



Navigating Depression: A Case Study in Holistic Mental Health Intervention

Twinkle Jain, Dr. Smriti Sethi

¹MA Clinical Psychology (Final Year), ²Assistant Professor

¹Amity Institute of Psychology and Allied Sciences,

¹Amity University, Noida, India

Abstract : This case study presents the clinical assessment and therapeutic intervention of Ms. N, a 35-year-old woman experiencing symptoms of major depressive disorder. The case outlines her presenting complaints—persistent sadness, fatigue, sleep disturbances, feelings of worthlessness, and suicidal ideation—and provides a detailed mental status examination. The therapeutic approach combined pharmacological intervention with cognitive-behavioral therapy (CBT), supportive psychotherapy, lifestyle modifications, and safety planning. The intervention aimed to address both the emotional and cognitive challenges associated with her condition while ensuring a supportive and structured therapeutic environment. This case highlights the importance of a multidimensional, client-centered treatment plan and demonstrates the value of empathetic, trauma-informed care in clinical practice.

INTRODUCTION

This internship involved therapy in a key role for stimulating mental health and wellness. With the work of the internship at Mindscape center for counselling and visits to Nav Shakti De-addiction Center and NGOs, I really got the chance to put my part in advocating the issue of mental health. This is a very elaborate report of the aim of internship, activities conducted and theoretical research. The internship gave intensive acquaintance with various areas of psychology, my learning experience and challenges.

According to this emerging definition, mental well-being is not merely the absence of mental disorders but also a vibrant and dynamic state of well-being, where citizens are capable of realising their potential, coping with the normal stresses of life, working on a productive basis, and contributing to their communities. Communities today create environments where mental health is talked about, talked about openly, and actively nurtured through holistic programs that include physical, mindfulness, and social connection activities.

Mindscape aims to shatter these taboos in mental health and also promote an all-inclusive framework for mental well-being. Mindscape offers highly individualized therapy for clients wanting graduation, which is available over the internet as well as offline. Client-centered, these services also provide a holistic range of offerings that uniquely identify the organization. Mindscape aims at offering space in which clients can self-reflect over their emotional state. They provide individual therapy sessions, couple therapy, support groups, and workshops about different fields in psychology. Their 'Here to Hear' services refer to listening sessions organized by trained listeners fostering empathy, effective communication and non-judgmental environment.

The Nav Shakti De-addiction Center provides medical care for addiction patients. It is very well equipped with modern medical equipment and facilities. The most important aspect is to diagnose, treat, and prevent mental disorders for improving the overall quality of life of people affected by them.

Case Study

Ms. N, a 35-year-old woman, presents with the following chief complaints: ● Sadness all the time

- Fatigue and low energy
- Sleep disturbances
- Feelings of worthlessness and guilt
- Suicidal thoughts

Mental Status Examination (MSE):

Appearance and Behavior: Ms. N lacks grooming. She demonstrates psychomotor retardation, with slowed movements and minimal facial expressions during the interview.

Mood and Affect: Ms. N's mood is constantly downcast, with the overall feeling being that of sadness and hopelessness. The affect matches her steaming-from-different-positions low mood, which is tearful and hopeless.

Thought Process: Ms. N exhibits negative rumination and self-critical thoughts. She is concentration impaired and has difficulty making decisions or second-guessing herself.

Perception: She appears to be intact with no perceptual disturbances or sensory abnormalities reported.

Cognition: Ms. N is oriented to time, place, and person but has poor concentration and memory, which impair cognitive functioning related to depressive symptoms.

Insight and Judgment: She realizes that she is suffering from depression and how her daily life has changed because of the illness. Good insight into her symptoms is present, along with a sense of hopelessness concerning her future.

Diagnosis:

Depression

Treatment:

1. **Antidepressant Medication:** Ms. N is prescribed a selective serotonin reuptake inhibitor (SSRI), such as sertraline or fluoxetine, to alleviate symptoms of depression and improve mood regulation.

2. **Cognitive-Behavioral Therapy (CBT):** Ms. N engages in CBT to address maladaptive thought patterns and behaviours associated with depression. CBT helps her challenge

negative beliefs, develop coping strategies, and enhance problem-solving skills.

3. **Supportive Psychotherapy:** Ms. N participates in supportive psychotherapy to explore her emotions.

4. **Lifestyle Modifications:** Ms. N is encouraged to engage in regular physical activity, maintain a balanced diet, and practise relaxation techniques (e.g., mindfulness, meditation) to improve overall well-being and mood regulation.

5. **Safety Planning:** Due to suicidal ideation, a safety plan will be developed collaboratively with her therapist to identify triggers, warning signs, coping strategies, and emergency contacts for crisis management.

Key Learnings

Psychological, Psychiatric Learning:

Through my internship at the Mindscape center, I have been exposed to the knowledge of doing well in mental illness: showing that the actual problem with mental illness does not have simple ways of scrolling feeds. My woman-patient engagement helped me observe different presentations of various illnesses, for example, mood disorders, substance use disorders, and schizophrenia: the daily life hassles, anxieties, mood swings, addiction behaviors, and other experiences of patients from auditory hallucinations to delusional beliefs. It reflects the kind of challenges one goes through in seeking mental health. It has also improved my understanding of mental illnesses since it has shown the major importance of thorough assessment and individualized treatment plans for every patient.

Mental Status Examination:

Valuable though an opportunity I had during my internship here, there was learning and practice about Mental Status Examination (MSE) under scrutinized eyes. The process that appeared early on to be grueling, observing and assessing the mental state of a client in an organized way, became familiar and less taxing over time. The learning experience of each MSE has shown me the importance of detailed observation with respect to appearance, behavior, mood, and thought processes. It helped me feel at ease with the most sensitive issues, learning confidence in querying cognitive strengths and deficits without impinging on patient boundaries. It also taught and challenged me on many human emotions and the complexity of human moods, important going beyond technical skill. Feedback and reflective sessions improved my skills in writing concise yet substantive MSE reports that are vital in the diagnosis and formulation of the treatment plan.

Community Outreach Programme:

It completely changed my perspective toward educational outreach to learn how to conduct ego workshops for underprivileged children during my internship. I had indulged in activity creation and facilitation that promoted resilience and confidence beyond mere academic learning under the able guidance of supervisors. Each session proved to be a very rich and imaginative adventure, as I modified activities to include different learning styles and experiences. The joy of the children and the increase in their self-confidence were immensely gratifying. I knew, outside of classroom walls, how teacher-culture concurrence and flexibility have become instruments of empowerment and valuation for each student.

Counselling Sessions:

Working with and learning from experienced professionals in the field while conducting counselling sessions was a wonderful experience gained during the internship. Building rapport, actively listening, and aiding the clients in overcoming their challenges was an easier experience when I gained confidence in the application of academic knowledge to real-life situations. I found that the therapeutic alliance was maintained with empathy and understanding in each session, where I became skilled in working with difficult emotions and encouraging self-reflection on the part of the client. In supervision and feedback sessions, I learned useful things that helped fine-tune and modify my therapeutic assignments.

Therapeutic Modalities:

Every day, it became easier for me to learn about the theoretical basis and practical application of therapies, including mindfulness-based approaches, psychodynamic therapy, and cognitive-behavioral therapy (CBT). Workshops, lectures, and supervised practice sessions enabled me to refine my appreciation of the various psychotherapies as they relate to different types of clients.

Resilience, self-awareness, and ethical integrity in clinical practice were some of the benefits promoted by the internship that nurtured my personal and professional development. Other ancillary problems with an inherent tendency to stigmatize psychiatric disorders exacerbated by these factors include tackling ethical dilemmas and overcoming stigma, which strengthened my resolve to work toward patient rights and the destigmatization of psychiatric disorders. Learning crisis intervention and risk assessment has sharpened my clinical judgment and prepared me for responding to unpredictable situations with serenity and compassion. Improving my skills in communication and therapeutic engagement has also facilitated establishing trusting relationships with patients and their families and promoting cooperation and collaborative decision-making concerning treatment planning.

Conclusion

My experience as an intern at Mindscape Center for Counselling has been enriching and transforming. Throughout my internship, I have been granted the opportunity to understand practically the field of counselling and psychiatric practice which have been greatly beneficial to my professional and personal development. I feel more confident in conducting a session due to my acquired skills in counselling, such as listening skills, empathy, and non-verbal cues. The detailed teachings on ethics, its fundamental nature, and how it guarantees the client's well-being, dignity, and trust while upholding high professional standards and integrity became vital. Learning about ethics in therapy emphasised informed consent, confidentiality, and professional boundaries, thus assisting in creating a safe and trusting environment for clients to share their concerns without fear of judgement or breach of confidentiality.

With the supervision of established counsellors and psychiatrists, I have gained invaluable skills in assessing clients, formulating therapeutic interventions, and developing a supportive therapeutic environment.

In the end, my experience at the Mindscape Center has somehow prepared me for a career in which I will engage directly with people suffering from psychiatric disorders. The writer expresses gratitude toward the mentorship, guidance, and practical experiences that shaped their professional identity and equipped them with the tools to provide compassionate evidence-based mental health care.

