**Case Conceptualization: Amelia Shepherd**

**Overview**

The case conceptualization part one discussed and explores Amelia Shepherd, a fictional television character from Private Practice and Grey's Anatomy. Amelia Shepherd is a Caucasian female in her mid -the 30s. Amelia is chief of neurosurgery at Grey Sloan Memorial Hospital. Who has struggled with post-traumatic stress disorder (PTSD) and sobriety with opioids? Recently, Amelia had just given birth to her son.

Weeks later, covid happened. Amelia ended with the custody of her nieces and nephew while her sister-in-law was in a coma because of covid-19. Since she just had a baby, she was maternity during most of season 17. Her boyfriend Link asks her twice during this time to marry him. She told him no, and she was ok with the life she had.

More forward months later, Link set up a proposed at Amelia's new sister-in-law Meredith sister Meggie wedding with her nieces and nephew there to see it. Amelia told him no in front of her nieces and nephews.

 This time, he used her nieces and nephews and proposed again. She felt like he was gaslighting her.

**So, with the stress of Link's asking her to marry him, she wants to do opioids again.**

I will use Cognitive behavioral therapy for Amelia for both her PTSD and her struggle with her sobriety. According to APA (2017):

“Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness (par.1)”.

**Demographic Information**

Amelia Shepherd is a Caucasian woman in her mid-30s. She is a chief of neurosurgery at Grey Sloan Memorial Hospital. Amelia has three sisters and one brother. When she was 5, she and Derek witnessed their father's murder in his convenience store.

She had one ex-fiancé who had died overdose next to a bed with her. She also had a baby with her ex-fiancé, born with anencephalic (had no brain). Years later, she got married and divorced.

Another year forward she in the relationship with her son father. According to Rhime, S. (2021) Hotter Than Hell, season 18 and episode 3: Amelia stated:

“I knew for months I didn’t want what he wanted,” Amelia says. While taking care of Scout and Meredith’s kids during the pandemic, Amelia confesses she thought about doing drugs every single day. While she was hanging by a thread, Link wasn’t at all. He loved the domesticity. It was smothering her (S18, E3)”.

Amelia is seeking help now because she knows if one bad can push her over edge and she may take drug. Now she has too much to lose she want help.

**Historical Information:**

Amelia's drug problems start early in life. After her father died, she went through a dark spot in life. During her teenage year, she was wild and out of control.

She began abusing pills after a friend offered her one to escape her pain. She overdosed and was dead for 3 minutes until her brother saved her life. After that, she was sober for many years.

At one of her friend's weddings, she took an accidental sip of champagne she thought was ginger ale. But she never had an alcohol issue, but that one sip had sparked her craving for alcohol. After that, she drank almost every night. She even did brain surgery on a patient after her boss revoked her privilege. But that she took that as a sign to get her life back together, which she did. She went to alcoholics anonymous (AA) meeting and did a breathalyzer test.

About six months later, Amelia's friend came to visit her. Her friend wants Amelia to help end her life due to her being sick. Amelia's coworker told her that that is still murder in California. But despite what her coworkers told her, Amelia did administer the drugs to would have ended her friend's life. But something when she had to take her to the emergency room. Her friend's life was saved. But as she was released, the friend ended her own life by overdose of the pill. Amelia called the police, and while waiting for them, she took some pills with wine.

Amelia's friend's death pushes her over the edge. She starts to party hard. She starts dating Ryan (ex-fiancé). Ryan stated he had some pills. They both started cutting up the pulls and inhaled the powder. They ran out of drugs, so Amelia had prescription more medications for them. A couple of days later, Ryan and Amelia took pills and woke up. She found Ryan not breathing next to her. He had died of an overdose. This experience destroyed Amelia. But this experience may have to want to get help, which she did. Later, she found out she was pregnant, but she thought it was withdrawal.

Her ultrasound revealed that her baby was anencephalic (had no brain). After getting herself together, she wants to carry this baby to term. When she was in labor, her coworker found out she would be donating her baby organ? They try to talk out of it:

Rhimes, S (2012): Gone, Baby, gone, private practice Season 5 and episode 22: Amelia say her co-worker to help get her baby organ

“You`re going say it`s because, technically, a child with a working brain stem can`t be declared brain dead even though he`ll never walk or talk or move or eat, even though he’s missing the parts of his brain that he need to have a life…

You`re gonna talk to me about medicine and technicalities and the failing of science. But the thing is, that`s not why you won`t do the harvest… It`s because it`s unimaginable… It`s horrible. It`s excruciating. I `m asking you to help dismantle my baby for parts. And there`s no piece of anyone`s soul that can hold that and feel okay.

But I`m asking. I`m asking you. I`m his mother. You want to know why. Because I did a little research, Sam.

In Chicago, there`s this baby girl, 6 weeks old with pulmonary hypertension who needs new lungs.

Outside Detroit there is a 10-day old boy who was born blind but could see if he had new corneas.

I read this blog about this 14-month-old kid named Gideon in San Diego who`s been on a heart-lung machine for months because he needs one tiny valve in his heart.

There`s burned babies who need skin.

My baby…. could save all of those babies.

 He could be responsible for kids leaving the hospital and going home and growing up and falling in love and having sex and arguing with their boyfriends and making mistakes and living and maybe not ruining their lives with drugs.

What I`m asking you to do is unimaginable. But it`s also everything those other mothers could ever imagine. I`m his mom. And I`m asking you to do this. If I can get there, why can`t you (s5, e22)”.

When she gave birth to her baby, none of her family was there for it. But she did have her brother's first ex-wife there for her.

After having her baby, she wants a fresh start. She starts going to a meeting and, after one year sober. She begins to date an ER attending. He promised her that they would marry him, and she got scared and traveled to Settle to see her brother. She broke off her relationship and stayed in Settle. She was in Settle for maybe a year. Her brother asked her to take over for him as head of neurosurgery since he got a better job.

Sometime later, she starts dating her ex-husband. Her brother died in a fatal accident. Amelia was the last to know because she was in surgery. The problem is that she tries to talk to her ex-husband, but he isn't there for her and doesn't want to discuss death with her. So, she went to the bar had a drink. This led to her relapse. She got sober again. She and her ex-husband had an off relationship. If things get too hurt for both of them, one person calls it to quit.

More forward Amelia and her ex-husband got marry. During this Amelia beg her mother to come to her wedding. According

“Mom, mom, mother! I know I was engaged before. I was there. No, I am sober. Because we love each other. Because we didn`t see a reason to wait. Because people get hit by car. we ‘been together for a year. Yes, we broke up, and then we…

So, what if it has been off and on. I don`t know, mom… I`m alone, if you don`t come, it is just me. Mom. Mommy, please, I am getting married… Fine, yeah, no. Um...okay. I understand. Yeah it`s so good to know that all of the best people in this family are dead (s.12.e22)”.

Amelia's marriage hit a hard point when she told her ex-husband Owen she did not want kids. Owen's sister was found alive who had been missing for over ten years.

So, his attention was not Amelia in her time of need. She found out that she benign grade1nebuguina “brain tumor”. She keeps it a secret over a week. She had this tumor growing over ten years. They were able to get it out. But during recover she make it clear that she did not want any pain medication because she fear she will relapse. She did not want her mother there According to Rhimes, S. (2017): Season 14 and episode 4, Isn’t That a Kick in the Head. Amelia said

She didn`t come for my wedding. She doesn`t come for my tumor…

she told Owen if I`m gorked do not over thing it, do not visit. Me. Just Park me somewhere and go on with your life. And if I need unplugging, April has been named my power of attorney. She likes me. She will be there for you. But we`re not so close that she`ll let emotion dictate decision (s12. E4)”

Years later, they divorced but still had an on-and-off relationship. A couple of months, Owen wants to adopt a baby. Amelia was there for him. They also talked of the baby birth mom Betty who had an addiction problem. Amelia helped get Betty clean. Betty went back to her parent, giving her baby to Amelia and Owen. But when he tries to make her adopt the baby with him. She said no

According to Rhimes, S (2016) Season 12 and episode 24: Family Affair, Amelia said:

“I need to make a change. I`m sorry. Um. I don`t think I should be on the paperwork. I `ll be in his life because Betty wants me to. Um, I`ll see as much as you’ll let me. I can be his friend. I can help. I will be Auntie Amelia, who is fundamentally incapable of love. We`re over, Owen. So, this is what`s best for him. You heard her… one home is ideal. I have clarity on this, too Owen. Leo is yours… He1s always been your… I `m sorry for wasting your time (s.12. e24).”

A year later, she wants to focus on herself. She focused on herself for a while, but she got into a relationship with Link's baby father. They were very close and maybe one of the best relationships. She told him she did not want to get married. She was scared to have this baby because her first baby had happened. She ends up having her baby. He came out healthy.

Her Link was doing good. Until Amelia's sister-in-law, Meredith, got covid-19 and went into a coma. That Amelia, Link Meredith's sister Meggie ends up taking care of Meredith's three children, and on topic, Amelia just had a baby herself. Amelia's life was going well, and she was in a good relationship. Amelia and Meggie did not tell Meredith's kids that she was in a coma

According to Rhimes. S (2021) Season 17, episode 7 Helplessly Hoping: She said

“I was Zola and Bailey and Ellis. I was the kid who lost a parent and the world turned upside down. And I don`t know. if I hadn`t been there to see my dad dead on the ground, how long they would`ve waited to tell me. Nobody talked about it. I didn`t expect answers, but… there wasn`t room for questions. Just…. Silence (s17, e7)”.

While Link and Meggie could still work, Amelia was stuck in quarantine taking care of four kids. She did not like how to be her. She was afraid she did drugs.

If though Link knew Amelia's alcohol and drugs problem. Its hid alcohol in the house. They got into augmenting. She did not want a relationship where they didn't keep secrets. She did not care about him having alcohol in the house and just was mad that he hid and kept it a secret. The one day it was no kids in the house, Amelia and Link talked.

According to Rhimes, S. (2021) Season 17 episode 11, Sorry doesn`t always make it rights. Amelia told Link:

“I think it just hit me that it`s been months since I`ve been able to feel whatever I want without worrying that I will permanently scar a child. I mean, the constant pressure of not running a life is exhausting. Are you mad that I shouted no and made you get up?

I wasn`t saying I want to marry you, or... I don’t` want to marry you. I... um haven`t though about it. I haven`t had time. Yeah. So... I know that your mom has big ideas, and Zola has big wedding-dress dreams, but, um... have you really changed your mind. I was a terrible wife. I`m not sure that the sexy brain tumor can take all the credit. I still think I`m wired for self- destruction. Because, everyday for a lot of days now, I got to sleep thinking about getting high, and I wake up thinking about getting high, and sometimes, in the middle of feeding scout, I zone out… and think about getting high.

I`m an addict. I`ve talked about it in meetings. A lot of us have. This pandemic feels like Satan has designed the perfect set of circumstances to make sobriety seem impossible. Isolation, feal, futility, anger, and hopelessness. I mean, name a trigger, it is stronger. For the record, I don`t believe in Satan. I `m just saying it feels like that. Also, what`s weird is `I’m not even craving pills. I`m just want to like, drive to a dispensary, and buy some weed and smoke it. That is not allowed because it I smoked weed; it is very likely that I would forget to not do heroin.

I won`t get high, and you don`t propose to me in a semi-compulsory manner. I need to take it a day at a time. (s17.e11)”.

Monthly later, Link asks Amelia again to marry him. But this time, he did at Meggie's wedding. Amelia's nieces and nephew holding different rings for her to choose. But she told him no in front of the kids. I think Amelia would have been ready to marry Link. But the pandemic, just having a baby, taking care of Meredith's children was a lot. That stress may be her urge to relapse, and she was not coping well. Link keeps asking her to him marry him. He gaslighted her because she told him she did not want to use drugs.

Amelia was happy with her and Link's relationship but could not put her sobriety second to marry Link because he wanted to. She put herself and her sobriety first.

**Application of theory**

The theory of cognitive-behavioral therapy shall be perfect in resolving our client's psychological issues through its application in professional talk therapy. Since a tender age, Amelia Shepherd has gone through several psychological situations that have affected her perception and decoding of conditions. An adverse effect of the different case scenarios is her irrational and fixed belief, out of the terror experienced. However, cognitive behavioral therapy is a unique psychological amendment method due to its continuative and progressive application. Notably, the theory changes a patient's thinking and transforms their perception of life, behavior, and character once applied. Through its five significant steps, cognitive behavioral therapy focuses on problems and is goal-oriented, thus being effective. Above and beyond, behavioral therapy, in mental terms, ensures that patients' formulations and problems revolve through a good alliance of therapy.

Upon our research doing a deep dive into our client's psychological problems, we were able to identify the origin of the problem. Notably, the patient did not deal with her initial post-traumatic stress when her father passed on. As a result, our patient has been experiencing different thoughts that have affected her behavior at the end. Additionally, our client has adopted a way to resolve the stress, one that, instead of fixing the underlying issues, changes her behavior and thoughts into worse.

Additionally, her father's passing has negatively affected her marital relationships at a tender age. The frequent breakups to her taking alcohol to cope with the problems are all adverse reactions and ways of dealing with her psychological issues. Instead of addressing the psychological issues mounted up from her father's passing on, to her boyfriend passing on out of overdose, to her helping her friend commit suicide, our patient is in great need of our theory being applied on her for effective healing.

“Being in a professional setting and having a proficient understanding of the adverse effects of psychological illness is one strength our patient holds. However, her denial of her condition is a weakness since our patients seek alternative forms of dealing with her psychological problems instead of a therapeutic approach at the end of the day (Laws, Darlington, Kondel, McKenna & Jauhar, 2018)”

 Our patient is fond of suppressing her pains and fears through indulging in alcohol from her personality. Additionally, she opts to bury and forget her problems instead of taking them out and resolving them step by step till full resolution. Our client's social life wants from her brother passing on to her sister leaving responsibilities to her. Her recently born child and her nieces and nephew are a burden to her, hence dropping the marriage proposal for the third time. Our patient needs therapy to mend her behavior from the above case study and issues.

As an ethical consideration for our case study and scenario, our client should have informed consent and accept participating in the session voluntarily before starting our counseling sessions.

 In no case should the client be forced to undergo a therapy session; therefore, should be well informed of what shall be discussed in different sessions and programs. Additionally, the session should not harm the client psychologically; hence the client should be well aware of positive and negative repercussions (Goldstein, Robinson, Mellers, Stone, Carson, Reuber ... & Samarasekera, 2020).

In addition, confidentiality should be upheld, accordingly communicating the effectiveness of privacy of the discussions and therapy sessions held therein. As a cultural consideration, the client's language and culture should be adhered to and respected; hence, no force should be done if the client prefers speaking slang.

Additionally, her sexual orientation, religion, and social class should be respected, with no negative discussion arising from the different social issues. About the skilled helper model, our client and patient’s story will direct us to a specific problem which at the end of our session will result in having a plan of action and actualizing the dream (Cunningham & Shapiro, 2018).

Later on, our client will develop inner resources, which will mark the end of our sessions. Our client is promising to adhere to the change model and go through all of the changes and steps. However, to action and maintain the behavior, much effort will be needed and support for our client.

**Ethical Issues Setting**

The first ethical issues for me that I will be worried about is 1.02. According to American Psychological Association, Ethical Principles of Psychologists and Code of Conduct: 1.02 Conflicts Between Ethics and Law, Regulations, or Other Governing Legal Authority:

“If psychologists’ ethical responsibilities conflict with law, regulations, or other governing legal authority, psychologists clarify the nature of the conflict, make known their commitment to the Ethics Code, and take reasonable steps to resolve the conflict consistent with the General Principles and Ethical Standards of the Ethics Code. Under no circumstances may this standard be used to justify or defend violating human rights (p.4)”.

If I was Dr. Shepherd therapist, I would be worried about breaking the code of ethic Conflicts Between Ethics and Law, Regulations, or Other Governing Legal Authority. When she was doing drugs. I will be worried if she tells she is doing surgery under the influence of drugs or alcohol and she tell me this. I will have to ask and make sure what she I do about that. I think it came down to if I tell on her I am cover. I do not tell and someone died because what will happen than.

The second ethical issues I will be concern about is 4.05 According to American Psychological Association, Ethical Principles of Psychologists and Code of Conduct: 4.05 Disclosures:

“(a) Psychologists may disclose confidential information with the appropriate consent of the organizational client, the individual client/patient, or another legally authorized person on behalf of the client/patient unless prohibited by law (p.8)”.

Since Dr. Shepherd have been married before, now she have a baby with another male. I need to make sure I keep in for her to update all her document of who can get her information. For example, if she does not tell me that she wants to change her ex-husband from seeing her information do I tell him.

The third ethical issues I will be concern about is 3.05. According to American Psychological Association, Ethical Principles of Psychologists and Code of Conduct: 3.05 Multiple Relationships

“(a) A multiple relationship occurs when a psychologist is in a professional role with a person and (1) at the same time is in another role with the same person, (2) at the same time is in a relationship with a person closely associated with or related to the person with whom the psychologist has the professional relationship, or (3) promises to enter into another relationship in the future with the person or a person closely associated with or related to the person (p.6)”.

Since this is a fictional client that is based on hospital show. I think this ethical code have me little worry is that I will be working at the same hospital that Dr. Shepherd is working at too. She does have friends in high place and her sister-in-law owner the hospital. I may have friend in her circle.

**Multicultural Concerns**

* + Describe how you adjust the treatment for this client given their cultural identity. Support these changes based on the research.

**Goal Setting**

* + At this point, you have explained how you've addressed the **three major tasks** of being a psychotherapist in the context of the Skilled Helper Model. The client, with your help, has thoroughly explored their challenges. They will now need your help identifying what needs to change, what are the obstacles to that change and how could change come about. With the help of the Skilled Helper Model move your client forward by discussing goals, making sure they are specific and measurable. Keep goal identification to no more than three goals.
	+ Identify and rank order goals with your client.
	+ Assess barriers to these goals with the client on the basis of personality factors, diagnostic issues, and/or life issues.

**Conclusion**

* + In place of a traditional conclusion with the writer telling the reader what was covered in the document, end instead with a prognosis (this element is sometimes included in case conceptualization and can serve both purposes for this assignment) for your client. Based on all that you've learned over the past quarter, what are the chances of your client improving or dropping out of therapy?

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