

BPSS Assessment

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SOWK 330

Professor Betts

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Bio Psychosocial Spiritual Assessment

The clients name is Layla Jones. She is a 22-year-old African American and Indian female. She was born in Petersburg Virginia on August 30, 1998. Her ethnic background relates to her African American and Indian decent. The client stated that she is a member of an Apostolic Church.

Referral Statements

The client was self-referred on October 5th, 2020. The client stated that this is her first time receiving any form of services. She stated that the presenting problem is her being depressed because she is not comfortable with her body weight nor is she comfortable in the skin that she is in. The client stated that there are many reasons why she feels this way about herself. When she was younger during her childhood and adolescent phase she was always picked on about her weight because she said that she was chubby compared to the other children and they always made sure she knew it. She says that being bullied for it when she was younger made her look at herself has if she was less than in her adult life. She self-referred herself because she wants to make a change because her insecurities are not helping her become successful in her life. The client mentioned that she has tried and succeeded with some at home remedies that helps her lose weight, but she still is not happy with her self internally and still feels depressed because she is not secure. She says she feels as if she does not fit into societal standards.

Biological Factors and Functioning

The client is an African American woman with Indian descent. She has dark brown hair that is waist length, but she wears it in a high bun. When standing, the client is about 5'4 and weighs about 160 pounds. She has a nose ring and two ear piercings in each ear and also has a

belly button piercing. The client has no visible tattoos. The client's overall physical presentation is well kept, she has on grey joggers and a black crop top and bright pink crocs. She also has a heart necklace on that has the letter "L" engraved in the inside. The client's physical functioning seems average but when she is discussing something that seems to be uncomfortable, she fidgets with her fingers or shakes her leg. The client stated that she had no problems with her developmental history. She reached all her milestones when she was supposed to. She disclosed that she was always academically successful throughout her whole academic career. When asked to describe how she was as a child, she stated that she was a quiet child and liked to be to herself. She also stated that she was considered a good child because she stayed out of trouble. The client stated that when she was around the age of 12 or 13 that she sprained her wrist because she fell off a trampoline. She says that she received the appropriate medical care and that it healed properly. The client stated that she does not have any trauma history, nor does she use any form of prescription drugs. The client stated that she does smoke marijuana approximately 3-4 times a week. When asked why she chose marijuana she states that she does not like alcohol and that marijuana calms her down while she can still manage to be productive and get any work done that she has to. The client states that one of her biological strengths is that she is educated. She believes that her education is going to make her successful in life. A major biological challenge for her is her health. She stated that she has a weak immune system so she often gets sick when the weather changes and that she naturally has low iron and is anemic meaning that it takes a while for her body to heat up if she gets too cold.

Psychological Factors and Functioning

The client stated that she believes that she is self-reliant. She does not depend on anyone other than herself and her family because she has a hard time putting trust into people. She stated that she believes she has good judgement when it comes to interacting with other people that are outside of her circle. The client expressed that she believes she has a bipolar personality even though she had not been medically diagnosed with this term. She feels that her moods throughout the day often alter. She states that she has a hard time being happy and often talks down on herself. She said that she does like to relax and lay in bed when she does not have to work or do anything with her family. She believes that this contributes to her depression because when she is not working, she feels as if she is not motivated to do anything. She also disclosed that she does like to eat even though she is not happy with her body. She discussed trying new foods and favorite foods. She often feels guilty after she is finish eating food because she notices that her stomach is sticking out more because of the “food baby”. The client states that she likes to take walks and explore nature and trails in her free time. Sometimes this allows her to focus on herself and her thoughts. She is motivated by the children that she teaches. She stated that she loves her kids and that they make her feel as if she is worthy of being on this earth. The client stated that she prays to God and ask for strength daily, so that she can make it through the day. The client has never received any treatment for emotional, behavioral, or substance abuse. The client stated that she has some family members that have been alcoholics and has been diagnosed with depression. The client did not feel comfortable going into detail about the family members. The client believes her physical strength is making sure that the people around her are always in a good standing. She says that she always puts others before herself which can be seen has a strength but also a challenge because sometimes, she wants to put herself first but does not know how.

Social Factors and Transitions

The client disclosed that she is a third-grade teacher, she recently just graduated from James Madison University in May 2020. She explained that the four years she experienced in college went by fast for her. She stated that she struggled with eating at school and depression because she was far from home, approximately 3 hours and she did not hang out with many of the people that went to her school. Although she also states that she was happily independent at school and enjoyed her time there. Her goal for college was to graduate with a job and she accomplished the goal. The client says that the Tuesday before she was supposed to graduate, she received a job opportunity at the elementary school in her hometown. Her current goal as of right now is to be happy and to be the best that she can be wherever life chooses to carry her. The client states that she is currently in a 3-year relationship and plans to marry her significant other. She considers him her college sweetheart. She lives with her parents for the time being. The client also said that she has a strong bond with her family. She says she is inspired by her family and they are the reason she is who she is today. She also is proud to be driving a 2020 Honda Sport Civic that was given to her from her parents as a college graduation gift.

Cultural Factors and Transitions

The client is an African American/Indian decent woman who is 22 years old. She considers herself heterosexual. The client said that she feels as if her race is always a significant factor in her daily life. She believes that most people look at her and likes her for her looks and her hair when there is more to her. She feels her church life has influence most of her decisions she was born and raised in the church. She is the youngest of her siblings and all her siblings are male, so she considers herself spoiled. She values respect and integrity. She stated that this runs through her family.

Spirituality

The client was born and raised in an apostolic church and home. She still attends the church that she was raised in and disclosed that her aunt on her father side is her pastor. She also helps with the children at church and helps design programs and activities to keep the children active in church.

Other significant factors

The client did not state any additional information

Diagnostic Statement

The client's primary concern is losing weight while dealing with depression. The client states that she like to eat when she is feeling at her lowest because she has difficulty managing her depression. The client does not know what triggers her depression, she just notices the mood swings. Often, she cries but most of the time she likes to lie in bed and eat snacks that are not particularly health. The client has experienced bullying in the past that makes her think bad about herself, so she looks at herself different based on the thoughts of other people. The client is open to trying new ways manage handling her depression along with losing and maintaining her weight.

S.M.A.R.T Goals

Target problem: Losing weight

Goal 1: By the end of services, the client will engage in 1 hour of any physical activity of her choosing 3 to 4 times every week.

1. Objective 1: The client will determine which exercise she will most likely be able to engage in for an hour or more
2. Objective 2: The client will monitor her fitness progress on her Apple Watch

Goal 2: By the end of services, the client will explore and ways that she can relax out of the bed 2 days out of the week

1. Objective 1: The client will discover what other rooms throughout her home makes her comfortable enough to relax
2. Objective 2: When the client feels the urge to lay down in her bed she will be able to discipline herself not to.