

## Appendix C – Case Study Note

Sophia G presents as a 27-year-old Caucasian female who has been married for two years, within the relationship for ten. The client's husband is 28, Caucasian and works full time as a sales representative. The client is employed full time as a marketing coordinator for a real estate agency; she has been with this company for a year.

Sophia has come to counselling because she is experiencing overwhelming and intense emotions that are impacting her relationship and her job. She quickly associates these emotions with her current IVF treatment and recent missed miscarriage (5 weeks).

Area's effected:  
as a creator,  
as a worker,  
in relationship

**Area's effected:** Describing both difficulties with sleep patterns and concentration, Sophia has also physically, spiritually, desire & sexuality mentioned feeling a sense of disconnection to herself and other people – predominantly her husband. She further indicates feeling alone and overwhelmingly confused about her faith.

Sophia talks about not being able to move past the questions she has and the confusion that “all these questions bring”. She discusses feeling distressed trying to “figure out” what she has done to “deserve not being allowed a baby”.

Identity in God /  
who is God /  
where do the  
belief's stem  
from?

**questions of morality** Within the first few sessions of counselling it was identified that while Sophia was not raised a Christian, nor practiced any Christian based customs as a child, their home had a high moral standard based in authoritarian parenting. Sophia was also sent to a Christian high school where authoritarian teaching was present with an old testament Christian framework.

Sophia further revealed that at age 11 she lost her mother to cancer and since then she felt “she never had a family” and always “wanted to be the family she never had, to believe in someone, to show someone what she had learned in life, and to learn from her mistakes: to grow from her past”.

Purpose, is this  
where she is  
currently finding  
value.

**spiritual disconnect** On many occasions Sophia reiterated the questions “why should I be denied?” “Am I selfish?” “I don't want to be rich and famous, I don't want to be better than anyone else, I just want unconditional love” “Why me?”

In recent sessions, questioning of Sophia's relationships revealed that her husbands family, with who she had been associated with since age 17, have a high priority for larger families, and that status, wealth, and family appearance go hand in hand. Sophia's mother in law, with who she appears to respect, has identified the issue as Sophia simply “needing to relax” – this has been a high concern for Sophia leading to more questions surrounding her inability to “believe in a miracle”.

Purpose,  
vision,  
worker,  
spirituality  
disconnect

**area for exploration of desire and sexuality. Relationship communication breakdown** Rarely speaking of her husband in regards to the IVF treatment, and on further questioning, Sophia reveals that her husband's involvement simply revolves around the statement “whatever you want”. She stated that he did not like to talk about it and that his view of faith was simply “something for you, if it gets you through”.

Sophia's emotions within all the sessions were sporadic. They quickly turned from rational to highly emotional outbursts that she quickly stopped while looking away. In the last session Sophia disclosed that she had “no idea who she was anymore” and that she “didn't know where to go from here”. She asked why she couldn't have what she wanted, that it was “unfair” and that she couldn't stand the “uncertainty” anymore. Specifically “that there were never answers, only questions”.

emotional,  
spiritual,  
cognitive