

# Fred

## Presenting Problems

### Addictions

- Alcohol Addiction
- Drug Addiction
- Sex Addiction
- Gambling Addiction
- Work Addiction
- Prescription Drug Addiction

### Mental Illness

- Major Depression
- Bipolar Disorder
- Anxiety Disorders
- Post Traumatic Stress Disorder



### Defence & Coping Mechanisms

- Denial • Control • Rage • Projection • Perfection
- Intellectualising • Minimising • Analysing • Dissociation
- Suppression (Conscious pushing down of feelings)
- Repression (Unconscious pushing down of feelings)

### Feelings



### Treatment Team

- Psychiatrists
- Medical Practitioners
- Nurses
- Psychologists
- Therapists
- Counsellors
- Allied Health Professionals

### Treatment Pathway

- Assessment
- Detox
- Orientation
- Primary Group
- Changes Program
- Family Program
- Transition Program
- Relapse Prevention
- Day Programs
- Continuing Care
- Psychiatric & Medical Care
- Trauma Centred Therapy

### Core Issues

- Self Esteem**  
less than ↔ better than
- Boundaries**  
too vulnerable ↔ invulnerable
- Reality**  
bad ↔ good  
rebellious ↔ perfect
- Dependence**  
too dependent ↔ anti-dependent  
too needy ↔ needless/wantless
- Moderation**  
super immature ↔ super mature  
out of control ↔ too controlling

