

Case Summary

Name- C.C

Date:11/17/25

Agency- Seek Counseling

Age:32 years

Case Description (age/grade/ethnicity/referred by/session #/presenting concern)

A 32-year-old Hispanic male is currently employed full-time. Client has stable housing and resides with his parents. The client was self-referred for outpatient services, looking to abstain from substance use and manage his Bipolar II symptoms. Client and intern, 3rd session. The client and intern meet twice a week. Session duration is 25-45 minutes. The presenting concern is the client's diagnosis of Bipolar II and Stimulant Use Disorder in Sustained Remission.

Intervention (course of action taken by intern/strategies/theoretical approach)

The course of action taken by the intern was to complete a Comprehensive Evaluation, which was a thorough assessment done to understand the extent of the client's substance use. We explored the impact on the individual's life and any co-occurring mental health issues. Upon admission, the client was scheduled to meet with the Psychiatric Nurse Practitioner on staff for medication management. The strategies and Theoretical Approach used Motivational Interviewing. The intern asked open-ended questions, reflective listening, affirmations, and summarizing.

Status (intervention outcome/plan for follow-up):

The client appeared receptive and engaged throughout the session. Client discussed how his relationships have improved since achieving sobriety. He reported spending more time with his daughter and noticing positive changes in his interactions with others. Client verbalized motivation to continue abstaining from substances and demonstrated insight into areas he would like to continue working on. The client and intern plan to continue supporting his recovery while in sustained remission by incorporating random toxicology screenings. The client has shown commitment to the counseling process, including consistent attendance at weekly individual sessions.

Challenges:

Some of the key challenges in counseling a client with Bipolar II and Stimulant Use Disorder in Sustained Remission are differentiating Bipolar symptoms vs Substance-related symptoms, even though the client is in remission, clients may experience lingering effects from past stimulant use, such as anxiety, sleep disturbances, and concentration problems. Another challenge when working with this client is high sensitivity to mood instability as a potential relapse trigger. The client has previously reported that stimulants often provided him relief from depressive episodes. Depression and hypomania can increase the risk of a relapse. Another challenge I can identify is managing cravings or urges during mood shifts, even if the client is in sustained remission.

Cravings and urges can resurface when the client's mood is elevated, low energy, or sleep disturbances

Learning Opportunity/Professional Growth:

Working with clients experiencing both Bipolar II and Stimulant Use Disorder in Sustained Remission has provided a valuable opportunity to enhance my clinical skills in co-occurring disorders treatment. Working with this client supports growth in identifying early signs of hypomania or depressive episodes that may increase the potential risk of relapse. Additionally, this work enhances my skills in using MI, relapse prevention strategies, and person-centered care to support the client. Lastly, this client helps my professional development by collaborating with clients' multidisciplinary providers to ensure that the client receives the support and medication needed.