STUDENT SUMMARY

Demographics
- Female
- 16
- African American
- Dunbar High School
- Junior
- Always put together-hair, makeup
- Doesn’t wear school uniform
- Very low GPA/Lots of absences

Thread’s Goals for J
- Improvement in Academics
- Building more relationships with her tutors/mentors

My Goals for J
- Ability for J to tell her story of her trauma
- Coping strategies for her stress and relationship with Mom
- Improvement in Academics
- Lawyer
- College-outside Baltimore
COUNSELOR IMPRESSIONS

- Funny
- Very smart
- Easily distracted
- Popular; Always has at least one friend with her
- Stressed about academics
- Knows how to deflect/halt conversations; Form of control
- Drops emotional ‘bombs’ and then moves on
- Doesn’t like when people tell her what to do or pry
- Moves quickly from high energy and positivity to negativity
COUNSELING RELATIONSHIP

- Informal setting-large tutoring room
- 1 “session” outside of tutoring
- Somewhat consistent
- Trusting
- Attached-lack of consistent tutors
- Broaching?
- Potential conflicts: challenging her
COUNSELING INTERVENTIONS

Summary of Sessions
- Person-Centered Approach
- 4 “sessions”
- Low academics
  - Recently missed a lot of school
- Progress report

- Sexually assaulted in middle school
- Frustration and conflict with one mentor
- Mentioned a mental facility—Was she there?
- Strained and complicated relationship with her mom
  - Wants her to “get over it”
COUNSELING INTERVENTIONS

Assessment of Progress
- Trusting relationship
- Willing to share really personal information
- Lack of challenges
- Unstructured
- Adolescents experience higher rates of victimization than adults; Females are more likely to develop psychological disorders after a traumatic experience
- Time-limited same-gender groups, Art therapy, Family therapy, Narrative therapy

“Examining Cultural Correlates of Active Coping Among African American Female Trauma Survivors” by Stevens-Watkins, D., et al. (2014)
- Passive and avoidant coping strategies among African American women, which can be linked to an increased risk of psychological maladjustment
- High self-esteem and existential well-being -> active coping
- Self-perceptions and strength-based approach; highlighting aspects of resiliency
MOVING FORWARD

Plans for Next Sessions:
- Discuss trauma and possible time in mental facility
- Discuss family dynamics
- Work on stress management and coping skills

Help Please:
- Structure in counseling relationship
- Bringing up the sexual assault
- Addressing family dynamics
REFERENCES
