Discussion Topic 1 of 1 (Minimum 350 words & APA format References)

Psychology professionals work with many different types of clients and have many different choices for treatment. What direction would you take with this client?

Annette is a single female adult. She is 32 years old and reports that she is in good physical health. She has made an appointment with a psychologist because she has experienced a recent break-up in an 8-year intimate relationship. She reports the recent onset of having difficulty sleeping and concentrating at work. She admits to “having a drink at night to help her sleep.” During the initial appointment, Annette discloses that she has a history of “feeling down” and further exploration yields information about her mother who was treated for depression by her family doctor when Annette was five.

• Provide a Diagnosis using the DSM-5 for Annette.

• Discuss the steps that you would take as a psychology professional in deciding if the following client should or should not be referred for a medication evaluation. Provide a rationale for your decision.

• Explain the science of chemical neurotransmission and provide an analysis of the possible effects of each of the five (5) major neurotransmitters on Annette's mental state.

**Reference**

Schatzberg, MD, Alan F. & Nemeroff, MD, Charles B. (2013). *Essentials of Clinical Psychopharmacology.*

Washington, DC: American Psychiatric Publishing