

Case Study on Mental Health

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CHAPTER 1. Introduction to Psychiatric–Mental Health Nursing In completing the case study, students will be addressing the following learning objectives: Explain elements that contribute to mental health.

Review trends, problems, and goals related to the delivery of mental health care and treatment of mental illness.

1. Karen is a 25-year-old white woman who lives alone in an apartment with her dog. Karen has been divorced for 2 years and is taking Prozac prescribed by her psychiatrist for depression. Karen and her boyfriend had been discussing marriage until he told her that he wanted to end their relationship. Karen became even more depressed and could not work for a week. Karen returned to work, refusing to discuss her issues with family, friends, or coworkers. She did, however, make an appointment to see a psychiatric nurse practitioner. Karen told the nurse that she was making some changes in her life. Karen said that she and a girlfriend were joining a gym program for workouts and a social group for young men and women. Karen stated that she realizes that her former boyfriend had not been committed to her, and she anticipates meeting and dating other young men from the adult social group. Karen also said that she thinks that the gym exercise will be beneficial to her mentally and physically.

Learning Objectives: 1, 4)

- a. How will the psychiatric nurse assess if Karen has made progress toward self-realization?
Ans: Karen had suffered from depression which is a form of mental disorder as a result of divorce and a broken relationship with her boyfriend. This situation according to Hypocriticus in 15th century BC, upholds the brain as the organ of consciousness; this occurs when both normal and abnormal behavior arise from the brain. The psychiatric nurse can assess if Karen has made progress towards self-realisation by committing to diagnosing and treating her responses to the problems that caused her psychiatric disorder. In-addition, the nurse can make assessment based on Karen's psychoanalytical disposition such as: trasferecence,defense mechanism,countertrasferecence,acting out, denial of the reality befallen her and projection.
- b. Identify strengths that Karen has for progress in personal growth.
The strengths Karen has for progress in personal growth include the followings:
 - Ability to make use of social support, that is, she visited a psychiatric nurse, social group and registered in a gym.
 - She was realistic about her situation, therefore made herself ready to face the reality before her.
 - Karen sought immediate medical attention where she was administered with Prozac to help mitigate her depression state.

Case Studies Mental Health Recovery

RC Schank



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Whispering the Secrets of Language: An Psychological Quest through **Case Studies Mental Health Recovery**

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Table of Contents Case Studies Mental Health Recovery

1. Understanding the eBook Case Studies Mental Health Recovery
 - The Rise of Digital Reading Case Studies Mental Health Recovery
 - Advantages of eBooks Over Traditional Books
2. Identifying Case Studies Mental Health Recovery
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Case Studies Mental Health Recovery
 - User-Friendly Interface
4. Exploring eBook Recommendations from Case Studies Mental Health Recovery
 - Personalized Recommendations

- Case Studies Mental Health Recovery User Reviews and Ratings
- Case Studies Mental Health Recovery and Bestseller Lists
- 5. Accessing Case Studies Mental Health Recovery Free and Paid eBooks
 - Case Studies Mental Health Recovery Public Domain eBooks
 - Case Studies Mental Health Recovery eBook Subscription Services
 - Case Studies Mental Health Recovery Budget-Friendly Options
- 6. Navigating Case Studies Mental Health Recovery eBook Formats
 - ePub, PDF, MOBI, and More
 - Case Studies Mental Health Recovery Compatibility with Devices
 - Case Studies Mental Health Recovery Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Case Studies Mental Health Recovery
 - Highlighting and Note-Taking Case Studies Mental Health Recovery
 - Interactive Elements Case Studies Mental Health Recovery
- 8. Staying Engaged with Case Studies Mental Health Recovery
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Case Studies Mental Health Recovery
- 9. Balancing eBooks and Physical Books Case Studies Mental Health Recovery
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Case Studies Mental Health Recovery
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Case Studies Mental Health Recovery
 - Setting Reading Goals Case Studies Mental Health Recovery
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Case Studies Mental Health Recovery
 - Fact-Checking eBook Content of Case Studies Mental Health Recovery

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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