**M2-A. Case Study of Ray— Disorder of the Whole Person**

Ray is a 28-year-old salesman who began drinking alcohol and smoking at the age of 14 and using marijuana and other substances when he was a junior in high school. At age 19 he was introduced to crack cocaine and started to freebase with others by the time he was 21. Cocaine became his substance of choice, although he continued to drink alcohol with his buddies while watching TV and videos.

**Education**

Ray’s elementary school years were extremely positive, and he loved to go to school. When he entered junior high, he had trouble with maths but did not receive extra tutoring so he got behind in his work. Ray was quiet and did not feel comfortable or secure in the large metropolitan junior/senior high school complex. Gradually all his grades started to slip, and he started associating with other students who were not doing well.

When Ray was 15, his guidance counselor tried to intervene, but Ray felt disappointed because she did not understand his problems and home environment, which was becoming increasingly tense. Ray did not participate in school or religious activities, but he occasionally played sports at the city’s afterschool programs.

During Ray’s high school years, his life was fraught with disappointments, failure in school, and conflict at home. He increasingly became withdrawn, insecure, and fearful. His high school friends did not do well in school, and they often skipped school together to smoke cigarettes and drink alcohol. Ray dropped out of high school in his senior year after failing all of his courses. He was depressed and felt like a failure.

**Family Life**

Although Ray’s father drank on and off for many years, family life had been fairly routine. His father worked for the city’s maintenance department, and his mother was a homemaker caring for Ray and his two younger brothers.

During Ray’s junior high school years, his father became physically and emotionally abusive after he lost his job of many years because of a departmental budget cut in poor economic times. His violence escalated, and he was arrested when the neighbors called the police. Ray’s mother would not let him back in the house when he was released. Ray then lost contact with his father and did not see him again until Ray was released from the TC.

Ray’s mother became preoccupied with maintaining the two jobs that she needed to support herself and her sons and spent less and less time with Ray and his brothers.

**Work History**

After dropping out of high school, Ray worked for 8 retailers over the next 10 years. He had a generally pleasant and outgoing personality. His income fluctuated considerably because he worked on commission. Ray frequently changed jobs after being scolded for not making his sales quotas. He was fired from his last two jobs for erratic attendance and being dishonest about his sales volume. Ray expected a lot from his bosses and felt that they should do a better job of training him.

Ray frequently would cancel appointments with prospective clients when his lunch hour with buddies lasted late into the afternoon. He frequently lied to his coworkers and bosses about an incredible series of misfortunes that caused him to miss important sales meetings.

Although Ray did not get high on the job, he often left work early on Fridays and did not come in on Mondays because he had been freebasing, drinking, and smoking marijuana over the weekend. He would often become angry and tell his drinking buddies what a terrible boss he had. He felt that his bosses had let him down because they would not support him when his sales volume declined, even though he spent extra hours on his successful sales. He believed he should have gotten bigger bonuses for his successful sales.

Because of his sense of disappointment that started in early in life, Ray began to mistrust people in general and particularly those in authority. He had trouble working with his bosses and other coworkers because of this mistrust.

Relationships

Ray had been seeing a family counselor sporadically for the past 3 years at the insistence of his girlfriend, whom he met when he was 21. Tina was a college graduate who worked long hours at her job as assistant manager of a bank. She started using marijuana and consuming alcohol to socialize when going to parties with Ray. Gradually Tina’s use increased at home as a way to express her love for him and strengthen their relationship.

Ray and Tina started living together when Ray was out of work and could not afford to live on his own any longer. He felt dependent on Tina emotionally and financially.

Ray frequently did not come home after work and would not tell Tina where he had been. He never told Tina when he changed jobs. She usually found out when he would make a big sale and tell her about the good news at his new job. He developed a pattern of lying to Tina about his whereabouts. Ray viewed lying to her as a way of showing he was independent and did not have to account for his time.

Ray often said that he forgot where he had been. Sometimes he would create a story about his whereabouts because it was more interesting than admitting he had slept all day after a night of drinking and drugging. He also lied to Tina about how much money he made and used more money on drugs.

Ray liked to meet his buddies over the weekend to watch TV at the local bars. He promised Tina that he would not get drunk, but he would often come home late on Sunday and then call in sick on Monday morning after she had left for work. He had many drinking buddies, but no one he considered to be a friend.

Tina believed it would be better to have Ray at home than in the bars, so she insisted that he invite people over to their apartment to watch games on TV. That was fine with Ray, and their home soon became a hangout for drinking and doing drugs during the weekend and increasingly during the week. When their life started to revolve around alcohol and drugs, their relationship became full of arguments and conflicts.

From time to time, Tina would ask about Ray’s father or want to invite his mother or brothers over for dinner. Her attempts to know more about Ray’s family resulted in intense emotional outbursts, bordering on violence. When asked about it the next day, Ray would deny that he had had an outburst and say that she was exaggerating.

**Criminal Behavior**

Ray began to steal to support his drug use and lifestyle when his sales commissions were below his living expenses. His first arrest occurred when he got into a fight in a bar and was found in possession of marijuana. The second arrest came when he was in the car with a friend who had been drinking. When they were pulled over by a police officer, his friend was arrested for driving while intoxicated and Ray was arrested for possession of cocaine.

The court-ordered evaluation recommended a long-term TC. Ray felt lucky to have gotten off easy and anticipates that his stay in the TC will be a breeze.

**Questions**

**Cognitive and Behavioral Issues**

New residents of TCs typically use poor judgment and have difficulty making decisions. They also have trouble solving problems. New residents typically have poor awareness of themselves and how their actions affect themselves and others.

*What are examples of Ray’s cognitive and behavioral issues?*

**Perceptual Issues**

New residents typically do not see themselves as worthy people or as valuable members of society. They have low self-esteem and describe themselves as social deviants or victims of a society that owes them privileges and a living.

*What are examples of Ray’s perceptual issues?*

**Emotional Issues**

New residents have difficulty identifying and talking about their feelings, except for showing anger and hostility to hide underlying feelings such as fear, hurt, disappointment, or sadness. They have difficulty restraining themselves from emotional outbursts or aggressive behavior when they feel denied, impatient, or provoked. They are unable to tolerate frustration or emotional discomfort. They typically experience a great deal of guilt or shame and exhibit low self-esteem.

*What are examples of Ray’s emotional issues?*

**Social Issues**

New residents have been enmeshed in a drug- using peer group and, possibly, a criminal subculture. Often, they have no drug-free friends and associates and may be alienated from family members. They often are disengaged from mainstream culture and social institutions but have a sense of entitlement regarding what society owes them.

*What are examples of Ray’s social issues?*

**Motivation To Change**

Discuss how the TC can motivate a resident like Ray to change. Use the following four categories of TC activities for your discussion:

*Behavior management or behavior shaping:* The TC engages residents in a learning process that involves developing pro-social behavior through the community-as-method approach. Positive behavior is modeled and rewarded, and negative behavior is sanctioned.

*Enhancement of emotional and psychological life:* The TC provides a supportive environment in which residents can explore feelings and help one another identify self-defeating patterns of behavior and experience personal growth.

*Enhancement of intellectual and spiritual life:* Residents are encouraged to grow by thinking through their problems and learning about a world greater than themselves.

*Improvement of work and vocational skills:* Strong emphasis is placed on developing living and work skills so residents can be self-supporting and contribute to society after they leave the TC.