

### **Clinical Summary for Kendra Jenkins**

Kendra Jenkins, a 23-year-old African-American woman and recent college graduate, presents with significant anxiety affecting various aspects of her life, including her ability to work, sleep, and maintain social relationships. She reports difficulty in navigating her next steps post-graduation, feelings of isolation, and decreased productivity. Kendra has been using alcohol and sleeping pills as coping mechanisms for her anxiety. She lacks social support, faces eviction, and recently lost her job due to attendance issues. The pressure to succeed (from self and parents) along with her experience of marginalization due to her minority identity adds to her distress.

During clinical assessment, Kendra described experiencing excessive worry, fear of failure, headaches, hyperventilation, sleep disturbances, chest tightness, irritability, difficulty concentrating, and fatigue, often accompanied by a sense of impending doom. These symptoms significantly impact her daily functioning. Additionally, she lacks social support, with her parents living out of state and no close friends. Kendra maintains a close relationship with her older sister who is currently navigating a divorce.

During the therapy sessions, Kendra appeared engaged, demonstrated normal speech and memory, and maintained eye contact and appropriate mannerisms. In terms of the clinical dynamic, Kendra appeared comfortable and willing to share details about her presenting problems with the clinician. She demonstrated an ability to follow the clinician's lead, engage in guided conversations, and answer questions with sufficient detail. Both Kendra and the clinician agreed upon goals to work on, aligning their therapeutic objectives. A diagnosis of Generalized Anxiety Disorder (severe anxiety) (DSM-5 code 300.02, F41.1) with potentially comorbid depression was made based on the results from the GAD-7 assessment. Formal assessment for depression was not completed due to time constraints.

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SW601: Simulation #2 Clinical Summary  
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Kendra expresses a desire for professional help in managing her anxiety and addressing secondary concerns such as finding employment and stable housing. Kendra expresses motivation to initiate necessary changes (i.e., she appears to be in the contemplation stage of the Stages of Change model). She expressed a desire to attend therapy sessions twice a week, which demonstrates her readiness to engage in treatment and make progress towards addressing her concerns. Treatment recommendations include Cognitive Behavioral Therapy (CBT) for 4-5 months to address Kendra's anxiety by challenging her negative thought patterns. Motivational Interviewing is suggested as a backup intervention if motivation becomes a barrier. Kendra will begin CBT sessions in the following session and will receive assistance in job search resources.