



CNL-605: Biopsychosocial Assessment Template

Client's Name: josh

Date: Select or enter the date here.

dOB: Select or enter the client's DOB here.

Age: 24

Start Time: 4:00

End Time: 4:47

Identifying Information:

A college student named Josh who is 24 years old caucasian .His grandmother reportedly referred him to counseling.

Presenting Problem/Chief Complaint:

The client exhibits feelings of depression and anxiety. He states that his stress is affecting his job and academic performance. He also reports experiencing feelings of dread and avoidance. He states that he avoids carrying out tasks and changes his plans due to his anxiety.

Substance Use History:

no substance abuse mentioned



Addictions (i.e., gambling, pornography, video gaming):

no addiction mentioned

Medical History/Mental Health History/Hospitalizations:

The client previously had mild depression. He also noted that his mother had experienced anxiety attacks. His father stated that his mother might be bipolar. The client did not disclose a history of physical illness.

Abuse/Trauma History:

The client did not disclose his past trauma or abuse other than his parents divorce

Social History and Resources:

The client stated that he left the fraternity he joined. He also reported having a positive relationship with his grandmother and girlfriend. He claimed that he was motivated by his girlfriend. He also said that he was reading self-help books in order to gain more clarity /information.

Legal History:

Client did not disclose legal history,



Educational History:

Throughout his academic career, Josh has been involved in various groups and initiatives. Currently, he is pursuing a master's degree, and he's working toward finishing it this spring. Prior to this, he was involved in school projects and a fraternity.

Family History:

The client is reporting that his parents are getting a divorce. and his mother has a history of depression and anxiety.

Cultural Factors:

Client is a Caucasian American male .no cultural factors mentioned

Resources, Strengths, and Weaknesses:

The client is determined to improve his health. He has been taking advantage of various resources to boost his mood and mental well-being, such as reading self-improvement books and exercising. He has a supportive circle consisting of his girlfriend and grandmother, and he has distanced himself from his friends.

Case Conceptualization (Conceptualize the case using your preferred theoretical orientation):

Being away from his family and a new relationship are some of the factors that have caused Josh to experience mild depression and anxiety. His focus on his achievements has also been affected by his separation from his parents.Him changing his major and elective suggests that he might be experiencing anxiety or depression. His grandmother and mother have struggled with depression and anxiety, and it's possible that this trait was passed down to him. He sets high standards for himself and would often get frustrated if he doesn't meet them.



Clinical Justification:

The increasing anxiety of the client is caused by his inability to cope with his declining drive and failure to achieve his objectives. As a result, his state of mind becomes more extreme. Through group therapy and cbt, the client will be able to learn new coping strategies for his feelings of anxiety.

Initial Diagnosis (DSM-5):

Principal Diagnosis:	ICD-10 Code:	DSM-5 Disorder:	Subtypes:	Specifiers:
	F41.1	300.2		The individual may be diagnosed if they have had unjustified, ongoing, and chronic worry on most days for at least six months.
Provisional Diagnosis:	ICD-10 Code:	DSM-5 Disorder:	Subtypes:	Specifiers:
	F34.1	300.4		mild

Initial Treatment Goals Informed by Theoretical Orientation (SMART Goal Format):

Goal # 1: overcame avoidance/fear		
Objectives:	Interventions:	Target Date:
1. awareness/increase	The client will keep track of their thoughts. They will also be reviewed.	7/5



GRAND CANYON UNIVERSITY™

2.mindset shift	counselor and client will then identify the various tasks that the client should complete in a step-by-step manner. cbt /group therapy sessions.	
Goal # 2: focus and manage anxiety		
Objectives:	Interventions:	Target Date:
1.coping skills	Journaling, attending church services, practicing relaxation techniques, and reading	7/5
2.focus in school	The client will then learn and implement two coping strategies.	

Student Clinician's Name: ashley robinson

Date: Select or enter the date here.