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## Case Assignment

### The case of Jose

Jose is a Mexican American 35 year old. He is currently living with his elderly parents, 30 year old sister, brother-in-law and their 4 kids in a 4 bedroom home. Jose shares a room with his parents.

Jose is working as a truck driver during the week and going to school to pursue an education in mechanical engineering on the weekends. Jose comes from a family that is practicing Catholic, going to church weekly. Jose however, spends his weekends going to school and has become less involved in family parties, bbq's and reunions. Jose reports feeling "out of place" with his family. 5 years ago, Jose was dating a Caucasian woman who got pregnant from Jose. Jose forced the woman to have an abortion and shared this information with his mother who then shared this with the other family members in the home. Jose feels guilty about this decision and reported in session "I think I may go to hell because of this."

There has been increased tension at home lately as Jose is getting older. He is receiving pressure from his family to "settle down" and have kids.

Jose is currently single and does not date. He spends his time working, going to school, and boxing during his "free time." He reports not having an interest in dating women. He reports that his only girlfriend was the girlfriend from 5 years ago whom he dated for 2 months. When asked about his social life, he reports that he does have a few acquaintances from the trucking business that he goes out drinking with "once in a while." When asked about friends in school,

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**Jose shared that he spends no extra time on campus and “keep to myself.”**

**When asked about his family situation, he shares “ There is no privacy but what can I do. I have no choice. I got to take care of my family. My mom is also getting sick. She’s in chemo now. And dad never knew how to work. He just drinks and yells at everyone”**

**Jose shared that he feels the closest to his mother. “I tell her everything. We have always been close. My dad was never there. He was a lousy husband.”**

**When I asked Jose what motivated him to seek out therapy, he shared:**

**“It’s just becoming too much. I can’t handle the stress anymore. I don’t sleep and I’ve gained 50 pounds this year. I’m just not happy. All I do is survive everyday. There is no joy. “**

**Read the case about Jose. Write up an initial assessment of your client focusing on the culture and overall background that may impact the case. Assess your client in terms of what you have learned thus far. Discuss how your client has been affected by culture, race, gender, religion and any other diversity issues related to the case.**

**What are your patients' issues and how will you set out to treat them?  
The assessment will be due at the end of Week 4**

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**You are not discussing the treatment plan and interventions (that is for your Signature Assignment) however; you should clearly discuss the symptoms and other details from the case to come up with an evaluation and assessment of this client.**

**Use the outline below to guide you:**

**I. Assessment of the case- You do not need to summarize the case here. Give us an assessment of the issues here. What are the main points we need to consider as the potential therapist? Is there an ongoing theme you notice in the case here? Any interesting thoughts or insights you gathered after reading the case? Discuss them here.**

**II. Diversity issues related to race, gender, culture, ageism, etc. The diversity issues that are significant in the case should also be backed up by research. This is a very important part of your paper throughout!**

**III. Mode of therapy: Individual/couple/family/group. Be specific here about who your client will be. Individual therapy with Jose? Family therapy? Group therapy? Explain and support your reasoning for choosing this mode of therapy.**

**IV. Law and Ethics- Discuss legal and ethical implications for this case.**

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**The Case Assignment should be (5-8) pages (double spaced, size 12 font). Include a title page with your name, date, class name, and the title of your paper. Paper must contain at least 2 professional sources.**

**For your case assignment, make sure to include headings using the outline given for the paper. The headings will help indicate that you have covered all areas of the paper and make your paper that much more organized.**

**\*\*Note that this case will be used again for your Signature Assignment but in much greater depth.**