Read the “Case Study Analysis” document and select one of the six case studies.

Write a 1,000-1,500-word analysis of the case study using Freud’s psychoanalytic theory approach. Include the following in your analysis:

What will be the goals of counseling and what intervention strategies are used to accomplish those goals?

Describe the process of treatment using this theory. This should include a description of the length of treatment, the role of the counselor, and the experience of the client as they work from beginning to termination of therapy.

How does this theory address the social and cultural needs of the client? (Cite specific research findings)

Describe valuable insights of coming to understand the client’s unconscious world as the counseling process continues.

How can a counselor implement Freudian processes in counseling without undue risk to the client or the counseling relationship?

Include at least six scholarly references beyond the textbook in your analysis.

Each response to the assignment prompts should be addressed under a separate heading in your paper. Refer to "Headings" in Class Resources for help in formatting the headings.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

**Case Study**

**Client Name: Ana**

**Client age:24**

**Gender: F**

**Presenting Problem** Client states, “I recently lost my job and feel hopeless. I can’t sleep and don’t feel like eating.” Client also reports she has lost 10 pounds during the last two months. Client states that she is a solo parent and is worried about becoming homeless. Client states, “I worry all the time. I can’t get my brain to shut off. My husband is in the military and currently serving in an overseas combat zone for the next eight months. I worry about him all the time.

**“Behavioral Observations** Client arrived 30 minutes early for her appointment. Client stated that she had never been in counseling before. Client depressed and anxious, as evidenced by shaking hands and tearfulness as she filled out her intake paperwork. Ana made little eye contact as she described what brought her into treatment. Client speech was halting. Clients affect flat. Client appeared willing to commit to eight sessions of treatment authorized by her insurance company.

**General Background** Client is a 24-year-old first-generation immigrant from Guatemala. Ana was furloughed from her job as a loan officer at local bank three months ago. Client reported that she was from a wealthy family in Guatemala but does not want to ask for help. Client speaks fluent Spanish.

**Education Client** has completed one year of college with a major in business. Client states that she left college after her son was born as she found it difficult to manage a baby, college, and a full-time job.

**Family Background** Client is the middle of four siblings. Client has two older brothers and one younger sister. Client’s parents have been married for 27 years. Client states that she has had a “close” relationship with her family, although she states that her father is a “heavy drinker.” Client states that all her brothers and sisters have graduated from college and have professional careers. Client states that her father is a banker, and her mother is an educator. Client states that she has not seen her family for 1 year. Client has a 1-year-old son and states that she is sometimes “overwhelmed” by raising him alone.

**Major Stressors**

•Lack of family and supportive friends

•Financial problems due to job loss

•Husband deployed overseas

•Raising a baby by herself