



Introduction to Addictive Behaviors HS40A
Long Beach City College
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Create a Client Paper/Presentation Rules and Guidelines

The purpose of the assignment is to practice the concept of working with and understanding a real client and all the issues he or she might have that contribute to addiction. You are responsible for compiling all the information below into one double-spaced, typewritten paper that is 3-10 pages long. Your paper is to be written like a story please do not just type all the answers from your Create-a-Client form and turn it in as your paper. You must use some creativity and description when telling us about your client.

Your paper and presentation will summarize the following points, each under a separate sub-heading:

1. A client's life overview based on your answers from the Create a Client form
2. Your answers to questions from your journal. Your paper will include outline of:
 - Ø Client's Family role – The role your client plays and an example
 - Ø Codependent characteristics – List 3 or more and give examples
 - Ø Defense mechanisms- List 2 or more and give examples
 - Ø Self-defeating attitudes – List 2 or more and give examples
 - Ø Self-defeating behaviors – List 3 or more and give examples
 - Ø Goal for the client
 - Ø Recommended support group(s)
 - Ø Recommended counseling theory for your client (Cognitive Behavioral Therapy, Positive Psychology or Brief Therapy) and reason for your choice(s)
 - Ø Recommended homework from From Sabotage to Success. Homework should coincide with your chosen counseling theory. Include the reason for your choice(s)
3. Mock session transcript. You will write a counselor/counselee exchange between you and your client for an intake session which includes examples of each of the following counseling skills:
 - Open-ended question
 - Reflective statement
 - Magical Question
 - Scaling Question
 - Summary Statement

Presentation will take place in a treatment planning setting where the class will sit in a large circle and each person will take turns presenting his or her client to the group. Presentation length is 15 minutes per person.

Before you turn in your paper, read it to be sure it makes sense and check for typos. I reserve the right to take off points for sloppy work. If you follow all the guidelines listed above, the paper is worth 100 pts possible. The presentation is worth an additional 100 points.