

Applicant Name:

Case Conceptualization for Internship Application

Emilio is a 23-year-old Hispanic male in his fifth year at FSU. Emilio had to take a year off from school in order to work in order to help his family financially. He tells you that he plans to graduate this semester; however, he has been experiencing difficulty sleeping due to worrying at night about his future, irritability, inability to concentrate on his school work, and episodes during which he experiences racing heart, shortness of breath, tremors, and dizziness that occur about twice per week. Emilio indicates that he does not yet have a job and was recently rejected from graduate school. He is worried that he is not going to be able to find a job and help his parents support his family, as they are expecting. Additionally, his current symptoms are interfering with his final semester of school and he wants to make sure is he able to graduate.

How would you, as his counselor, conceptualize and plan treatment for Emilio?