

Second Edition

TREATING THOSE WITH MENTAL DISORDERS

**A COMPREHENSIVE APPROACH TO CASE
CONCEPTUALIZATION AND TREATMENT**

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*This book is dedicated to my clients. Thank you for allowing
me to witness your stories. It has been a privilege. ~VK*

To Katie ~ MP

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PREFACE

When we were students in graduate school, we learned information that was foundational to counseling, such as various counseling theories and basic techniques for use with clients. With regard to clinical issues, we learned about the *DSM* system of diagnosis as well as treatments that could be used to address different disorders and problems in living. However, when faced with our first clients, we struggled to know how to proceed. As we first start out, most counselors-in-training feel flooded with information that they need to digest and figure out how to apply. As new counselors, we are challenged to apply years of acquired information to the conceptualization of the client, knowing this information will inform how we proceed in treatment planning, and in the implementation of treatment approaches and interventions. But how do you take years of formal education and apply all of that information to counseling someone and to helping that person to make the changes that he or she needs to live optimally? In writing this text, our aim was to develop a resource that would help counselors feel empowered to thoughtfully and deliberately assist their clients in tackling their complex issues and difficulties.

Throughout our careers, we have repeatedly heard that counselors value strength-based, contextually and culturally sensitive approaches to counseling, yet no one taught us how to integrate this way of thinking with the reality of clinical practice—a reality that requires counselors espouse, to some extent, to a medical-model approach and diagnose and “treat” mental disorders. Of fundamental importance to us in developing this text was our desire to create a treatment-planning model that incorporated a strength-based and contextually sensitive approach to counseling and treatment planning. What resulted was the formation of our conceptual framework model (i.e., I CAN START), which consists of essential case conceptualization components and addresses treatment planning from a strength-based, contextually sensitive perspective. This conceptual model is detailed in Chapter 1 and is utilized in conceptualizing each of the case studies presented throughout the text.

Our clients deserve to receive the most efficacious treatments available. As such, this text will provide readers with information on evidence-based treatment approaches that can be used in treating a variety of mental disorders. There is a paucity of research on treating some of the mental disorders described in this text. In these situations, we have made every attempt to provide the reader with the most comprehensive, rigorous assimilation of all of the current treatment literature, along with a summary of any emerging approaches that may warrant further consideration and research.

Multiple interventions are associated with the evidence-based approaches discussed in this text. There are also hundreds of different ways these interventions can be applied, illustrated, and woven into the fabric of counseling. We frequently hear our students and supervisees comment that they want to better understand what it “looks” like to apply various theories and/or treatments. To illustrate the varied means for applying treatment interventions, each chapter includes two creative applications of treatment interventions. These creative interventions are intended to illuminate treatment interventions and help readers understand the variety of vehicles that can be used in applying interventions (e.g., art, play, movement).

To support our effort to create a treatment planning textbook that is practical, Chapter 1 focuses on information that is foundational to real-world treatment planning practices. This chapter addresses the foundations of “good” treatment planning. Factors that influence counseling and treatment outcomes, and information related to the practical realities of treatment planning, are addressed. Additionally, the I CAN START case conceptualization and treatment planning model is presented in Chapter 1.

In Chapter 2, practical considerations that counselors must face when diagnosing and treating are provided. First, a discussion of third-party payers and how this relates to treatment planning is provided. Next, there is a discussion of cultural and ethical matters and how they relate to treatment planning.

Chapter 3 includes a discussion of select safety-related clinical issues that must be addressed as a part of effective treatment planning. An emphasis is placed on practical steps counselors can take to promote and support their clients’ safety. The clinical issues selected are those that counselors encounter with the greatest frequency, as well as those that invite the most serious potential for risk to clients, counselors, and/or members of the community. These clinical issues include suicide, homicide, and interpersonal partner violence.

In Chapters 4 through 15, brief discussions of the mental disorders (as defined by the *DSM-5*) are presented, along with a discussion of counseling considerations and treatment approaches. Each of these chapters has a unified structure, with chapters beginning with a case and ending with a treatment application (to the case) using the I CAN START treatment model. Each chapter also begins with an overview of information related to the category of disorders and then funnels to more detailed information about the specific disorders, their associated counseling considerations, treatments, and prognoses.

New to This Edition

The following updates and additions have been made to this edition of the text:

- A new chapter on culture and ethics and treatment planning—Chapter 2—was added to the text
- Additional clinical toolbox features were added to each chapter.
- Each chapter now contains an additional practice case that students can use to practice applying the I CAN START treatment planning model.
- Additional information was provided on the “I”—Individual—aspect of the I CAN START model.
- Additional applications and examples were provided throughout the text.
- Treatment discussions were updated to reflect the most current research literature.

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Stephanie Sedall and Matthew Walker, thank you for your dedication and assistance. Your support and hard work allowed us to meet our deadlines for this second edition.

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Last, thank you to the following reviewers who added insights and suggestions for this revision: Susannah Coaston, Northern Kentucky University; Michael Rutter, Canisius College; Carol M. Smith, Marshall University; Shon D. Smith, University of Florida; and Genevieve Weber, Hofstra University.

VK Acknowledgments

Writing a book necessarily requires sacrifice, not only from the authors but also from the people who surround them. My profound thanks go out to my husband, Rob, and my children, Ava and Isaac, who did without my presence for many days as I sat clicking away at my computer.

Matt, thank you for being such a wonderful co-author! There is no one else in the world with whom I would have rather journeyed. Kate, Hudson, Kennedy, Weston, Genevieve, and Blaise, thank you for your many sacrifices!

I also want to acknowledge those who have taught me the most about problems in living and how to overcome them, or what we necessarily had to refer to in this book as mental disorders and their treatment: my clients. When I became a counselor, personal transformation as a result of my work was not something I anticipated. My clients have taught me about the resilience inherent in the human spirit. Their ability to not only endure but to thrive even in the face of adversity, barriers, and injustices has forever changed me and how I see the world. No book can teach what they have taught me, but I hope that some of the strength-based perspectives and contextually sensitive practices I have developed because of what my clients have taught me translate in this text.

MP Acknowledgments

The process of completing a book is time consuming and filled with sacrifice, challenges, and intense deadlines. It is also full of highs and lows, and I would not have survived these if it were not for a number of people who would never allow me to quit or second-guess my abilities; to them, I am forever grateful.

x

Preface

I want to thank my co-author, Vicki. I appreciate you more than I can ever put into words. You have taught me so much about being a counselor, an educator, a writer, and a person. I am indebted to you for your supervision, patience, guidance, warmth, and mentorship. I would gladly take this journey again with you!

I want to thank my children, Hudson, Kennedy, Weston, Genevieve, and Blaise, for tolerating all those early mornings and late nights when I was less than available. You are my joy and inspiration!

Last, but definitely not least, I want to thank my supportive, loving wife. Katie, what can I say that I have not already said? All of this would never have been possible without you. You kindle a part of me that is authentic, optimistic, driven, confident, and hopeful. You challenged me to envision bigger dreams than I ever thought were possible! I appreciate and delight in you!

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