

Name: John West
Date of birth: 30 April 1973

Session 1

Date: 28th July 2017

Time: 11am-12pm

Background information:

Works as snr VP in a global advertising firm

From the US (California)

Came to Singapore in 2016

Married with 2 children, 5 and 7 years both boys.

Has an issue of a DUI in the US.

Travelled from SG to Seattle and then Portland; so really jet lagged.

Was pulled over for not coming to a complete stop coming out of a parking lot in a small town and was pulled over - had a BAC of 0.02 (20mg) and also didn't put on his blinker

Decided not to contest the charge and submit to programme

Required to undergo programme involving 90 days of sobriety; and no alcohol for a year.

Standard process is that he needs 12 meetings over 3 months

Drug and alcohol testing

Family History

Fa - had a drinking problem; 72 (landscaper business in Sonoma)

Mo - Died when he was 4 year old by a drunk driver

Step Mo – 71 (alcoholic)

Elder Bro 46

IP - 44

Y Bro - 42

step bro and sisters

Mat GdFa has alcoholism and stopped at 45, and went to AA.

Education

California

Learnt through apprenticeship

6 years of learning by self in IT and computing etc

and then about 20 different companies

Now with Possible since April 2016 and sent to Singapore

Married in 2000 Nov to Wife (Healthcare Info Technology)

Medical

Smoke - stopped at 26

Alcohol - intermittent; used to drink a lot more when teenager, didn't drink in college, then a little at parties

Doesn't like being drunk or tipsy;

While in Portland, liked the use of drinks to get refreshed.

Doesn't think he's had a drinking problem;
Occasional use of a drink to relax, but prefers tonic water.
Hasn't drunk any alcohol in 1.5 months

Personality

"uptight and critical and conceited" while also "laid back, sense of humour and charitable" so it depends v much on who he's with.

Wife would describe him as intense and critical/judgemental. Also playful

Hobbies - collects things like coins and Lego's and bills and reads - "everything like political and economic news" studied psychology in college, so interested in human nature.

Does mountain biking, skiing and sailing; and lots of travel.

Spirituality - agnostic/atheist with own philosophy "anything we cannot see is not important, it's how we treat each other that is important"

MSE:

Neat and kempt

Relevant and forthcoming

has strategies to combat pessimism

not that healthy eating habits and snacks too much

insomnia since 11 years old, but snatches of sleep.

(ADD or ADHD are adaptive traits for something)

Stable; no indication of alcoholism

BAC: 0.00

Urine Testing: Negative for Cannabis, Opioids, Methamphetamine, Benzodiazepine,

Plan:

For programme for addiction/alcohol therapy and for psychotherapy.

Been sober 6 weeks so far; for further monitoring

Drug and alcohol testing

Name: John West
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Session 2

Date: 16th August 2017

Time: 5-6pm

Client attended scheduled appointment.

Outline

Today's session involved the following:

- Introductions to psychologist role
- Explaining confidentiality and limits
- Outlining session costs
- Rapport building
- Discussing frequency of sessions and brief treatment focus

MSE

Appearance - 44yo male, neat, kempt, casual attire

Behaviour - nil significant noted

Rapport - Good, engaged, friendly

Mood - rated mood as 6/10 (10= happy)

Thought process- Appropriate, no formal thought disorder

Inventory of alcohol using situations:

Haven't had a drink in 60 days. Works in advertising, which is a social industry. A lot of drinking in the industry. With colleagues, sometimes has drunk but in moderation.

For the last 2 months, no social engagements.

Next occasion inclined to drink is in Las Vegas (Tech conference) in about 2 month's time. Next, would be Christmas.

When he drinks, normally drinks ciders or beers.

Looks for low alcohol content because otherwise his stomach hurts.

Likes to space it out, choice of beer 4-4.5%. Sometimes drinks Cider.

More concerned with the sugar these days than the alcohol.

Likes to drink Kombucha. Helps with his stomach and digestive aids.

Step Mom was a "big alcoholic, lots of problems".

Drug and alcohol testing:

BAC: 0.00

Urine Tests: Negative for Cannabis, Opioids, Methamphetamine, Benzodiazepine

Name: John West
Date of birth: 30 April 1973

Session 3

Date: 24th August 2017

Time: 3-4pm

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Discussion of high-risk alcohol use situations
- Psycho-education on effects of alcohol intoxication
- Introduce concept of cravings, urges and triggers
- Pre-disposing risk factors for alcoholism

MSE

Appearance - 44yo male, neat, casual attire

Behaviour - Nil significant noted, spontaneous speech

Rapport - Reasonable, engaged

Mood - Euthymic

Affect- Reactive, consistent with thought content

Thought content- Focused on family and work stressors.

Thought process- Appropriate, no formal thought disorder

Session content:

Unhappy with work and trying to work less. Management supports him in working less.

Trying to work from home and take more days off.

Career moved from programmer, architect to content management.

Feels burnt out at work. Retired at the beginning of 2016. Had a hard year, had problems in marriage. Bought a new house, and had a lot of work to do.

Unhappy at work for 3-5 years. But made a lot of money and it was difficult to walk away from the money. Role that was offered is different from the role that he is doing in. Company really wanted to hire him. Global role and wanted to get over a difficult 2016.

Opportunity presented for wife to not work and look after the kids.

Moved to Singapore in 2017, has the title and compensation but not the work that he was offered.

Apparently Singapore office is in the doldrums.

Thinks that he is easily distracted by money pressures and worries about healthcare, kid's education.

Drug and alcohol testing:

BAC: 0.00

Urine Tests: Negative for Cannabis, Opioids, Methamphetamine, Benzodiazepine,

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Session 4

Date: 30th August 2017

Time: 10.30-11.30am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review last session
- Cravings, urges and triggers to drink
- Managing thoughts about alcohol and drinking
- Drink refusal skills

MSE

Appearance - 44yo male, neat, casual attire

Behaviour - nil significant noted, spontaneous speech

Rapport - Reasonable, engaged

Mood - Euthymic

Affect- Reactive, consistent with thought content

Thought content- Focused on family and work stressors.

Judgment and insight – Reasonable. Aware that he generally has high anxiety, and not very good with stress management. Able to challenge his thoughts about drinking.

Session Content:

- Mid –Oct trip to Las Vegas to attend a tech conference. Thinks that there might be some pressure to drink – alcohol use quite prevalent at such events.
- Quite positive about his sobriety to date. Denies any cravings or significant urges to drink to date.
- Reported recurrent sleep problems since age 11 and some stress symptoms (i.e. gastrointestinal issues).
- Shared that he always prioritised career, money above everything else. Says that his work life balance is poor. Consequently, feeling stressed out. Supposed to be on day off but has to be at meeting at 9 am and 9 pm. Worries about losing his job so there's stress about losing work permit and have to leave and kid's situation.

Plan

- Goals/Homework: Read up on sleep hygiene, increase exercise frequency,
- Next session booked

Name: John West
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Session 5

Date: 6th September 2017

Time: 9-10am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Introduce stages of change model
- Psychoeducation re. work-life balance and stress management
- Activity scheduling; structuring time for rest and relaxation

Session content:

- Reported that he can't take his job seriously enough anymore. Gets frustrated easily. Going to Vietnam next week, which takes him out of the office which would be good.
- Reported that he went to couples therapy a couple of years ago Initially didn't want kids and wife agreed. When wife got to 30, she changed her mind. Having kids affected his financials, travel plans, freedom. Became somewhat resentful.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat, casual attire, tired looking

Rapport - Reasonable, engaged

Mood - Euthymic

Affect- Reactive, consistent with thought content

Name: John West
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Session 6

Date: 20th September 2017

Time: 9-10am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review last session re. stress management and work-life balance
- Psycho-education on unhelpful thinking patterns (ie. catastrophising, black and white thinking, etc)
- Problem solving regarding work and living options in the event of move back to US

Session content:

- Reported a productive business trip to Vietnam. Felt good was done for the company and he came to some conclusions, perspectives. Feels that he is doing more than expected of him.
- Self-monitored symptoms of stress and anxiety. GI issues and headache, clenching of jaws, sleep disturbances.
- Identified a list of things that are damaging him psychologically. Namely, worrying and trying to control his outcomes. Positive habits like eating healthy, exercise, etc not that difficult to do.
- Discussed relationship with wife. Avoids confrontation with wife, who is a headstrong person, apparently very mechanistic. Says that looking back, does not regret marrying wife and having kids but thinks about what if he didn't get married, had kids.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat, casual attire

Mood – Euthymic

Thought content – Preoccupied with issues at work and future plans

Not depressed

Name: John West
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Session 7

Date: 28th September 2017

Time: 5-6pm

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review sobriety progress to date
- Family and addiction systems
- How a parent with drug/alcohol issues affects the whole family

Session content:

- Had some thoughts about drinking recently, more of a passing thought. Discussed his beliefs around drinking – a way to alleviate a bit of stress.
- Didn't drink in college. Doesn't care for wine, just drinks mostly beer (appreciates craft beer). Cannot remember the last time he was drunk. Maybe 15 years ago, probably after a work party when he drank Danish hard liquor.
- Reported that his Stepmom's behaviour was a problem from aged 8 years old. She went through 4-5 inpatient drug/alcohol programs.
- What was upsetting to him, was that Dad would not leave her and put the family through that.
- Reported troubling incidents which was part of his "normal".
- Remembers just being frustrated, that Dad would take her side over his and his brothers.
- Strongest relationship was with brother.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, work attire

Mood/Affect- Euthymic, reactive affect, consistent with thought content

Thought process- Appropriate

Name: John West
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Session 8

Date: 5th October 2017

Time: 5-6pm

Client attended scheduled appointment on time. No alcohol use since 13 June 2017.

Outline

Today's session involved the following:

- Discussion of recent problems and stressors
- Assessing potential high risk situations (using recent example reported by client)
- Discussion/revision on triggers to alcohol use
- Brainstorming relaxing/enjoyable activities

Session content:

- Reported that he has travelled to Hong Kong, then Cambodia with family. Now that he is making plans to leave, thinks that he will miss Singapore. Out of the blue, wife suggested that he stay on for 6 months without her.
- Incident at lunch together with colleagues when he was offered alcohol and he declined. Exposure was not really the trigger for him, but rather the social pressure to drink. However, noted that he was able to stay calm and decline. Experience reinforced in him some of the benefits of sobriety -
- Going back to the US in 2 weeks to attend a conference. Looking forward to it. Based on previous experience, expects to see lots of alcohol being served but has no intention to jeopardise his sobriety.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, work attire

Mood/Affect- Euthymic, reactive affect, consistent with thought content

Thought process- Appropriate

Name: John West
Date of birth: 30 April 1973

Session 9

Date: 13th October 2017

Time: 5-6pm

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review current coping strategies (for drinking, stress and anxiety)
- Introduction to relaxation strategies
- Discussion of upcoming business trip to the US
- Motivational interviewing re. setting goals for reducing stress and anxiety levels

Session content:

- Reported stomach migraine issues when stressed. Occasionally uses alka seltzer as a sleep aid. Sleep pattern has been disrupted recently due to illness and conference call with the US.
- Reported that wife will be leaving Singapore soon to start her job in the US. Probably moving back permanently in late November.
- Reported that company has no work for him in Asia and probably prefers him to be stationed in the US. Lots of uncertainty with kids' education and future plans – somewhat anxiety provoking.
- Has become aware of the prevalence of alcohol. Not going to be tempted to drink. Bunch of hard liquor, cheap beers which he is not interested in.
- Says that he has adjusted to drinking soda water. The appeal for beer daily has certainly been reduced. Every once in a while, has a moment when he sees the enjoyment and the appeal. Able to challenge those thoughts, which are mostly fleeting.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, casual attire

Mood/Affect- Euthymic, reactive affect, consistent with thought content

Thought process- Appropriate

Drug and alcohol testing:

BAC: 0.00

Urine Tests: Negative for Cannabis, Opioids, Methamphetamine, Benzodiazepine

Name: John West
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Session 10

Date: 1st November 2017

Time: 9-10am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review last session
- Providing supportive psychotherapy
- Discussion on coping with uncertainty and letting go of control issues (in relation to marital stress, financial insecurities)
- Difficulties in developing activities that may be useful to maintain sobriety (e.g. new recreational habits)

Session content:

- Reported being upset after being notified of changes to his credit score.
- Feels saddled with increasing responsibilities both at home and at work. Feels tired and resentful at times.
- Explored issues surrounding difficulty saying no to people
- Grappling with issues of burnout and fatigue.

MSE

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, casual attire

Mood/Affect- Euthymic, reactive affect, consistent with thought content

Thought process- Appropriate

Name: John West
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Session 11

Date: 9th November 2017

Time: 9-10am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Recap early warning signs of stress and anxiety
- Providing supportive psychotherapy
- Discussion on coping techniques (cognitive and behavioural strategies) for stress and anxiety management

Session content:

- Situation at work does not seem to be improving. Finding it difficult to get motivated as key personnel are gradually being moved out. Feeling quite concerned about the future. Company has no work for him in Asia.
- By Feb 2018, will find out whether kids enroll in US school system in the fall.
- Some anticipatory anxiety regarding wife's impending departure and his ability to cope with work, managing the household and taking care of the boys.
- No thoughts about drinking, despite some unhappiness at work and stress at home.
- Plans to return to US for a vacation over Christmas.

MSE

Stable

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, casual attire

Mood/Affect- Euthymic

Thought process- Appropriate

Name: John West
Date of birth: 30 April 1973

Session 12

Date: 24th November 2017

Time: 9-10am

Client attended scheduled appointment on time.

Outline

Today's session involved the following:

- Review coping mechanisms for maintaining sobriety
- Discussed termination and ongoing recovery management

Session content:

- Processed stressful situation at home and incident in the office.
- Reported that he has no interest in alcohol at all. Experience has helped him to realise that he doesn't care of alcohol and has no interest in it.
- Over time, has learnt that everyone acts according to their self-interest. Trust is not absolute.
- Reviewed past relationship where trust has been compromised, breached.
- Discussed termination
- Keen to resume therapy sometime in the future.

MSE

Stable

Relevant and forthcoming

Appearance - 44yo male, neat and kempt, casual attire

Mood/Affect- Euthymic

Thought process- Appropriate

Drug and alcohol testing:

BAC: 0.00

Urine Tests: Negative for Cannabis, Opioids, Methamphetamine, Benzodiazepine