

# Case Conceptualization: Depth and Transpersonal Perspectives

Student's Name

Course number



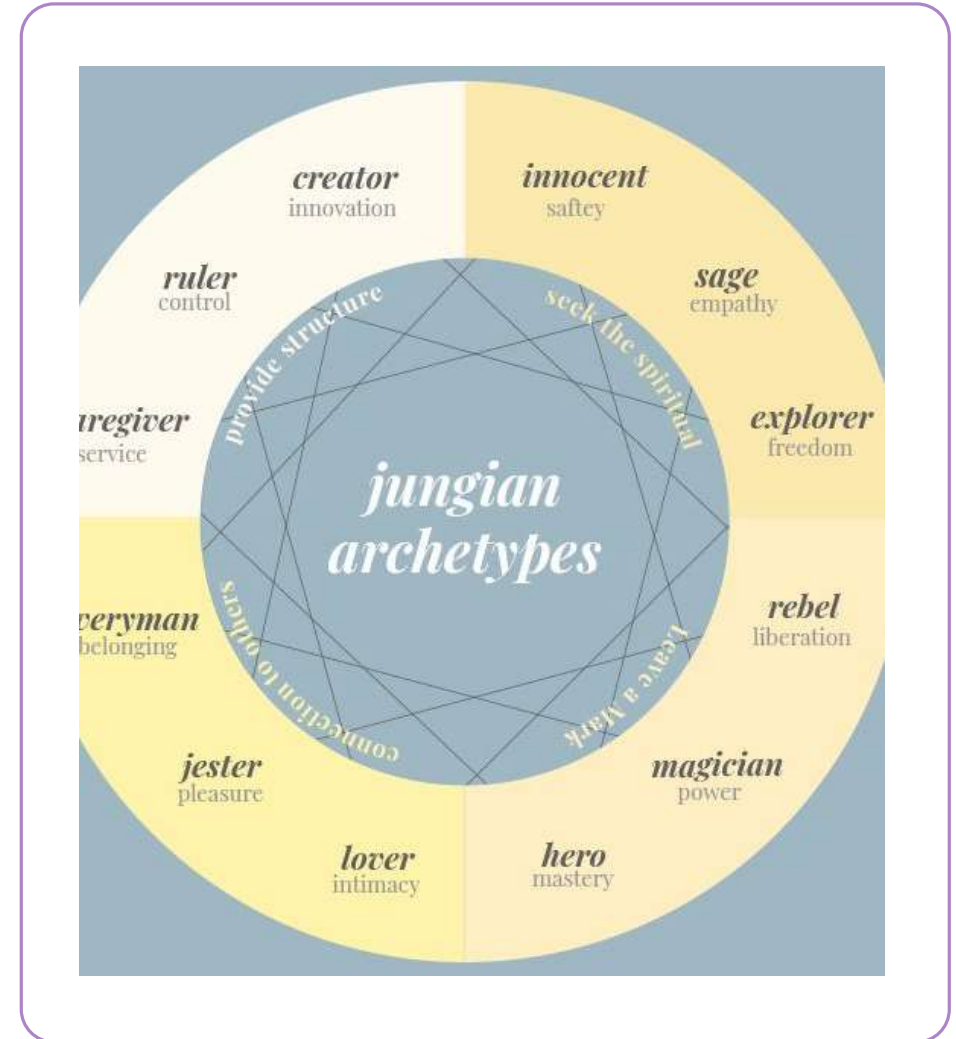
# Client Demographics & Presenting Problem

- **Age, Gender, Background:** Leonard, Lakota, Veteran
- **Education & Employment:** High School, unemployed (Yang, 2017)
- **Cultural Disconnect:** Struggles with tribal identity
- **Mental Health Concerns:** Depression, isolation (Hill, 2019).
- **Therapy Goals:** Understand self, find purpose (Daniels, 2021).
- **Reintegration Challenge:** Conflict with tribe's values



# Depth Psychology Perspective

- **Collective Consciousness:** Loss of ancestral connection (Hill 2019)
- **Unconscious Conflict:** Military structure vs. tribal values
- **Archetypes and Ancestry:** Disconnection from cultural symbols (Coburn, 2020)
- **Therapy Approach:** Exploration of unconscious content
- **Presenting Problem:** Identity confusion, depression
- **Depth Therapy Goals:** Re-integrate ancestral identity (Hill, 2019).



# Transpersonal Psychology Perspective

- **Spiritual Disconnect:** Struggle with reservation's values (Bowers, 2020).
- **Beyond Ego:** Seeking higher purpose (Daniels, 2021).
- **Holistic Integration:** Merging identities and experiences (Bowers, 2020).
- **Therapy Approach:** Facilitating spiritual exploration visualization (Beck et al., 2018).
- **Presenting Problem:** Alienation, existential crisis
- **Transpersonal Goals:** Achieve self-transcendence, inner peace (Yang, 2017).



# Depth and Transpersonal Integration

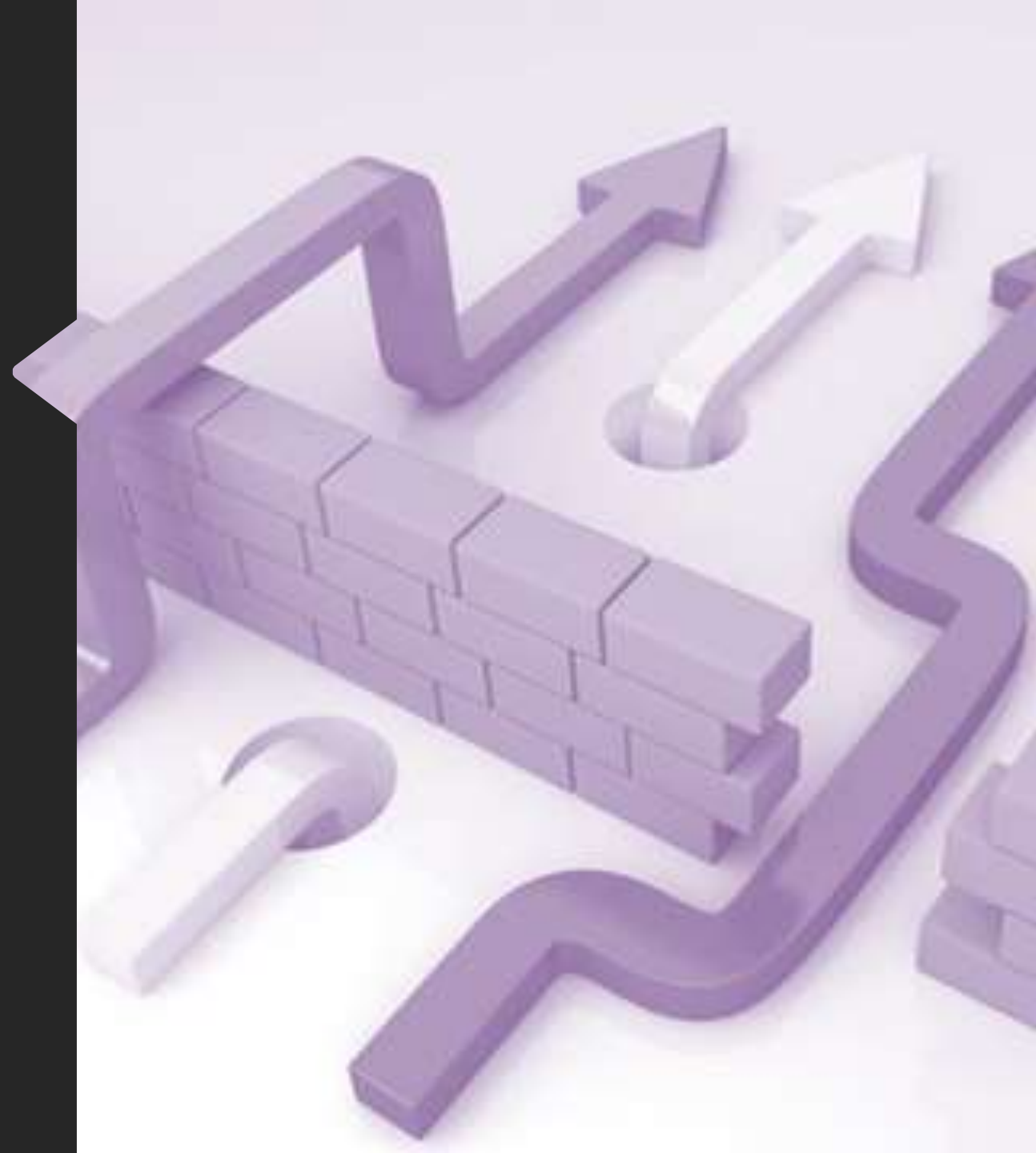
- **Synthesis of Theories:** Blending Depth with Transpersonal (Coburn, 2020; Daniels, 2021).
- **Comprehensive Understanding:** Addressing root and aspiration (Beck et al., 2018; Daniels, 2021).
- **Inner and Outer Worlds:** Balancing life and inner truths (Hill, 2019).
- **Harmony in Conflict:** Resolving inner discord
- **Therapeutic Technique:** Dreamwork and mindfulness (Hill, 2019)
- **Integrated Goals:** Self-actualization and societal contribution (Bowers, 2020)





# Therapy Complications and Goal Setting

- **Therapy Barriers:** Depth's Intensity & Transpersonal Misinterpretation (Hill, 2019).
- **Cultural Sensitivities:** Respecting the client's background (Yang, 2017).
- **Resistance to Unconscious:** Unveiling uncomfortable truths (Bowers, 2020).
- **Spiritual Bypassing Risks:** Misusing spirituality (Coburn, 2020).
- **Short-term Goal:** Establish trust and safety
- **Long-term Goal:** Integration of self and transcendence (Daniels, 2021).



# REFERENCES

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- Hill, S. J. (2019). *Confrontation with the unconscious: Jungian depth psychology and psychedelic experience*. Aeon Books.
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