

### **Psychology Case study:**

Lisa is 30 year old married women and mother of 4 children. She has had various worries for years but has never before sought professional help. During the past three months she has become increasingly unhappy to the degree that her family physician finally suggested she seek psychological help. For a number of months Lisa has been experiencing intrusive, repetitive thoughts which centered around her children's safety. She frequently imagined that various, serious accidents had occurred and could not put these thoughts out of her mind. For example, on one occasion she imagined that her son had a broken leg playing football at school and called school to see if he was all right. Even after learning that he was fine, she admitted being somewhat surprised when he arrived home unharmed. Specific numbers have come to have special meanings for Lisa and her preoccupation with them was beginning to interfere with her daily routine. While shopping she worried if she selected the first box of cereal off the shelf, something terrible would happen to her eldest child but if she selected the second box, the next eldest child would be harmed, and so on. If she drank one cup of coffee she found she had to drink four and similarly, she had to smoke four cigarettes in a row to protect her children. Her fears appeared to be valid as it seemed that, if she failed to protect the children in this way, some sort of problem or accident almost always happened to one of the children within a few days. In addition, Lisa reported dis-satisfaction with both her marriage and problems in managing her children. Although her husband Tony was only 32 yrs old, he suffered a severe heart attack that made even normal physical exertion potentially dangerous for him. He had to leave his job and stay home. He relied upon Lisa and his kids for almost everything including bringing him a drink from the refrigerator. The children were out of control. They didn't respond well to parental discipline which was generally inconsistent. Lisa was the eldest of 4 children and was raised in New York City. A religious Catholic, Lisa soon stopped going to church. She also witnessed a friend's baby getting run over by a bike and had thoughts of committing suicide but prayed to God to take those bad thoughts away.

**What do you suggest to help Lisa? Any particular therapeutic approach or method?**

# Psychology Case Analysis Example

**ML Morrison**



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