

Evaluating client profile 1 using a jungian or adlerian approach



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Strengths and Limitations: With this particular client, or, Abby, Adlerian psycho-dynamic therapy has some important strengths, and limitations. First, one of the things about psycho-dynamic therapy, is that analysis was both developed with, and has the important element of 'transference'. Transference is the process whereby an attachment is formed between analyst and analysand such that the analysand is able to project onto the therapist, the person in their own history that they need the therapist to be. However, the process of transference takes a great deal of time, and requires not only duration but frequency of appointments. It can be said that one of the first weaknesses of the psycho-dynamic model, is that it requires transference. One of the strengths of this approach, is Adler's emphasis on "overcompensation" and "perfectionism". Abby is the case of someone who is continually putting other people first, and at the expense of her own mental health. Arguably, this pattern was established by the actual order in which she was born, which was the very middle. That tends to be a personality of the people pleasing variety. In current terms, she feels guilty and has feelings about actually causing her husband's illness. However irrational, this belief is making her current actions reflect the need to overcompensate. Likewise, in her role as a mother, she is consistently living her life for the sake of others. Adler's notion of overcompensation has a good deal of potential to shine light on her situation.

Cultural and Gender Issues: Abby is both a woman and a person who is a visible minority. Both variables ought to be taken into consideration. In regard to her very obvious depression, both variables should be considered in regard to their incidence within those demographics. Likewise, some consideration ought to be paid to the specific patriarchal structure of her cultural background. It can be said

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that how she was socialized within her cultural group, and because of her gender, are important influences and therefore, important considerations at the outset of therapy. The ethical or legal issues that need to be attended to with this client: There are no particular legal issues to consider with Abby, however, there are some important ethical considerations. One of the considerations of the therapeutic model, is whether to medicate her or not. Ethically, she is in need of immediate relief or help of some kind. Morally, it is important to consider what form of treatment will quickly as well as effectively deal with her problems. Therapeutic Goals: The goal of therapy, would be to alleviate the depression. In turn, the goal would be to improve her self esteem and self image. She needs to develop a healthy boundary between what she expects of herself, and what she can or cannot impact around her – she does not, as she believes, have any influence on the medical condition of her husband. Therapy: The therapy would begin with both accumulating a background history, but also with a dialogue that would help determine the emotions she affixes or attaches to various events and people in her life. Once a solid background was established, the goals of therapy would be to find those area of her life that she does feel good about, and build on them. As Rodney Ford stresses, establishing a sense of “ trust” with the therapist is paramount for rebuilding a healthy ego. Using the Adlerian model, she needs to understand where her need to overcompensate and her need for perfectionism comes from. In turn, she needs to understand what a realistic expectation is over and against one that is based solely on fantasy. Talk therapy would be the specific technique used, and the focus would be on working toward her see the difference between irrational

expectations and realistic ones. Works Cited: Transcript from Rodney Ford. Course Readings. Case Study: Abby. A Case Study and Therapy Outline.