Clinical Possibilities

• Symptoms
  • Substance abuse
    • Continuing to use despite negative consequences
    • Loss of control
    • Centering one's life around using (efforts at obtaining and using)
  • Depression with suicidal ideation
  • Anxiety
  • Irritability/hostility
  • Significant weight loss
  • Sleep disturbance
  • Mood swings
  • Difficulty focusing/distractibility
  • Trauma history
  • Pattern of unstable relationships
• Rule outs
  • Substance Use Disorder – amphetamines, opioids
  • Anorexia Nervosa
  • Bipolar II Disorder
  • ADHD – predominately inattentive (self-medicating?)
• Cultural considerations
  • Family of origin dynamics
  • Sexual orientation identity
  • Medical/nurse culture
• Accessibility
  • Has not been fired from job, likely has insurance
  • Emotional and psychological support from family
• Treatment recommendations
  • Assessment
    • SASSI or other appropriate assessment
    • Neuropsychological
    • Psychological battery (to include ADHD)
  • Detox
  • Inpatient at least until suicidal ideation has been stabilized
  • 12 step
  • Health professional track?
  • Trauma therapy
    • EMDR
    • CBT
    • Psychodynamic
    • Group
    • Family