Fall 2026 Scholarship Case Scenario

Diagnosis: Major Depressive Disorder and Generalized Anxiety Disorder
Setting: Inpatient behavioral health program
Session Type: Small-group music therapy

Client is a 15-year-old male who recently began attending an inpatient behavioral health program after experiencing increased symptoms of depression and anxiety over the past several months. Client reports feeling “stuck” and overwhelmed by everyday responsibilities. He has withdrawn from several close friends and no longer participates in hobbies he previously enjoyed. Client also reports difficulty identifying and communicating emotions, particularly during periods of increased anxiety.

Write a treatment plan with at least 3 goals and interventions