



A Client-Directed Outcome Informed Approach to Helping a Man Handle Stress

Counseling session

Material Projectable

Dr. Duncan demonstrates client-directed, outcome informed (CDOI) clinical services with a man in his 20s who suffers from chronic migraines who wishes to talk about stress management. The client presents as doing very well, in spite of near constant headaches that are sometimes severe enough to interfere with his job and school. The client is ambitious, as he strives to get a college degree, work full time, develop an entrepreneurial venture, patent an invention, and maintain his bodybuilding, all while suffering from migraines. Dr. Duncan has the client fill out some forms, which help guide the content of the session, and solicits further feedback at the end of the session. After listening to the client recount his life goals, Dr. Duncan provides psychoeducation about the effects of stress and suggests that the client's stress from his "full-throttle" life may be contributing to his migraines. He recommends that the client start to identify ways to incorporate stress-reduction into his daily schedule

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