Week3: Attachement Theory on Case

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Attachment theory is based on the assumption that overwhelming of stress and capacity to experience and manage stress is based on the quality of relation, the person has with his family (Foley, Nash, & Munford, 2017). In this case study, the client (Jake) is constantly under stress with complaints of difficulty sleeping, moodiness and increase of heart palpitations. Most of the time, he remains under pressure. He is married but his family life is disturbed. His wife is also a working woman. The client thinks that he is not fulfilling the needs of his family that's why his wife is working. Client is alcoholic and it is the main reason for the fight between him and his wife. The client thinks that if he did not take help, he will lose his job, wife, and son. In this case study, the client wants to become normal but he is not able to do it himself. This can be related to the assumption theory which states that relation with the family plays a very important role in managing and overwhelming stress. The two assessment question which I will ask from the client to understand how the stress is affecting him are

* What support is provided to you by your family to deal with the consistent stress?
* What do you think is the main reason for your stress?

The interventions which I will use for this client is counseling (McCambridge & Saitz, 2017). The client will be guided about different strategies that can help him to come out of the stress. As the main reason for the fight between the client and his wife is the drinking habit of the client. Therefore the client will be guided about the treatment of alcohol addiction in a safe and confidential environment. The client will be given a comprehensive recovery plan and will be given assurance that I will be with him till his recovery. The question that I will ask myself to gain greater empathy for what my client is experiencing is, ‘How useful he might think I will be in helping him to overcome his stress and come back to his normal healthy life? After a few sessions, I will assess my client’s progress by asking him questions regarding his relation with his family. If his relationship with his wife improves during this time, then the client has shown progress and counseling sessions will be continued and if not then some other intervention will be adopted.

**References**

Foley, M., Nash, M., & Munford, R. (2017). Bringing practice into theory: Reflective practice and attachment theory. *Aotearoa New Zealand Social Work, 21*(1-2), 39-47.

McCambridge, J., & Saitz, R. (2017). Rethinking brief interventions for alcohol in general practice. *Bmj, 356*, j116.