

Gertrude Nelson

Beverly Black was referred to my office from Violated Victims Outreach for evaluation based on the following observations by the therapist. Client appeared to be experiencing increased restlessness during weekly sessions and increase giggling without prompting. Her behavior was becoming a distraction for others in attendance.

Prior to our meeting, the client was informed that this interview would be conducted by Zoom which was acceptable to the client. Prior to our intake, I presented her with informed consent and went over it with her and ask if she had any questions and her response was no. I explained what was going to take place during the interview and she could answer questions as she felt comfortable in doing so. Beverly arrived casually dressed, and neat in appearance with hair nicely done. After our introduction, she took a seat across from me in a high back chair.

Description of client/Behavioral Observations

Beverly is a 37-year-old divorced female with two children from her marriage. Her parents are from Haiti but resides in New York. She was born in our local hospital as the oldest of three siblings. Her two younger brothers reside near-by. She was raised Catholic-Baptist and attended Catholic school until high school and then went to public schools. She attended a local college in the county and then further her education in Westchester County. During college years she worked to help support her education. She's been employed as an IP Paralegal for the past 17 years in the county.

Presenting Problem:

During the interview it was noted the client appears to be unable to sit still, placing her foot in the chair, giggling all the time and not maintaining eye contact when answering some questions, looking up at the ceiling or side to side. At sometimes she would look into the screen. When asked if she was alright, she responded yes, and the interview continued. At this time of the interview, I am unable to obtain outside information in reference to the client's history.

History of the Illness and Other relevant History:**Childhood Trauma**

As the interview continued, she was asked if she experienced any childhood trauma that might have had or have an impact on her life into adulthood. She was asked if there was anything else, she would like to share, she responded with "she didn't know." When asked if she ever experiences physical or sexual abuse, her immediate response was "you never ask me that." As we proceeded with the inquiry of psychical and sexual abuse, she didn't wish to elaborate on either. To assure she can talk about these issues because everything spoken between us is confidential. In her conversation, she stated sexual and physical abuse were a challenge in her adolescent years but not in adulthood. As we continued the interview, her reflection of if she experienced any child sexual abuse her response was, "I might have had." She was asked to elaborate on "I might have had." Her response was that she was not raised in the best

environment and comes from a very tumultuous family home where both parents were the disciplinarians.

Giving her time to regroup, I asked if she would like to share. It was mentioned when she was 8 years old, she was sexually abused. The consequences of this action lead to what she described a tormented adolescence, but no effects in adulthood. Her father physically abused from childhood up to about seventeen but didn't elaborate in what fashion or further address the incident of sexual abuse. She was asked if she ever confronted her father in reference to the physical abuse over the years and her response was no, and she accepted that was who he was in that era of his life. She's forgiven him and moved on with the determination that these incidents do not define as a person.

Beverly as the oldest did not view her relationship between her siblings as a challenge. As a child, she felt the home atmosphere was a caring one and felt she was the favorite of both parents. Her younger brother was her father's favorite and the oldest brother was mother's favorite child. She felt comfortable in her position in the family cycle as the oldest, only girl. Stated it balances itself out, so they can have the favorites.

Ms. Beverly was married for 20 years to her high school sweetheart of American-Puerto-Rican descent and this union produced two children, a son, and daughter with a nine-year age difference. Her husband is one year older than her. Within their 20 years of marriage, the couple was separated for five years due to infidelity on behalf of the husband. At the time of this

interview, she's been divorced for less than two years. She stated their relationship wasn't bad and would not be bad if he didn't commit adultery and remained faithful to the marriage.

At the time of her divorce, Ms. Beverly expressed being sad because it wasn't something she wanted. She desired her family to remain as a family unit. Didn't want her children to think they came from a broken home, or the children being neglected by one or the other parent and didn't want children to have to choose between parents. At the time of their legal separation, her daughter was 6 or 7 years old and her son was about 15 /16yrs. She stated she accepted the divorced and moved on.

Single Parenting

When asked the client how she felt in the role as a single parent, her response "that's a loaded question", stating its tuff but she's okay with it-they are her babies. It was recognized discipline can present itself as a challenge because she does not want to be the bad guy. If the other parent is unavailable, they miss the children's milestones in life. When her children are hurting, she feels at times she can't soothe their hurt. When the children experience challenges, they try talking through it. Her younger brothers act as a mentor for her son and her daughter confides in her mother and grandmother for guidance. When asked who she confides in, her response "that's a good question" and precede to say, God, the first source, godmother and mother.

Beverly denied any form of mental hospitalization but voiced she participated in therapy prior to her divorced proceedings. The husband attended for six weeks at first but didn't complete the

sessions. Afterward, she stayed in therapy for about 2-3 months. She initiated the divorce. She consulted with a therapist because she wanted to make sure her decision was the right decision and being okay with it.

When asking about her experience in therapy, she felt different after her husband left the sessions. There was not a third voice in the equation and describe her personality as calm. Even though she likes her job because she knows what she is doing; learning about new interventions and how they function and the art of patent, it can be stressful at times but voiced she has a sound mind. Client states she's in very good health. During the interview was cognitive of her surroundings and events in life, past and present. Client not taking any medications.

Family Mental Health History

When inquired about any history of family mental or psychiatric disorder, alcohol, or chemical abuse, she was surprised. I inquired. Her response was an immediate NO. No criminal history. Thinks she has a really good family since speaking to me. Also, respond she has asked family about general health but never inquired about family history in regard to mental/psychiatric; alcohol or chemical abuse. Her extended family to her knowledge never engages in such activities.

When asked if she experiences episodes of depression or anxiety, her response was no. Only time she voices experiencing anxiety when she's put on the spot. At the time of this interview, the world is experiencing a virus pandemic. During this time, she voices being uneasy when she

had to leave her house to go to the grocery store. At the beginning of this pandemic, it didn't bother her staying at home with her children. The last time she went to the grocery store was the first time she experienced the shortage. By not finding the things she normally purchases left her feeling a little uneasy. There's a family need and that need can't be met to provide for her family and it was out of her control to meet the need. It left her uneasy but not anxious.

When asked about her future goals, she replied she's still working on balancing between work, children, and personal goals; some of her goals are having something of her own career, where she's the boss. She will not have to answer to anyone else. A career that gives her a little more freedom with or without her children. In accomplishing her goals, it would allow her to do other things without the constraints of a job in reference to time.

Personal Relationship o/Socialization status

In relation to her personal life, she has been seeing a young man for a year. They are respectful of each other their goals and space. Not much to say because it's still new. When asking if had any expectation in regard to their relationship, her response was a quick no in regard to where their relationship would go. She's taking the time and leaving it up to God to lead her.