

Case treatment plan

Business



Lastly this paper will provide scholarly references to further elaborate on the theories used to develop the goals and intervention to effectively benefit the client. Keywords: case conceptualization, treatment plan, existential therapy

Conceptualization and Treatment Plan Case of London Introduction Case

conceptualization and treatment planning is the practice used by therapist to determine a client's diagnosis, goals, and treatment plan that is most effective in resolving the issues surrounding the client's diagnosis.

It is essential that the client's treatment plan is specific to the individual and is appropriate and relational to the needs of the client to assist in the client's aid. Case conceptualization and treatment planning ultimately assist therapist in finding methods of therapy that will work in relation to their client's needs. Existential therapy is one therapeutic approach. Existential psychotherapy is defined as squarely and soberly confronting the ultimate concerns and sometimes tragic existential facts of life (Diamond, 2011).

This therapy focuses on the positive approach and the potential of the human race. Additionally, this therapeutic approach helps individuals to view life more positively.

Existential therapy is an effective tool to assist in the conceptualization of a client's problem and developing an effective method of treatment. Over the years there has been controversy surrounding the nature versus nurture theory. Numerous studies have been conducted to determine which component of nature versus nurture has more of an impact on adolescent development.

Currently, there is no clear assumption on whether nature or nurture has more effect on adolescent development. Gruber (2013) suggest that nature is the key component to what determines adolescent's development and nurture is an additional component, hile other studies suggest the opposite.

Both nature and nurture components must be studied to further understand how adolescent development is affected. This paper explores Gruber's research in addition to other researchers to examine whether both nature and nurture are key components to adolescent development.

Nature There are various reasons why one may be convinced that genetics play a part in his or her intelligence. This reasoning is defined as the nature theory. Nature is categorized as an individual's mental capacity based on the genetic makeup of the individual that he or she was born with (Gruber, 2013).

Nature compasses various spects of genetic makeup such as an individual's aggression, behavior, intelligence, and personality. According to Gruber (2013) nature is the key component of adolescent development.

An individual's genetic materials provide him or her with physical equipment that makes him or her who he or she is. These genetics make an individual who he or she is and is passed down to his or her descendants. Lastly, nature is an essential part of an individual's life and has an effect on the individual's development and outcome in life.

Nurture An individual's environment can shape an adolescent's development Just as much as internal factors. Nurture is categorized as the environmental

surrounds and aspects that an individual is exposed to that can help shape the individual's development.

As a child, one is a product of their environment. One often acquires new skills and develops based on what he or she observes on a daily basis. According to Mead (1967) a child's behavioral trait starts to innately in early childhood and continues to grow throughout life. Since behavioral traits are continuously developing throughout the child's life, it is easy for one's environment to shape the behavioral aspect of the child based on what the child is exposed to within their environment.

Although many adolescents experience different environmental factors can be influenced differently.

For instance, adolescents born in the same household may experience the same environments and receive the same parenting style; however one adolescent might be active in the community and a helpful asset to his or her counterparts while the other might skip school, disrespect authority, and not do as well as his or her sibling. This is an example of how both genetic makeup and environmental factors both shape an adolescent's character.

Adolescent Development In today's society many individuals encounter various situations that can hinder his or her life development.

Whether these situations are environmentally or genetically stemming situations they affect the growth, behavior, and developmental aspect of adolescents.

Adolescents develop into unique individuals that are characterized by their unique experiences, life events, and biological background. As mentioned by Bronfenbrenner, all environments assist in the development of adolescent growth and the interaction between both genetic and environmental aspects effect this development. Furthermore, genetics and environmental influences affect the personality, stability, and growth during the transition through adolescent.

Nurture and Adolescent Development Several adolescents today exhibit aggression and behavioral concerns stemming from a variety of different aspects faced on a daily basis. As mentioned aggression is caused by a variation of both genes and life experiences which can be categorized as nature versus nurture.

The environment that an individual was exposed to during childhood whether violent or not plays a tremendous role on the individual's aggression throughout the individual's life (Reif, Rosler, et al. 2007). More violent environments may cause the adolescent to display aggression. When placed in imilar situations that the adolescent may have seen in his or her environment he or she might react in the same manner he or she saw someone in his or her environment act in the same situation. Since children are a product of what they observe and/or are exposed to it is important to ensure that during the adolescent development period the child is exposed to positive role models and placed in stable environments.

This will allow the adolescent to be more involved in positive development in addition to the adolescent obtaining more positive skills during development.

As mentioned by Hascombe et al. 2010) chaos in a common environment impacts the child's cognitive and behavioral development. In addition unstable environments can greatly impact a child's development that can affect the child throughout his or her transition into adulthood. Needless to say it is vital to expose a child to more than one environment.

For instance exposing children to other cultures, individual personalities, and experiences makes a child well-rounded.

It was mentioned that a child's environment should change instead of being one central location to allow a broader environmental aspect for the child and less motional situations for a better development process (Belsky ; Pluess, 2009). Furthermore, since environment also plays a role in the development of adolescents it is vital to be aware of the environment and individuals an adolescent is exposed to because it can have a tremendous effect on the adolescent's development.