A Case Study of Jack Bauer

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Professor I
**Background Information**

Jack Bauer is a 43 year old Caucasian male, who is currently unemployed; though he recently helped saved the US from numerous terrorist attacks. He was facing numerous indictments for his supposed treatment of certain suspected terrorists when he was CTU agent, but the indictments were dropped at the request of the President, because of Bauer’s heroic actions when the US was under attack. The past few weeks, he has not been sleeping well, and has been generally withdrawn from his life, which is why he sought treatment. He recently reconnected with his only daughter, with whom he had been estranged from for the past five years. He came in for treatment at the request of his daughter.

Jack has been estranged from his immediate family since he graduated from college (in which he received a master’s degree in criminology). He reports that he had a difficult relationship with his father, Philip. Philip Bauer owned a successful technology company, which he planned to leave to Jack. Jack however, chose instead to enter the army and according to him “go out on his own.” The company then went to Jack’s only sibling, his brother Graham. Graham and Philip both considered Jack to have abandoned the family when he joined the army. Five years ago, Jack was forced to kill both his brother and father once it was determined that they had participated in terrorist attacks against the United States. Jack revealed that it was later discovered that Graham had ordered his death. Jack also lost his wife when he was working as a CTU agent. Teri Bauer was killed by Nina Meyers, who had been a close confident and sometime lover of Jack’s when he and his wife were separated. Most recently, Jack has had to deal with the fact that his best friend betrayed him and organized terrorist attacks against the US.

**Presenting Problem**

After the initial assessment interview, it appears that while Jack’s daughter may have been the catalyst for him coming in, that he is somewhat concerned about the symptoms he is exhibiting.
First, he asserts that he has not been sleeping well. He has trouble falling asleep and he says he has nightmares. He describes them as being very dark in color, accompanied by sounds of gunfire and explosions. He says that he sometimes sees loved ones he lost, but often times he sees nameless faces he cannot recognize.

Jack claims that he sometimes has no desire to get out of bed in the morning because he feels like he has nothing of importance to do. Jack describes his days as “long” and that sometimes he feels like he is putting on an act for those around him. Interestingly, he said that he feels like everyone he loves gets hurt. He supports the claim by mentioning such people as his wife, past lovers, his daughter, and some close friends, all of whom have either died, or suffered because of their relationship to Jack (according to him). Therefore, the presenting problems are his inability to fall and stay asleep, and his belief that everyone he loves gets hurt.

**Assessment Procedures**

Besides the initial assessment interview, I administered to Jack the WAIS-IV, the MMPI-2 and the BDI. WAIS-IV scores for Jack indicated that he had a full scale IQ of 146. He demonstrated extremely high scores in the components of Perceptual Reasoning, and Working Memory. While his scores on the Verbal Comprehension Index and Processing Speed were lower than those on the other two sections, his scores were still above average. On the MMPI-2, Jack showed a high depression score, which is why I then administered the BDI, on which he also had a high score. Mr. Bauer filled out many self report questionnaires as well. All of the results from these tests were combined to come up with the following diagnoses.

**Diagnosis**

Based on the assessment interview, his WAIS-IV, MMPI-2, and BDI scores, and Bauer’s questionnaire answers, I have diagnosed Mr. Bauer as having the following.

**Axis I- 309.81, Post-Traumatic Stress Disorder**
296.32 Moderate depression

Axis II- None

Axis III- None

Axis IV- Physiological stressors: Best friend’s betrayal; being under investigation; and the prolonged estrangement from his daughter.

Axis V- Global Assessment of Functioning: 65

Intervention

I am going to approach Mr. Bauer’s problems from a cognitive behavioral standpoint. Since Mr. Bauer seems to be the most upset about not sleeping well, I plan to teach him a relaxation technique; specifically, Progressive Muscle Relaxation. I want to have him practice it in the office a few times first, so that he will be comfortable then in transferring the technique into his everyday life. Ideally, he will be able to perform PMR before he goes to sleep, which I expect will help him fall asleep and stay asleep. Hopefully, by talking through his past and his feelings about the events that happened, we will be able to reduce the amount of stress that these memories cause for him.

I feel like one of the most important things that we will need to focus on in therapy are Jack’s thoughts that he is responsible for the death of his loved ones, and the idea that all people around him will eventually get hurt. I believe that this is one of the reasons why Mr. Bauer’s daughter claims he is withdrawn, as well as the reason why he seems to be unwilling to re-establish bonds with those he used to be close with. I feel like the most effective way to deal with these negative thoughts is through REBT. Getting Mr. Bauer to acknowledge that these beliefs are irrational will be the most important step he will take in therapy. I also want him to become aware that he most often states this belief after telling a story of someone he loves being in danger, whether it was legitimately his fault or not. If he acknowledges this as his activating event, then I feel like he will be able to change the thought pattern that follows. Instead of saying that “everyone”
around him gets hurt, I want him to get to the point where he can say that while some people around him get hurt, that he does save millions of lives and that he does have people he loves around him that are alive and well. Jack will need to concede that avoiding social relationships and being withdrawn will not prevent those around him from being hurt; nor will thinking about all of the loved ones that he has lost bring them back. I want him, by the end of therapy, to realize that he is not a danger to those around him, but rather a positive presence in their lives. I want to dispel his irrational thoughts by providing him with evidence that he does save many people, and that he has saved his loved ones from harm’s way many times.

Moreover, Jack needs to recognize that his thought pattern that he “must” save those around him is wrong. He needs to realize that placing demands on himself will not make anything happen or not happen. Jack must acknowledge that while it would be nice if he could keep his loved ones safe, he cannot put “mists” and “shoulds” in front of his feelings towards other people.

**Prognosis**

The prognosis looks very good for Mr. Bauer. His above average intelligence will be the most significant advantage he will have in approaching his problems and I believe he will be successful in therapy. His willingness and desire to overcome his problems will also be extremely advantageous to his progress. The biggest problem I can see arising in therapy though, is Jack being unwilling to give up his irrational beliefs that he must keep his loved ones safe, if only because it has been so engrained in his mind for the past 25 years. Moreover, because Bauer seems to be a very private individual, I feel like it will be hard to get him to talk about not only his feelings, but the traumatic events that he lived through. I also feel that Bauer will be averse to admitting any fears or difficulties that may develop as we work through his problems. But because of the strong motivation that Mr. Bauer has, plus his desire to please his daughter, I feel like he will be committed and motivated to his therapy.