



Redleaf Center for Family Healing

Patient Example #1

Danny is a 26 year old, Black mother of 3 year old son who she identifies as Black/Hispanic. Danny reports that she sleeps for long periods of time during the day and struggles to fall asleep and stay asleep at night. She reports that she had to stop working during the summer because she had no childcare for her son and now is at risk of losing her housing. She reports that she struggles to leave her home and prefers to have the blinds closed. She reports a history of panic attacks that sometimes cause her to faint, beginning when she was pregnant with her son. She stated that she feels like the only reason she is alive is because she doesn't know who would take care of her son if she died by suicide. During the video visit her affect is flat and she occasionally is tearful. She denies current or historical substance abuse.

Danny had a therapist when she was an adolescent and felt like she was supportive. She has not seen a therapist since high school. She has never been psychiatrically hospitalized. She denied history of suicide attempts however reported that she cut her arms sometimes when she was in high school.

Danny reports that she did not experience love from her mother when she was growing up. She shared that she was often sent to live with other family members for periods of time when she was a child. She remembers being alone often. She reports that she was sexually abused multiple times by a family member but never told anyone about it as a child. She frequently worries that her abuser is going to find her.

Danny currently lives alone with her son. She previously lived with her mother but stated that due to her mother's current partner, she had to move out of her mother's place. She reported that due to her work and mental health, she has not cared for her son very much during his first two years of life. She shared that she has sent him to Tennessee twice to live with her sister or her mother cared for him when she was unavailable. She reported that even though she thinks he is the only thing keeping her alive, she also often thinks about placing him in foster care. She reported that he doesn't ever listen to her and is always in her space. She stated that she constantly has to repeat herself with him and she hates it. She shared that she often ignores him or yells at him. At the same time, she expresses that she doesn't want him to experience what she did growing up.

Danny shared that her son has difficulty managing his emotions when he doesn't get his way. He frequently screams and yells at her and threatens to hit her. She shared that he has started urinating in different places in the house, including his toy box, resulting in her throwing away all his toys. She shared that sometimes he bites himself and is destructive with his things. She expressed concern about his inability to sit still.

Danny shared that she considered placing him for adoption after birth but felt guilty so decided to keep him. She feels like she has never had a bond with him because of this. She reports that she doesn't get support of any kind from his father and they are not in touch. She talks occasionally to her two sisters but neither of them live in Minnesota.

Danny also has many strengths including her intelligence, desire to parent differently than she was parented, her engagement with therapist, and warmth.