.

He just recently got divorced and he self-referred himself for counseling. On the first session, he denied any of problems between him and his wife. He doesn't seem painful about living away from his children. He didn't describe well about his feelings and emotions. Therefore, we will mainly use Cognitive Behavioral Therapy.

CB builds a set of skills that enables an individual to be aware of thoughts and emotions; identify how situations, thoughts, and behaviors influence emotions; and improve feelings by changing dysfunctional thoughts and behaviors. Once he gets to know himself better, he will see more improvement.

Treatment Plan - Problem: 1. Lack of relationship with children 2. Have not noticed the reasons about recent divorce 3. Avoidance, denial and isolation 4.

Possibility of low self-esteem Highly functional at work and outside the house only 5. Goals: 1. Increase self-worth, self-value and self-image 2. Develop the ways to have fun 3. Reconnect the relationship with ex-wife for himself and his children Plan: 1. Assigned homework - making plan for weekend activity 2.

Develop a relationship with his children 3. Writing Journal about his feelings 4. Self-evaluation (find what kind type of person, what he likes) Conclusion Divorce is 2nd stressful change in life. Last is of Death of spouse) Client needs time for adjusting changes. Even though he is high functioning, he is having a hard time coping with his divorce that he claims was unexpected and to him everything was fine.

During this case study we came to an understanding on what he think is important and what he will be willing to work on. He will be given homework and will journal about his feelings, what he would like to improve and the type of relationship he wants to develop with his children.

He will be given the proper tools on how to manage his coping skills and will learn to validate how hard his changes are going to be. We will monitor his progress and decide what type of adjustment is going to be needed for his recovery. Resource (Reference) Jeffery A. Lully behavioral therapy n oral.

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