

PSYCHOPATHOLOGY
PC 322-3
Spring 2023
Mondays 1:30-4:20

Loren Townsend, Ph.D.
ltownsend@lpts.edu
 502-741-8652
 Gardencourt 214

Course Description:

This course introduces students to current research, theory and clinical practices related to multicultural assessment of psychopathology in a systemic and critical theological framework. This course will: (1) examine intrapersonal, systemic, neurobiological, biological, social and spiritual frameworks for understanding non-normative human behavior and its treatment; and (2) examine how psychiatric diagnosis interacts with oppression, discrimination and trauma, as well as racial, cultural, sexual and ethnic differences. Students will be introduced to assessment tools and practices appropriate to DSM 5 diagnosis and its use in Marriage and Family Therapy and pastoral counseling.

Objectives and Expected Student Learning Outcomes

<u>By the end of the semester, students will:</u>	<u>Student Learning Outcomes (SLO) & MFT Developmental Competency Components (See Appendix A)</u>	<u>Signature Assignment/Assessment</u>
Understand the rationale, research and process for how major child and adult mental disorders are organized by mental health professionals.	SLO 1: able to conduct multicultural, evidence-based therapy with individuals, couples and families that meets entry-level professional standards Developmental Competency Components: 2, 4	Mid-term and Final Examination
Understand and appropriate in clinical practice contemporary theories of how intrapsychic factors, interpersonal systems, medical/biology, gender and cultural norms, and systems of power contribute to how psychiatric diagnosis is organized and used.	SLO 4: able to use a multicultural approach to Marriage and Family Therapy that attends appropriately to religious, cultural, racial, economic, gender, and sexual orientation diversity in client systems, client-therapist systems, supervisory systems, and broader social systems. Developmental Competency Components: 2, 4	Diagnostic Evaluation Summaries
Be able demonstrate broad knowledge of major categories of mental illness and how these are organized in the DSM 5.	SLO 1: able to conduct multicultural, evidence-based therapy with individuals,	Final Examination

	<p>couples and families that meets entry-level professional standards.</p> <p>Developmental Competency Components: 2</p>	
<p>Be able to demonstrate basic competency and awareness of MFT scope of practice in identifying and using appropriate assessment tools related to the DSM 5 and clinical diagnosis.</p>	<p>SLO 1: able to conduct multicultural, evidence-based therapy with individuals, couples and families that meets entry-level professional standards.</p> <p>Developmental Competency Components: 2, 4, 5</p>	<p>Diagnostic Evaluations & Summaries Final Exam</p>
<p>Be able to complete an individual clinical assessment appropriately using the DSM 5 classification system in a family therapy context that incorporates a systemic and multicultural/multi-contextual frame for assessment.</p>	<p>SLO 1: able to conduct multicultural, evidence-based therapy with individuals, couples and families that meets entry-level professional standards.</p> <p>SLO 4: able to use a multicultural approach to Marriage and Family Therapy that attends appropriately to religious, cultural, racial, economic, gender, and sexual orientation diversity in client systems, client-therapist systems, supervisory systems, and broader social systems</p> <p>Developmental Competency Components: 2, 4</p>	<p>Diagnostic Evaluations & Summaries</p>
<p>Be able to conduct risk assessment and referral needs.</p>	<p>SLO 1: be able to conduct multicultural, evidence-based therapy with individuals, couples and families that meets entry-level professional standards.</p> <p>SLO 4: will be able to use a multicultural approach to Marriage and Family Therapy that attends appropriately to religious, cultural, racial, economic, gender, and sexual orientation diversity in client systems, client-therapist systems, supervisory systems, and broader social systems.</p>	<p>Diagnostic Evaluations & Summaries</p>

	Developmental Competency Components: 2, 4	
--	--	--

Methods:

This course is taught in person (unless changed by professor or LPTS executive leadership) with substantial asynchronous IT support.

- Asynchronous element: Students are expected to complete extensive reading, viewing of video recordings, and written assignments outside of class time.
- Synchronous element: Students are expected to be prepared to engage each other and the professor in a synchronous group exchange Mondays 1:30-3:00 pm. Please attend carefully to reading and videos and be prepared for conversation.

Assignments:

Assignment	Details	Due Date
<p><i>Reading is Fundamental!</i> This course requires substantial reading. Focus most of your energy on Castonguay et al and Russo et al. The DSM-5-TR is a reference text. You will need to understand and be able to use the ICD 10 codes and the diagnostic criteria found in the DSM-5. You will need to know how to use these to complete assignments for this class, case studies for the course of the MFT Program and for your work in Practicum. Bring any questions about DSM-5-TR and its use to class.</p>		
<p style="background-color: yellow;"><i>Please note that part of this class is learning to negotiate and use this massive text. To that end, the syllabus does not give you specific page numbers. Instead, you will use the DSM-5-TR index to locate the pages that must be read to delineate symptoms and criteria for your ICD 10 diagnoses. Note that page 29-30 may be important for your treasure hunt. We will discuss this further in class.</i></p>		
<p><i>Diagnostic Evaluations (40% of grade)</i></p>		
<p>Review the <i>Writing a Professional Clinical Report</i> in Appendix C. Read also Appendix D. Be sure and use those principles for writing your Mental Status and Clinical Assessment reports.</p>		
➤ Diagnostic Role Play (10%)	<p>Each student will have the opportunity to</p> <ol style="list-style-type: none"> 1. role play a clinician doing assessment for topic of the day and 2. role play a person being interviewed presenting with symptoms of the assessment topic of the day. A third person will be an observer—to be described in class. These role plays will take place during class discussion time. 	Weekly
➤ Mental Status Exam (10%)	<ol style="list-style-type: none"> 1. Find a volunteer for a mental status exam. Use the <i>Mental Status Exam</i> present on Theranest. However, instead of circling what you see, you're your observations, put them in narrative/report form. We will talk more about this in class. Appendix B of the syllabus may 	2/21

	<p>provide help. to complete a mental status examination of a client (if you have no clients, use a volunteer). <u>Be sure to protect the identity of your client—do not use names or other identifiers.</u></p> <p>2. Write a summary of your Mental Status Exam. NO MORE THAN 2 SINGLE-SPACED PAGES.</p>	
➤ Clinical Assessment (15%)	<p>1. Use Appendix C, <i>Guide for Writing Individual Clinical Assessments</i> to complete an individual clinical assessment of a client. <u>Be sure to protect the identity of your client—do not use names or other identifiers.</u></p> <p>2. Write a summary of your clinical assessment. NO MORE THAN 2 SINGLE-SPACED PAGES.</p>	4/05
Midterm Content Examination (25% of grade)		3/21
Final <u>Comprehensive</u> Content Examination (40% of grade)		5/9-13
<p>Regular attendance and participation in class is required. Participants are expected to be on time. Conflicts with scheduling clients or other avoidable schedule conflicts are not acceptable reasons to be late or miss class. Each class session accounts for one week of class, leaving little room for absences, excused or unexcused. Unexcused absences will affect class grade as per seminary policy.</p>		

Required Texts and Reading:

Anderson, E.R. & Mayes, L.C. (2010). Race/ethnicity and internalizing disorders in youth: A review. *Clinical Psychology Review*, Ap. 2010, Vol. 30 (3) pp. 338-348. (CAMS)

Alvarez, K. et al. (2019). Race/ethnicity, nativity, and lifetime risk of mental disorders in adults. *Social Psychiatry & Psychiatric Epidemiology*. May 2019, Vol. 54 (5), pp. 553-565. (CAMS).

Castonguay, L. G., Oltmanns, T. F. and Lott, A. (eds). (2021). *Psychopathology: From science to clinical practice, 2nd Ed.* NY: Guilford. ISBN 9781462547616

Erving, Christy L. (2019). Is the Black-White mental health paradox consistent across gender and psychiatric disorder? *American Journal of Epidemiology*, 2019, Vol. 188 (2), p. 314-322. (CAMS).

Preston, J. and Johnson, J. (2015). *Clinical Psychopharmacology made ridiculously simple, 8th ed.* Miami: MedMaster Inc.

Russo, J.A., Coker, J.K. & King, J.H. (eds). (2017). *DSM-5 and family systems*. NY: Springer Publishing Company.

Rodgers, T. E. (2012). Apophatic attending: an essential for pastoral diagnosis. *The Journal of Pastoral Care and Counseling*, 66 (1), 1-8.

Townsend, L. L. (2013). Best practices: Rethinking pastoral diagnosis. *Sacred Spaces: The e-journal of the American Association of Pastoral Counselors*, 5, 66-101.

Essential References and Required Reading From:

American Psychiatric Association. (2013). *The diagnostic and statistical manual of mental disorders, text revision..* Washington, DC: The American Psychiatric Association.

Other Helpful Texts

- Jordan, M. (1988). *Taking on the gods: The task of the pastoral counselor*. Nashville, TN: Abingdon.
- Josephson, A. & Peteet, J. (2003). *Handbook of spirituality and worldview in clinical practice*. Arlington, VA: American Psychiatric Pub.
- L'Abate, L. *Family assessment: A psychological approach*. Thousand Oaks, CA: Sage.
- Mackenna, C. (2013). Some theological, psychoanalytic and cultural reflections on the practice of christian deliverance ministry in the light of clinical and pastoral experience. In C. H. Cook (Ed.), *Spirituality, theology and mental health* (pp. 75-93). London: SCM Press.
- Oates, W. E. (1970). *When religion gets sick*. Philadelphia: Westminster Press.
- Oates, W. E. (1987). *Behind the masks: Personality disorders in religious behavior*. Philadelphia: Westminster Press.
- Podmore, S. D. (2013). My god, my god, why have you forsaken me? Between consolation and desolation. In C. H. Cook (Ed.), *Spirituality, theology and mental health*. London: SCM Press.
- Pruyser, P. (1976). *The minister as diagnostician*. Philadelphia: Westminster Press.
- Rigazio-DiGilio, et.al. (2005). *Community genogram: Using individual, family and cultural narratives with clients*. New York: Teachers College Press.
- Roth, A. & Fonagy, P. (2005). *What works for whom?* NY: Guildford Press.
- Ryan, C. E., Epstein, N. B., Keitner, G.I., Miller, I.W., Bishop, D.S. (2005). *Evaluating and treating families: the McMaster approach*. NY: Routledge.

Schedule

Schedule may be adjusted based on progress through material during the semester

Assignments must be submitted on Canvas

Note: If links are not automatic, try control+Click on the link

<p>2/6</p>	<p align="center"><u>Introduction to Diagnosis</u></p> <p align="center"><u>Required Reading</u></p> <p>-Castonguay, Ch. 1 - Townsend Link: https://lpts.instructure.com/files/101668/download?download_frd=1</p> <p>-DSM 5-TR, 11-16 -<i>DSM 5 to DSM 5 TR</i> Link: https://psychnews.psychiatryonline.org/doi/10.1176/a.ppi.pn.2022.03.3.28</p> <p>-Perspective on observation in therapy: ACT/Relational Frame perspectives Link: https://epg.pubpub.org/pub/act/release/2#:~:text=One%20of%20the%20primary%20examples%20underlying%20language%20and%20cognition.</p> <p align="center"><u>Required Video</u></p> <p align="center">Video: Psychiatric Diagnosis and Interviewing (in video library: DSM 5, Volume 1 (2 hours)) Link:</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023649111</p>	<p align="center">Consider for class discussion:</p> <ul style="list-style-type: none"> • Psychopathology & Cultural Problematics • Diagnosis—Systemic, multicultural, contextual, theological framework • Alternative view of “mental illness” • Process of Diagnosis & use of DSM-5-TR • Medical science and theology • Neuroscience and diagnosis
<p>2/13</p>	<p align="center"><u>Neuroscience and Mental Health</u></p> <p align="center">Required Reading:</p> <p align="center">Preston and Johnson, pg. 1</p> <p align="center">Required Video</p>	<p align="center">Consider for class discussion:</p> <ul style="list-style-type: none"> • Where does family therapy intersect with medicine? • Mental illness or neurological disorder • Holistic thinking: Body/brain reciprocal connection

	<p>Video: Neuroscience of mental disorders (otherwise named: Brains are Important) (52 minutes) Link: https://www.youtube.com/watch?v=magfjYbRQDA</p> <p>Video: Mental Status Exam (12 minutes) Link: https://www.youtube.com/watch?v=U5KwDgWX8L8</p>	<ul style="list-style-type: none"> • Body/brain/mind/ecological and social context <p>Read through the University of Chicago Mental Status Exam. Choose a friend, family member, colleague to complete a Mental Status Exam. Write up your exam as described in class and video.</p>
2/20	<p><u>Mental Status Exam and Diversity/Intersectionality Issues</u></p> <p>Required Reading:</p> <p>-DSM-5-TR: Look at index, pg. 1016. Follow references and read “cultural concepts of distress” and “cultural idioms of distress (and anything else that interests you in these references. Note that “cultural contexts will be explored as we look at specific diagnoses.</p> <p>-Erving, Christy L. (2019). Is the Black-White mental health paradox consistent across gender and psychiatric disorder? <i>American Journal of Epidemiology</i>, 2019, Vol. 188 (2), p. 314-322.</p> <p>Link: https://academic.oup.com/aje/article/188/2/314/5144385</p> <p>Alvarez, K. et al. (2019). Race/ethnicity, nativity, and lifetime risk of mental disorders in adults. <i>Social Psychiatry & Psychiatric Epidemiology</i>. May 2019, Vol. 54 (5), pp. 553-565.</p> <p>Link: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6586416/</p>	<p>Consider for class discussion:</p> <ul style="list-style-type: none"> • Due: Mental Status Report • Mental Status Exam Review • Culture, race, gender, intersectionality • Clinical Interviewing • Writing Assessment Reports: <i>See appendix 4</i>
2/27	<p><u>ANXIETY DISORDERS</u></p> <p>Required Reading:</p> <p>Castonguay, Ch. 3 Locate and read DSM-5-TR sections for anxiety disorders</p>	<p>Class discussion of reading and videos</p>

	<p>Russo, Ch. 5 113-134 Preston & Johnson, 31-41, 74-76, Appendix C</p> <p>Evidence for Mindfulness vs pharmacotherapy Link:</p> <p>https://www.medscape.com/viewarticle/98391?src=mkm_ret_230114_mscpmrk_psych_min_dful-med&uac=234074DN&impID=5082801</p> <p>Required Video: Neurophysiology of anxiety (1 hr) Link:</p> <p>https://www.youtube.com/watch?v=c8qeqG2QFfg&t=1449s</p> <p>Video: From video library, DSM5, Volume 2, Adjustment Disorder, Generalized Anxiety Disorder, (watch sections 1 & 2--1 hr.) Link:</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023646423</p>	
3/6	<p style="text-align: center;"><u>Panic and Phobias</u></p> <p style="text-align: center;">Required Reading:</p> <p>Castonguay, Ch. 4 Locate and read DSM-5-TR sections for anxiety disorders, Preston & Johnson, 76-78</p> <p style="text-align: center;">Video from video library: DSM 5, Volume 2 Panic Disorder (watch section 3, 30 minutes).</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023646423</p> <p style="text-align: center;">Video: Phobia</p> <p>Links:</p> <p>https://blog.taylorstudymethod.com/specific-phobia-dsm-5-eppp-lecture-video-by-taylor-study-method/</p>	Discussion of reading and video

	https://www.youtube.com/watch?v=8eT74-5dIsE	
3/13	Research and Study	
3/20	<p style="text-align: center;">OCD and PTSD</p> <p style="text-align: center;">Required Reading:</p> <p>Castonguay, Ch. 5 Locate and read DSM-5-TR sections for OCD and Trauma and Stressor-related disorders Russo, Ch. 6 Preston & Johnson, pg. 52</p> <p>Video: OCD (5:30) Link:</p> <p>https://www.youtube.com/watch?v=r87hL3OC11Y</p> <p>Castonguay, Ch. 6 DSM 5, 271-280 Russo, Ch. 7 Preston & Johnson, pg. 57-58</p> <p>Video Library: Volume 2, section 4, PTSD (30 min)</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023646423</p>	<p>Discussion of reading and video</p> <p>Midterm exam taken any time this week</p>
3/27	<p style="text-align: center;">Neurodevelopmental disorders</p> <p style="text-align: center;">Required reading:</p> <p>DSM-5, 591-643 Russo, Ch. 1 Russo, Ch. 17</p>	<p>Guest speaker: Kent Hicks</p>
4/3	<p>Depressive Disorders</p> <p>Required Reading:</p> <p>Castonguay, Ch. 2 Locate and read DSM-5-TR sections for depressive disorders and gender dysphoria Russo, Ch. 4 Preston & Johnson, pg. 2-21; 69-71;</p>	<p>Discussion of reading and video</p> <p>Due: Clinical Assessment write-up due</p>

	<p>Video Library: Diagnosing MDD and Persistent Depressive Disorder. Video Library: Volume 2 (Section 1 & 2, (90 minutes) Link:</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023646375</p> <p>Video: Neurobiology and cost of Depression (25 min) Link:</p> <p>https://www.youtube.com/watch?v=Vdx-EBWhqdk</p>	
4/10	<p>Bipolar and related disorders</p> <p>Required reading:</p> <p>Castonguay, Ch. 10 Locate and read DSM-5-TR sections for anxiety disorders, Russo, Ch 3 Preston & Johnson, pg. 22-30; 72-74</p> <p>Video: Diagnosing Bipolar, Video Library: Volume 3, (Section 3, (40 min)</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023646375</p> <p>Eating Disorder/Anorexia Required Reading:</p> <p>Castonguay, Ch. 7 DSM 5, 338-350 Russo, Ch. 10 Preston and Johnson, pg. 57, 59-62</p> <p>Video: Anorexia. Volume 4, Section 1, (25 min) Link:</p> <p>Correct link: https://lpts.on.worldcat.org/oclc/1023654591</p>	Discussion of reading and video
4/17	Schizophrenia Spectrum and other psychotic disorders	Discussion of reading and video

	<p>Required Reading:</p> <p>Castonguay, Ch. 11-12 Locate and read DSM-5-TR sections for schizophrenia spectrum and other psychotic disorders Russo, Ch. 2 Preston & Johnson, 42-51, 78-79</p> <p>Video: Diagnosing Schizophrenia. Video Library Volume 4, Section 3 (1 hr)</p> <p>Correct link: https://pts.on.worldcat.org/oclc/1023654591</p> <p>Video: Neurobiology and Schizophrenia (Don't sign up—the video is in the middle of the screen surrounded by ads. It is there. Link:</p> <p>https://psychscenehub.com/video/video-on-understanding-schizophrenia-linking-neurobiology-to-clinical-features/</p>	
4/24	<p>Substance-Related and Addictive Disorders</p> <p>Required Reading: Castonguay, Ch. 8 Locate and read DSM-5-TR sections for anxiety disorders, Russo, Ch. 16 Link:</p> <p>Video: Alcohol Use Disorder, Video Library DSM 5, section 4, 55 min)</p> <p>Correct link: https://pts.on.worldcat.org/oclc/1023646375</p>	Discussion of reading and video
5/1	<p>Personality Disorders</p> <p>Castonguay, Ch. 9; Locate and read DSM-5-TR sections for personality disorders Russo, Ch. 18 Preston & Johnson, pg. 52</p>	Discussion of reading and video

	<p>Video Library, Volume 4, section 3: Diagnosing Borderline Personality Disorder (Section 3, 1 hr)</p> <p>Correct link: https://pts.on.worldcat.org/oclc/1023654591</p> <p>Disruptive, Impulse-Control & Conduct Disorders</p> <p>Required Reading:</p> <p>DSM 5, 461-480 Russo Ch. 15 Preston & Johnson, pg. 554-56</p> <p>Video: Disruptive Behavior Link:</p> <p>https://www.news-medical.net/health/What-are-Disruptive-Behavioral-Disorders.aspx</p>	
5/10-11	Due: Final comprehensive exam (schedule by registrar)	

Policy Statements Included on Syllabi

Excerpted from the Faculty Handbook

Use of Inclusive Language

In accordance with seminary policy, students are to use inclusive language in class discussions and in written and oral communication by using language representative of the whole human community in respect to gender, sexual orientation, ethnicity, age, and physical and intellectual capacities. Direct quotations from theological texts and translations of the Bible do not have to be altered to conform to this policy. In your own writing, however, when referring to God, you are encouraged to use a variety of images and metaphors, reflecting the richness of the Bible’s images for God. More discussion about inclusive language can be accessed from the Academic Support Center and from the section of the LPTS web site with information for current students.

Academic Honesty

All work turned in to the instructors is expected to be the work of the student whose name appears on the assignment. Any borrowing of the ideas or the words of others must be acknowledged by quotation marks (where appropriate) and by citation of author and source. Use of another’s language or ideas from online resources is included in this policy, and must be attributed to author and source of the work being cited. Failure to do so constitutes plagiarism, and may result in failure of the course. Two occurrences of plagiarism may result in dismissal from the Seminary. Students unfamiliar with issues related to academic honesty can find help from the staff in the Academic Support Center. For more information, see the Policy for Academic Honesty in the Student Handbook.

Special Accommodations

Students requiring accommodations for a documented physical or learning disability should be in contact with the Director of the Academic Support Center during the first two weeks of a semester (or before the semester begins) and should speak with the instructor as soon as possible to arrange appropriate adjustments. Students with environmental or other sensitivities that may affect their learning are also encouraged to speak with the instructor.

Citation Policy

Citations in your papers should follow Seminary standards, which are based on these guides:

American Psychological Association. *Publication Manual of the American Psychological Association*. 7th ed. Washington, DC: American Psychological Association, 2020.

Turabian, Kate L., Wayne C. Booth, Gregory G. Colomb, and Joseph M. Williams. *A Manual for Writers of Research Papers, Theses, and Dissertations: Chicago Style for Students and Researchers*. 9th ed. Chicago: University of Chicago Press, 2020.

The Chicago Manual of Style. 17th ed. Chicago: University of Chicago Press, 2017.

Copies of these guides are available at the library and in the Academic Support Center. See also the library's citation help page: <https://lpts.libguides.com/digitalresources/citingsources>

Attendance Policy

According to the Seminary catalog, students are expected to attend class meetings regularly. In case of illness or emergency, students are asked to notify the instructor of their planned absence from class, either prior to the session or within 24 hours of the class session. Six or more absences (1/4 of the course) may result in a low or failing grade in the course.

03 September 2020

Appendix C: Diagnostic Assessment for PC 3223

Maximum: 5 pages double-spaced (Do not respond to gray sections)

I: Identifying Information/Description of Client

- A. Provide a one paragraph description of the client family presented. Include ages, ethnic and gender information, vocational or educational information and any other outstanding features that will help provide a picture of the context for treatment of the case.
- B. Indicate how many sessions you have had with each member of the system at the time of this write-up.

II: Presenting Problem

- A. Provide a short, concise paragraph stating what the individual/couple/family perceived as the motivating factor bringing them to therapy. What is the problem? What does the client want to change?
- B. Client's voice is central.
- C. Presenting Problem should be closely related to the outcome goals set in IV below.

III: Clinical Assessment

A. ***Very Briefly*** Describe the systemic framework that inform your assessment, including:

1. The theoretical model(s) that guide your assessment.
2. Relevant cultural, family, gender, religious and spiritual, racial, socioeconomic contextual factors.
3. How these interact with assessment and diagnosis and your own social location as an observer/evaluator context.

B. **Individual Assessment and Screening**. Identify and summarize results of individual assessment. Use the following subheadings:

1. **Interview Observations** (how the client appeared and interacted in session) **and mental status report** (use mental status guide)
2. Relevant social, psychological, educational, vocational, spiritual history; history of the problem.
3. Client Strengths and Resources.
4. General Screening tools (report scores and briefly interpret data for screening tools administered at intake)
5. Second-level individual assessment tools to assess specific problems (e.g depression, trauma., substance abuse, etc.--report score and briefly interpret data).
6. Any assessment of individual risk screening and safety planning

C. **Systemic Assessment**. Briefly summarize your observations about the client's relational location, intergenerational context, interactional dynamics and intersectionality that may influence the client and the presenting problem.

D. Spiritual/Theological Observations.

E. Provide a brief, summary of your overall conclusion—what is the problem? How is the problem best understood in the context of your observations? Do you see any patterns related to how the problem is maintained? Any observations about exceptions to the problem? Any observations about how individual issues and systemic issues interact?

F. DSM 5/ICD 10 diagnosis (use name and ID 10 code). The assessment above must include data that demonstrates how the client's symptoms qualify for any diagnosis you give; that is, any diagnosis you make must be justified by concrete observations reported in B-E above.

IV: Theological Reflection

- A. Describe theological, spiritual and faith issues integral to this client's self-presentation.
- B. Describe how your theological/spiritual thinking/reflection about this case has or might influenced your interaction with the client, ***diagnosis***, and understanding of the case,
- C. Provide a brief theological statement about how you see what you are doing to be healing and or helpful.

Appendix A

Developmental Competency Components (COAMFTE Standards 12.5, pg. 3).

1. Knowledge of MFT Profession.
2. Practice of relational/systemic therapy as a qualified behavioral/mental health provider.
3. Commitment to ethical practice through ethical codes of the MFT profession and pertinent regulatory bodies.
4. Awareness, knowledge and skill to responsibly serve diverse communities.
5. Development and application of research to further the knowledge and practice of the MFT profession.

Appendix B

THE MENTAL STATUS EXAMINATION Adapted from University of Chicago

- I. Appearance (Observed)
 - Possible descriptors: Gait, posture, clothes, grooming
- II. Behavior (Observed)
 - Possible descriptors: Mannerisms, gestures, psychomotor activity, expression, eye contact, ability to follow commands/requests, compulsions
- III. Attitude (Observed)
 - Possible descriptors: Cooperative, hostile, open, secretive, evasive, suspicious, apathetic, easily distracted, focused, defensive
- IV. Mood (Inquired and observed) A sustained state of inner feeling
 - Possible questions/observations for client:
 - “How are your spirits?”
 - “How are you feeling?”
 - “Have you been discouraged/depressed/low/blue lately?”
 - “Have you been energized/elated/high/out of control lately?”
 - “Have you been angry/irritable/edgy lately?”
- V. Affect (Observed) An observed expression of inner feeling.
 - Possible descriptors:
 - Appropriateness to situation: Consistency with mood, congruency with thought content.
 - Fluctuations: Labile, even
 - Range: Broad, restricted
 - Intensity: Blunted, flat, normal intensity
 - Quality: Sad, angry, hostile, indifferent, euthymic, dysphoric, detached, elated, euphoric, anxious, animated, irritable.
- VI. Level of Consciousness (Observed)
 - Possible descriptors: Vigilant, alert, drowsy, lethargic, stuporous, asleep, comatose, confused, fluctuating.
- VII. Orientation (Inquired or observation)
 - Possible questions or observe client’s awareness of:
 - “What is your full name?”
 - “Where are we at (floor, building, city, county, and state)?”
 - “What is the full date today (date, month, year, day of the week, and season)?”
 - “How would you describe what we are here to do?”
- VIII. Attention (Inquired/Observed)
 - Possible observations:
 - Attention appropriate to situation and conversation
 - Able/unable to concentrate in interview
 - Distractibility

IX. Speech and Language (Observed)

- Quantity. Possible descriptors: Talkative, spontaneous, expansive, paucity, poverty
- Rate. Possible descriptors: Fast, slow, normal, pressured
- Volume (Tone). Possible descriptors: Loud, soft, monotone, weak, strong.
- Fluency and Rhythm. Possible descriptors: Slurred, clear, with appropriately placed inflections, hesitant, with good articulation, aphasic.

X. Thought Processes or Thought Form (Inquired/Observed). Includes logic, relevance, organization, flow and coherence of thought in response to general questioning during the interview.

- Possible descriptors: Linear, goal-directed, circumstantial, tangential, loose associations, incoherent, evasive, racing, blocking, perseveration, neologisms.

XI. Thought Content (Inquired/Observed)

- Possible questions/observations for client:
 - “What do you think about when you are sad/angry?”
 - “What’s been on your mind lately?”
 - “Do you find yourself ruminating about things?”
 - “Are there thoughts or images that you have a really difficult time getting out of your head?”
 - “Are you worried/scared/frightened about something or other?”
 - “Do you have personal beliefs that are not shared by others?” (Delusions are fixed, false, unshared beliefs.)
 - “Do you ever feel detached/removed/changed/different from others around you?”
 - “Do things seem unnatural/unreal to you?”
 - “Do you think someone or some group intend to harm you in some way?”
 - [In response to something the client says] “What do you think they meant by that?”
 - “Does it ever seem like people are stealing your thoughts, or perhaps inserting thoughts into your head? Does it ever seem like your own thoughts are broadcast out loud?”
 - “Do you ever see (visual), hear (auditory), smell (olfactory), taste (gustatory), and feel (tactile) things that are not really there, such as voices or visions?” (Hallucinations are false perceptions)
 - “Do you sometimes misinterpret real things that are around you, such as muffled noises or shadows?” (Illusions are misinterpreted perceptions)

XII. Memory (Inquired and observed)

- Recent Memory – Possible observations/questions for client:
 - “What is my name?”
 - “What time was your appointment with me for today?”
- Remote Memory – Possible observations/questions for client:
 - “Where were you on 9/11?”
 - “What were the dates of your graduation from high school, college, graduate school?”
 - “When and where did you get married?”
- Immediate Memory (also see XIII.-A. above) and New Learning
 - “I am going to ask you to remember three words (color, object, animal – e.g., blue, table, and horse) and I will ask you to repeat them to me in 5 minutes. Please repeat them now after me: blue, table, and horse.” – 5 minutes elapse – “What were those three words I asked you to remember?” [Monitor accuracy of response, awareness of whether responses are correct, tendency to confabulate or substitute other words, ability to correct themselves with category clue and multiple choice].

XIII. Insight and Judgment (Inquired/Observed)

- Possible questions/observations for client:
 - “What brings you here today?”
 - “What seems to be the problem?”
 - “What do you think is causing your problems?”
 - “How do you understand your problems?”
 - “How would you describe your role in this situation?”
 - “Do you think that these thoughts, moods, perceptions, are abnormal?”
 - “How do you plan to get help for this problem?”
 - “What will you do when _____ occurs?”
 - “How will you manage if _____ happens?”
 - “If you found a stamped, addressed envelope on the street, what would you do with it?”
 - “If you were in a movie theater and smelled smoke, what would you do?”

XIV. Intellectual (Inquired/Observed)

- Information and Vocabulary: Observe general knowledge, social awareness, vocabulary appropriate to educational level, ability to abstract, ability to generalize appropriately, ability to see similarities and differences

XV. Suicidality and Homicidality

- Suicidality – Possible questions/observations for client:
 - “Do you ever feel that life isn’t worth living? Or that you would just as soon be dead?”
 - “Have you ever thought of doing away with yourself? If so, how?”
 - “What would happen after you were dead?”
- Homicidality – Possible questions/observations for client:
 - “Do you think about hurting others or getting even with people who have wronged you?”
 - “Have you had desires to hurt others? If so, how?”

Adapted from the University of Chicago: <http://psychclerk.bsd.uchicago.edu/mse.pdf>

I: Identifying Information/Description of Client

- Provide a one paragraph description of the client family presented. Include ages, ethnic and gender information, vocational or educational information and any other outstanding features that will help provide a picture of the context for treatment of the case.
- Indicate how many sessions you have had with each member of the system at the time of this write-up.

II: Presenting Problem

- Provide a short, concise paragraph stating what the individual/couple/family perceived as the motivating factor bringing them to therapy. What is the problem? What does the client want to change?
- Client's voice is central.
- Presenting Problem should be closely related to the outcome goals set in IV below.

III: Clinical Assessment

A. ***Very Briefly*** Describe the systemic framework that inform your assessment, including:

- The theoretical model(s) that guide your assessment.
- Relevant cultural, family, gender, religious and spiritual, racial, socioeconomic contextual factors.
- How these interact with assessment and diagnosis and your own social location as an observer/evaluator context.

B. Individual Assessment and Screening. Identify and summarize results of individual assessment. Use the following subheadings:

- Interview Observations (how the client appeared and interacted in session) and mental status report (use mental status guide)
- Relevant social, psychological, educational, vocational, spiritual history; history of the problem.
- Client Strengths and Resources.
- General Screening tools (report scores and briefly interpret data for screening tools administered at intake)
- Second-level individual assessment tools to assess specific problems (e.g depression, trauma., substance abuse, etc.--report score and briefly interpret data).
- Any assessment of individual risk screening and safety planning

C. Systemic Assessment. Briefly summarize your observations about the client's relational location, intergenerational context, interactional dynamics and intersectionality that may influence the client and the presenting problem.

D. Spiritual/Theological Observations.

E. Provide a brief, summary of your overall conclusion—what is the problem? How is the problem best understood in the context of your observations? Do you see any patterns related to how the problem is maintained? Any observations about exceptions to the problem? Any observations about how individual issues and systemic issues interact?

F. DSM 5/ICD 10 diagnosis (use name and ID 10 code). The assessment above must include data that demonstrates how the client's symptoms qualify for any diagnosis you give; that is, any diagnosis you make must be justified by concrete observations reported in B-E above.

IV: Theological Reflection

D. Describe theological, spiritual and faith issues integral to this client's self-presentation.

- E. Describe how your theological/spiritual thinking/reflection about this case has or might influenced your interaction with the client, *diagnosis*, and understanding of the case,
- F. Provide a brief theological statement about how you see what you are doing to be healing and or helpful.

Appendix D

MFT Student Guide: Writing Case Studies and Clinical Files as a Professional Report

1. Professional reports have specific purposes:

- To document your professional
 - Observations (includes in-session observations and test/self-report instruments),
 - Conclusions (assessment outcomes, diagnoses, assessment of couple/family problems), and
 - Actions based on your observations and conclusions (treatment plan, safety plan, plan for further assessment, plan for referral etc.).
- To communicate with other professionals who may need to interact with you about your client, your observations, your conclusions and actions.
- To provide legal documentation showing that you have met professional standards
 - In how you made observations,
 - In how you based your conclusions on specific observations,
 - In how proposed actions (e.g. goals and treatment plan) are justified by your observations and conclusions.

2. Professional reports should:

- Be organized by clear subject headings that reflect central areas of care and professional standards of practice (for LPTS, see the Case Study rubric).
- Use subject headings as **boundaries**. For instance, if you are writing in Presenting Problem, address ONLY the presenting problem in that section. Do not stray into history, personal or family dynamics, explanations of “why,” etc.
- Demonstrate clear, concise writing saying as much as possible about observations, conclusions and actions ***with as few words as possible*** (rule of parsimony). Busy professional consultants do not appreciate having to sort through an “essay about therapy,” therapist musing about appropriate diagnosis or treatment options, or excessive description of what they experienced in specific sessions. Such musings and excessive description also open you to unnecessary liability. You want to represent your professional work in a clear, linear fashion—what you observed, what observations mean (conclusion and diagnoses), how conclusions lead to action.
- When possible, use therapeutic terms as a “shorthand” for what otherwise would be lengthy description of client behavior or interactions. For instance, use “observed couple detouring conflict through children,” or “parent’s passivity appeared to reinforce child’s tantrum behavior”, or “couple appeared mutually to reject bids for attention in session.”
- Use client words when possible, ***BUT*** select them carefully to give clients voice and illustrate something essential to your report. Do this sparingly and use as few words as possible.
- Clearly articulate ***what you observe and know; do not speculate about what you cannot observe and what you do not know.***
 - Avoid speculation about causation. You can ***never*** know the “root cause” of a problem or be certain that particular kinds of interactions produced certain kinds of behavior or problems.

- Feel free to describe intrapersonal dynamics, interpersonal dynamics, couple and family dynamics and draw conclusions, but do this as simply and clearly as possible without excess speculation or suggesting causation.
- Be written in third person. (Exception: In sections of case studies that include theological reflection and/or countertransference issues first person is fine. Note that these reflections would ***never*** be included in a professional report sent outside of a training program like ours.
- Be written with appropriate tense—
 - past tense for events taking place before the session (“Client has worked at G.E. for the past 38 years,” or “clients reported intense conflict over the past six years of their marriage,” etc.)
 - past tense for observations made during a past session (“during the session the client was tearful,” or “therapist observed tongue thrusting and rolling hand motions typical of tardive dyskinesia,” or “client stated...”
 - present tense for things that are presently true for the client (“client is 38 years old, has three children, married, etc.)
 - future tense for expected future events, treatment goals, and intervention plans (“client plans to visit her parents next week,” or “at the end of therapy, clients will report that they are able to talk about co-parenting their children weekly without conflict over a two month period,” or “Plan: in the next session therapist will introduce Dreams within Conflict intervention,” or “therapist will administer Dyadic Adjustment Scale in the next session.”
- Be signed with your name and professional qualifications.