



## Sample Immigration Psychosocial Evaluation - U Visa

This is a partial report for demonstration purposes only: as part of our commitment to privacy, we do not include any identifying information in sample documents. Actual Immigration Evaluations are more detailed and comprehensive.

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massage therapist. Her long term goal is to become employed at the locale's spa for a year, and once having secured the funding, to open a women's focused spa.

## **Trauma History**

In November 2018, following a tumultuous and abusive 4 year relationship with Mr. Joe Johnson, Ms. Smith learned of an unexpected pregnancy. Even though they were going through a break up when Ms. Smith learned of this, it seemed prudent to inform him as the father of the child.

Mr. Johnson, upon learning of this pregnancy, composed and sent electronic communication to Ms. Smith and threatened to kill or hurt her and her family unless she terminated the pregnancy. He sent numerous text messages speaking of his willingness to "go to jail for life" to pursue this goal. Due to his abusive background, Ms. Smith was significantly impacted by these threats and feared for her life. She contacted the police, and the Hillsborough County Sheriff's office filed a criminal report. The charges were pursued by the State of Florida, and Mr. Johnson was found guilty of a count of Written Threat to Kill or do Bodily Injury.

Ms. Smith facilitated her mother's move to a neighboring town 60 minutes away to ensure her safety. Mr. Johnson resides in New York now. He has been charged with a second degree felony and is on probation. Restitution for the offense is paid monthly in the form of covering psychological expenses incurred due to the mental and emotional harm caused.

## **Physical and Mental Health**

Ms. Smith reports that she is in good overall health, with her most recent medical workup completed in March 2024. She denies a history of serious illnesses, accidents, or any surgeries. One car accident in 2022 required a follow up and MRI scans to rule out head injury. She takes no prescription medications, nor is she under the care of any medical specialist. She has made initial evaluations for a new psychiatrist, was offered medication management for anxiety and depression, but Ms. Smith refused the medications.



Review of medical records from provider Juan Alvarez, who offered supportive services around March 2021 via Zoom, suggest that the Ms. Smith demonstrates a “manifestation of profound grief due to prenatal loss, triggering complex emotions of mourning, sadness, and possibly guilt”. This provider documents a decrease in symptoms of anxiety and stress with the inclusion of her canine pet. This provider recommends follow up care to address progress and engage in additional psychological interventions as needed. Prior to seeing this provider, Ms. Smith was supported by Local Counseling and Wellness, a local mental health services provider, for approximately 5 sessions from December 2020 until January 2021. She was referred for further evaluation with a psychiatrist for assessment of attention deficit disorders.

Currently, Ms. Smith presents with numerous problematic psychological symptoms following the relationship with Mr. Johnson, culminating in threats against her safety in November 2018. The Diagnostic and Statistical Manual of Psychiatric Disorders 5-Text Revision (DSM-5-TR) offers the official diagnostic criteria for diagnosing Posttraumatic Stress Disorder (PTSD).<sup>2</sup>

The first criterion needed for diagnosis is that the person has to have experienced or directly witnessed a traumatic event such as sexual violence or threatened death. Ms. Smith meets this criterion as she experienced threats against her and family member’s lives and believed they were in danger.

The second and most extensive criterion for the diagnosis of PTSD states that a person needs to have a specified number of 20 symptoms in each of the four areas. These areas are:

- Intrusion symptoms – 1 symptom needed for diagnosis
- Avoidance symptoms – 1 symptom needed for diagnosis
- Cognitive and mood symptoms – 2 symptoms needed for diagnosis
- Arousal and reactivity symptoms – 2 symptoms needed for diagnosis

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<sup>2</sup> American Psychiatric Association. (2022). Trauma and stressor-related disorders. In *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.).



# Behavioral

## Hypervigilance

- She experiences fear that somebody is out to hurt her half or more than half of her waking hours.
- She moved her mother an hour away to protect her from the threats made against her life.
- She is always watching her surroundings and is alert to anyone who may approach her in public.
- When she walks her dogs, she is watchful and rushed. She experiences the same feeling when she goes to the supermarket.

## Problems with concentration

- She experiences struggles with focus and concentration that impact her functioning the most.
- She has difficulty remembering and memorizing content due to her struggles with concentration. This is impacting her schooling and other household responsibilities.
- She feels that she would have achieved many of her life goals by now were it not for her inability to focus and be more “organized with my life”.

## Sleep disturbance

- She struggles falling asleep daily and takes over the counter melatonin, which works 50% of the time.
- She often oversleeps past her waking hour due to difficulty falling asleep. She reports sleeping approximately 4 hours per night.

In addition to the above symptoms, the administration of the CAPS 5 revealed that Ms. Smith met all the other diagnostic criteria for a diagnosis of PTSD.

## **Summary and Conclusions**

Ms. Smith reports an unremarkable mental health history throughout her life. In the United States, she was hardworking and motivated, creating a life and space for herself focused on personal growth and development. She had dreams of building a family and entered a romantic



relationship hoping her and her paramour's values and life goals would align.

In November 2018, following a tumultuous and abusive relationship with Mr. Joe Johnson, Ms. Smith learned of an unexpected pregnancy. Mr. Johnson, upon learning of this pregnancy, composed and sent electronic communication to Ms. Smith threatening to kill or to do bodily injury to her and her family unless she terminated the pregnancy. Although this incident occurred over five years ago, it has left Ms. Smith with serious and profound effects on her mental health, which has affected her ability to cope with basic life stressors on a daily basis. Ms. Smith is traumatized, and her mental health is significantly affected as a result of the threats to harm her and her family.

Based on my clinical observations, his report of symptoms, and the tests administered, I have diagnosed Ms. Smith with:

- **F43.10 Posttraumatic Stress Disorder**

I recommend that Ms. Smith re-enroll to continue in individual therapy to learn better coping skills and help alleviate her more acute symptoms. Specifically, I recommend that she look for a therapist trained in EMDR (Eye Movement Desensitization and Reprocessing) or a trauma focused modality, which can help manage the acute symptoms of PTSD.

I also recommend that Ms. Smith consult with her primary care provider or with a psychiatrist to see if medication is also warranted as part of her treatment plan, specifically to address her concerns with poor concentration, as these are impacting her functioning at home and in her education. I have provided her with information on PTSD as well as local resources for counseling and treatment.

I, Maria Carusillo, LMHC, hereby state and declare under penalty of perjury of the laws of the United States that the above declaration is true and correct to the best of my knowledge, information, and belief.