

## Understanding my experiences with CBTp Worksheet

### Vignette Practice: "Michael"

Case Conceptualization for First Episode Psychosis (FEP)

Series Hosted by the South Southwest MHTTC

*Please note that "Michael" is a fictional individual based on experiences that a young person attending an FEP program may have. The following vignette is for educational purposes only.*

Michael is an 18-year-old Hispanic male college student. He grew up with his parents in Houston, TX. He describes his young childhood as "very happy," stating that he had strong relationships with both of his parents and his cousins. He would frequently travel with his family to visit his cousins, and he developed a love of hiking, camping, and animals. When he reached middle school, he began having academic difficulties and was diagnosed with dyslexia. Although he had close relationships with his cousins and two friends, he started experiencing bullying at school, which included name-calling about his learning disability and skin color. He described how this bullying reduced his self-esteem and made him feel that he was "stupid" and self-conscious about his physical appearance. He also feels it was around this time that he learned that he gets along better with "other people who have problems."

The bullying escalated in high school, and Michael was beaten up by his peers on multiple occasions. Michael tried to become "tougher" by eating particular foods, especially protein rich food that he viewed as "powerful." This new diet caused conflict with his parents, which made him anxious. Shortly after trying diet pills for the first time, he began hearing one male voice that would tell him he was ugly and stupid. His family also stopped visiting his cousins due to the stress, which made Michael feel very sad and the voice increase and say things like "you deserve to be alone." By this point, he described having few friends and experiencing severe bullying, leading to feelings that other people cannot be trusted and the world is unsafe. He said that he found joy in his love of animals and taking his dog to the park. He also started to notice that other people at the park were watching him and worried that they may be stalking him.

Michael recently started college to become a veterinarian. His parents were able to help him set up accommodations for his learning disability. Although Michael is concerned that he may have a mental health issue, he has not told anyone about feeling sad or the voice because he has heard that "mental health issues makes people violent" and is excited to start a career helping animals. He also feels that he will meet more "weird people" in college who can be his friends or that he can start visiting his cousins again.

About six weeks into college, Michael has his first Biology test. He starts taking the test and hears his voice tell him that he is a danger to other people. It says that he is going to harm them. Michael feels very scared and anxious. The voice has never said this before, so he thinks it might be true; maybe the voice is warning him. Michael gets up and leaves his test, telling the teacher that he suddenly feels ill. A few weeks later he is enrolled in your FEP program.