

Jordan Case Study

Directions

Below is brief case study of “Jordan” followed by a list of assessments and relevant findings. There is also a separate document of their completed assessments. Please read these before class and be prepared to answer some questions in class in small groups.

Case

Jordan is a 32-year-old project coordinator who made an appointment after a difficult few months. Jordan says the main concerns are “stress and not sleeping,” though a close friend encouraged them to seek help because they seem withdrawn. Jordan ended a four-year relationship about five months ago. The breakup was not hostile, but the former partner had been Jordan’s main confidant, and several shared friendships have become less active. Around the same time, Jordan took on more responsibilities after a colleague left. Jordan has missed two deadlines and received feedback about being less organized.

Jordan feels “flat” much of the time and says cooking, running, and seeing friends now feel like effort. Sleep is disrupted; Jordan wakes early and feels tired during the day. Concentration is inconsistent, and they sometimes reread emails several times. Jordan continues to work and manage essential responsibilities but does the minimum and then feels ashamed. They say, “I should be able to handle this. Other people have bigger problems.” Asked what the missed deadlines mean, Jordan replies, “It proves I’m not as capable as people thought.” Jordan’s parents emphasized self-reliance. Jordan values independence but worries about “becoming a burden” when asking for help.

Jordan reports brief thoughts that it would be easier not to wake up, usually after a difficult evening or a night of drinking. These thoughts have occurred several times in the past two weeks. Jordan denies wanting to act on them, a specific plan, or preparatory behavior, and reports no past suicide attempts or intentional self-injury. They sometimes wish they could “stop dealing with everything,” but say they do not want to die. Jordan’s older sister lives nearby and checks in; they are close, though they have argued about Jordan’s drinking. Jordan names their sister, a close friend, and the possibility of returning to running as reasons to keep moving forward. Jordan says they would tell their sister or clinician if the thoughts intensified.

Jordan has been drinking more since the breakup, usually three or four drinks on most evenings and sometimes more on weekends. At first, Jordan says, “It’s not a problem. I still get up and go to work.” They later acknowledge guilt, difficulty stopping at the amount intended, and arguments with their sister and former partner about drinking. Jordan says their sister has expressed concern. Jordan has not sought treatment, attended a support group, been hospitalized, or had alcohol-related legal trouble. They also use cannabis a few evenings a week to relax. Jordan feels somewhat guilty about the cannabis use but says it has not caused major problems. They deny using multiple drugs at once, blackouts, withdrawal symptoms, medical problems related to drug use, or other nonmedical drug use.

Jordan attended several counseling sessions in college for “a rough stretch” but has not been in treatment for several years. They report no psychiatric hospitalization or prior mood-disorder diagnosis. Jordan is unsure whether the current symptoms are “depression” or “just another rough stretch.” Mood has worsened over the past two months, though low self-confidence and self-criticism have been present much longer. Jordan is open to counseling and would like to “feel like myself again,” but is unsure what might help. They still make occasional plans with their sister and have registered for a professional course beginning next month, though they are uncertain they will follow through.

Assessment Information

Assessment	Scores
Beck Scale for Suicide Ideation (BSS)	Screen – 1; Q6-19 – skipped; Q20 – no past suicide attempts; Q21 – skipped
Beck Hopelessness Scale (BHS)	12 – may not be immediate concern, but requires frequent monitoring
Beck Depression Inventory-II (BDI-II)	27 – moderate depression
Automatic Thoughts Questionnaire (ATQ)	Responses show frequent, strongly believed self-critical thoughts and pessimism about the future. Thoughts reflecting failure and disappointment in self are especially prominent. Escape- or death-related thoughts are endorsed less frequently and with less belief
PHQ-9	17 – moderately severe depression
Short Michigan Alcohol Screening Test (SMAST-13)	5 – Potential alcohol abuse reported; a full assessment is required
Drug Abuse Screening Test (DAST-10)	2 – low level; monitor and reassess at a later date
OQ-45.2	Total – 82; Subscales: Symptom Distress – 50; Interpersonal Relations – 17; Social Role – 15
GAD-7	4 – minimal anxiety