



NR605 Which Therapy Would You Choose? Worksheet

Name:

Carefully read the assignment guidelines and rubric. Review the scenarios provided in an announcement by course faculty. For each scenario, address the following.

1. Identify the client's problem.
2. Identify and discuss one psychotherapeutic approach to address the client's problem. Provide an evidence-based rationale with support from at least one scholarly source for your choice of therapy.
3. Describe at least three therapeutic techniques commonly used with the selected therapeutic approach.
4. Discuss whether you would include psychopharmacology as part of the treatment plan. If yes, describe which medication(s) you might prescribe. If no, explain why not. Provide rationale from at least one scholarly source.
5. Rationales should include in-text citations. Include a complete matching reference using APA Style for each citation at the end of the worksheet.

Scenario 1: A 15-year-old high school student avoids speaking in class or participating in group activities, fearing judgment and embarrassment.

Diagnosis: **Social Anxiety Disorder**

Selected psychotherapeutic approach with rationale:

Cognitive Behavioral Therapy (CBT) is a widely recognized and effective approach for treating social anxiety disorder. As we've learned in this course, CBT focuses on identifying and challenging negative thought patterns and behaviors that contribute to anxiety. CBT has been extensively researched and is considered the gold standard for treating social anxiety disorder. According to a meta-analysis by Kindred et al. (2022), CBT has been shown to significantly reduce symptoms of social anxiety and improve overall functioning in adolescents.

Therapeutic techniques to employ:

1. Cognitive Restructuring: This technique involves helping the client identify and challenge irrational or negative thoughts that contribute to their anxiety, known as cognitive distortions. By identifying maladaptive thought patterns and reframing these thoughts, the client can develop a more balanced perspective (Traeger, 2020).
2. Exposure Therapy: Gradual exposure to feared social situations is a key component of CBT for social anxiety. This technique helps the client build confidence and reduce avoidance behaviors by facing their fears in a controlled and supportive environment (Knowles & Tolin, 2022).
3. Social Skills Training: This technique involves teaching the client effective communication and social interaction skills, including through role play or empathy practice (Kindred et al., 2022). By improving these skills, the client can feel more confident in social situations and reduce anxiety.

Psychopharmacology:

In this scenario, psychopharmacology may be considered as an adjunct to therapy if the client's symptoms are severe and significantly impairing their daily functioning. Selective serotonin reuptake inhibitors (SSRIs), such as sertraline or fluoxetine, are commonly prescribed for social anxiety disorder in adolescents (Mitsui et al., 2022).

Rationale:

According to a study by Mitsui et al. (2022), SSRIs have been shown to be effective in