Using Individual Psychology in Professional Counseling

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PNC-500

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November 9th, 2016

**Significant Information**

The client, Ana, is a 24-year-old female immigrant from Guatemala who presents with the possibility of anxiety and depression. She states that she has recently lost who her job and has a husband who is deployed out of the country for the next eight months. Ana also shared that she has a one-year-old son and she often feels overcome with raising him on her own. The client has some college experience, and is fluent in the Spanish language. She reports having a close relationship with her family, which consists of her two parents and 3 siblings. Ana shared that her father drinks heavily, all of her siblings have graduated college and have careers, but that she has not seen her family in over a year.

**Why Individual Psychology?**

Individual Psychology, also known as Alderian Psychology after the theories founder Alfred Adler,

**Goal of Counseling and Intervention Strategies Used**

One of the main concepts of Individual Alderian Psychology is to expose dynamics of the clients past and present, and provide reorientation that is applicable in today’s society. (Aslinia, Rasheed & Simpson, 2011).

**Short or Long Term**

**Client and Counselor Roles**

**Populations Best Suited for Individual Psychology**

**Additional Information**

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