Case Summary of Melina Angle

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Melina Angle is a 42-year old woman who came to counseling due to her bipolar disorder. Melina Angle was from a middle class family in California. Her father and mother had two other children besides Melina. They are Anderson and Michael. While growing up, Melina’s family had to budget their wages and salaries in order to manage their expenses. She struggles more in her current life, then when she younger and she experience sudden happiness and sudden depression which suddenly alternative.

Melina stated that when she was 12, her father had received a promotion from his company. Her mother worked as reporter at Times Rock News Channel. When Melina’s father passed away, her mother continued working in order to provide for the family. (Berman, 2009). Because her father decided that his own profession was more important than his own family. After sometime, her father was transferred to New York. Due to her father’s job promotion, the family had to relocate to New York City.

When Melina Angel was 25, she married her client Johnson whom she met while working at the Times Rock News Channel. After her marriage, both Johnson and Melina Angel had decided to move out of her father’s house and purchase a place of their own. In the beginning stages of their marriage, Melina’s reports that their life was going smoothly and happily. After they had been married for one year, their son Davidson was born. After that, her husband decided to concentrate on enhancing both his profession and family. Johnson was a great in taking care of Melina Angel and Davidson. Melina mainly stated that her husband had also contributed to fulfilling the needs of Melina Angel and Davidson. After they married, Melina Angel decided to become a housewife.

They had spent a lot of their savings for running their family. Around the age of 28, Melina recalls experiencing fluctuating feelings, feeling high one moment and really down the next for no apparent reason.

She reported her issues after getting the bipolar disorder diagnosed. She has experienced the signs of bipolar disorder which are sudden sadness, guilt, hopelessness and anger. She said that she experienced many characteristics indicative of bipolar disorder, including loss of interest in normally enjoyable activities, apathy, and problems with concentration. She also noted that the disease had affected her thinking, conduct and physical behavior in her life. Due to symptoms associated with her bipolar disorder, Melina reports being unable to achieve her aims including finishing her MBA courses. (Berman, 2009)

She reported that she was with negative depressions of low respect, disturbed sleep patterns, restless sleep and loss of interest after experiencing this bipolar disorder disease. Although she is struggling significantly with her symptoms, she reports that her family and husband have provided more support in order to help her. The doctor advised her that for bipolar disorder treatment, she can be treated with the mediations of antidepressants, anticonvulsants, and antipsychotics in order to try to control her onsets.

By the effect of bipolar disorder, she couldn’t recover completely and she is controlled from the existing stage of disorder. Also, she got some changes after applying medications for bipolar disorder. For her treatment, her parents had offered funds in the form of payment and provided more incentives in order to save her life with avoiding the disease of bipolar disorder.

She mentioned that she controlled her feelings of anger and had not provided any disturbance to her family. She has done whatever she can do for her family. She couldn’t recover successfully without getting support from family and husband. (Hersen, 2001). At the same time, she was very sad and because she couldn’t care for her son Anderson during the period of depression or mental illness Finally, she concluded that her husband and family’s contributions overtake her negatives in her life.

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