**APPROACHES SCENARIO**

First T4 the following situation. Then pretend you are a counselor and Shelly is your patient. Describe her situation and treatment using each of the 6 approaches.

Shelley is an eighteen year old, living rough with a history of self-harm and drug abuse. She

is court ordered to go to counseling after being arrested for shoplifting.
 Shelley comes into counseling dressed very badly She smokes incessantly and smells. She is hostile and surly and refuses to open up or discuss anything at length.

 A brief letter from her Juvenile case worker explains the following facts: alcoholic mother who was in and out of a series of relationships when Shelley was a child; broken schooling due to Shelley having to look after her mother. A period of sexual abuse by one of her mother’s boyfriends at the age of 17 led Shelley to attempt suicide and subsequently she has frequently inflicted injuries on herself.

She finally moved out of her mother’s house and ever since she has been stealing to

support her drug habit.

**Biological**

Problem:

Treatment

**Humanistic**

Problem:

Treatment:

**Sociocultural**

Problem:

Treatment:

**Psychodynamic**

Problem:

Treatment:

**Behaviorism**

Problem:

Treatment:

**Cognitive**

Problem:

Treatment: