Psych 444

Week 1

Question 3

Gwen is a hardworking, educated worker, mother and wife who is very self aware. She is the oldest of five children and comes from parents who were divorced. Gwen was forced to grow up quickly and was made responsible for the upbringing of her youngest siblings. Gwen confessed to being sexually molested by a cousin which probably went unaddressed for sometime. Gwen admits to being stressed and over worked. She seems to be running out of patience at work and in life and wants to know how she can be helped to find balance in her life. Gwen seems to have a good support system within her church body and through her husband who she expressed is supportive. Gwen was forced to be more resilient and to work harder because of the color of her skin and growing up in a predominantly white neighborhood. It seems as though Gwen has always had to prove herself in all stages of her life. I feel for Gwen because she is the one everyone around her seems to rely on, including her two grown children and her mother who also has progressing health problems with dementia. All of this can also cause her to have more stress and be less motivated to do anything for herself because of the pressures she may be feeling she has already. Gwen seems to hold it together for everyone else however is falling apart. Gwen is depressed but has not expressed physically wanting to kill herself. Some issues I feel Gwen should start dealing with are her having to take care of her adult children financially. Gwen has problems of her own and although everyone needs a little help sometimes, it should not be ongoing. Gwen is the one who his in need of help during this time. Gwen should also

address her past sexual molestation issue because it could be effecting her psychologically and in her marriage. Spiritually, I do feel Gwen may be dealing with oppression as well. I think Gwen has the potential to do really well in therapy if she continues to address her concerns and problems openly along the way.