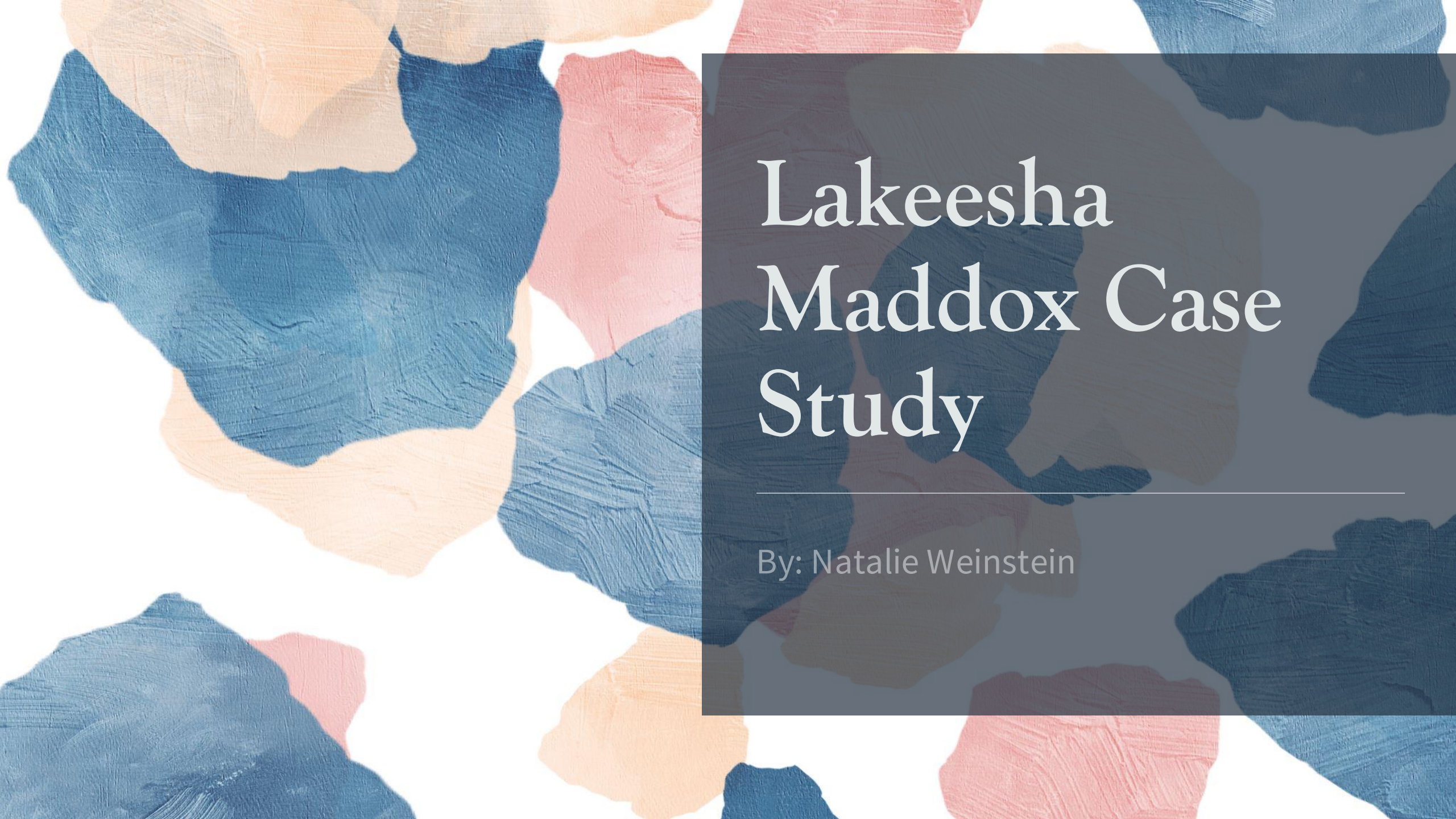




Lakeesha Maddox Case Study

By: Natalie Weinstein

Basic Demographics

- Age: 27-year-old
- Sex: Woman
- Race: African-American
- Education: Attended Spelman college, unclear if she obtained her degree.
- Religion: Christian
- Kids: 2 kids



Career Development

- Attended Spelman College
 - Some/complete college education
 - Returning for Career Counseling
- Housewife & Mother



Reasons for Seeking Career Counseling

- Unexpected trauma event of her husband/children's father dying
 - Husband: Household Provider
 - Life Insurance will run out
- Needs to provide for her family
 - Seeking Career Counseling for help
 - New Direction
 - Applicable careers



Unique Problems that May Influence Counseling

- Dealing with grief/loss
- Dealing with mental health problems
- Big transition from housewife/mother to working
- Cultural considerations
- Support System
- Religious devotion – Christian



Chosen Career Theory and Major Concepts

Krumboltz's Learning Theory of Career Counseling & Happenstance

- Simplify process of career selection
 - Based on life events --> influential
- 4 factors of career development
 - Genetic/Special abilities
 - Environmental conditions
 - Learning experiences
 - Task approach skills
- Unpredictable social factors, environmental conditions, and events are to be recognized as important influences
- Clients learn to approach future with positive attitude and optimism



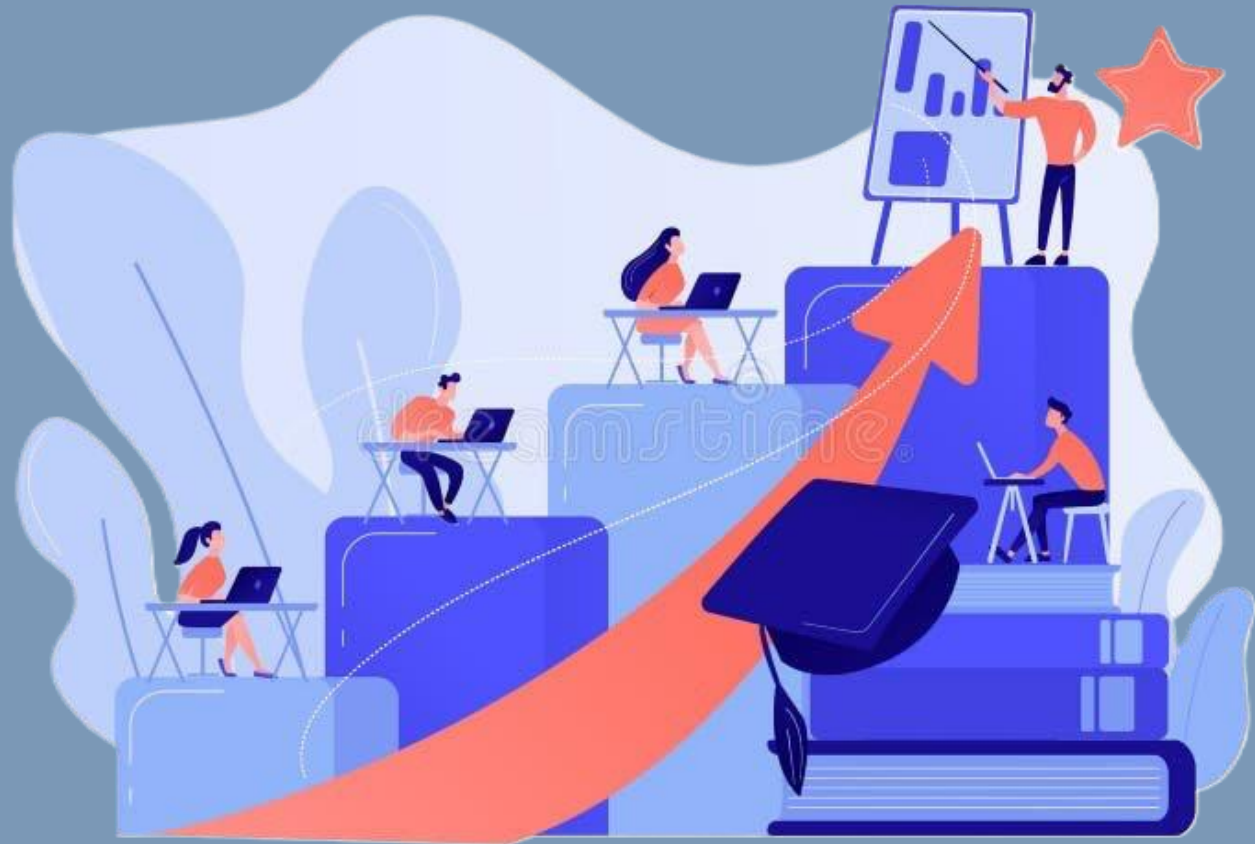
Information Needed for Initial Assessment

- Learning experiences throughout her life
- Skills and Abilities
- Mental barriers/challenges she is anxious/fearful of
- How open she is to change



Steps in the Career Development Process

1. Self-knowledge
2. Exploration
3. Decision-Making
4. Action



Career Resources and Assessments/Tools

- The Mom Project
- Women Back to Work
- Women's Pathway to Success Program
- O*Net Interest Profiler



Application of Ethical Principles and Standards

- Confidentiality is important.
- Act with competence
- Counseling relationship
 - Multiculturally aware
 - Open to diversity
 - Respect of client's values and beliefs



Referrals

- Grief Support Group
- Psychiatry (if depressive and anxious symptoms persist)



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