***Psychotherapy Interventions II***

**Case Study: *Joanne***

**Name:**Joanne **Gender:**Female**Age:**64**Ethnicity:**AfricanAmerican

**Religion:**Methodist **Relationship Status:**Widowed

**Description of Presenting Issue:**

Joanne was referred to you from the pastor at her church who was concerned about her welfare. Six weeks previously, Joanne’s long-time partner, Anne, died of unexpected heart failure. Having been together for 31 years, Joanne reported that she was having significant difficulty “moving on, and taking care of basic things.” She has not returned to her part-time position at the local library, and generally avoids contact with friends and family. She has two adult sons from an early marriage, but says that she does not want to “burden” them with her problems. She has avoided dealing with much of the legal issues and paperwork resulting from her partner’s death.

Joanne reports that she ruminates about her relationship with Anne, focusing on feelings about not having appreciated her enough during their time together. She feels “lost” and is unable to find purpose or meaning in her life. She has strong feelings of worthlessness, and spends hours thinking about how she “should” have lived her life.

Once an avid hiker and golfer, Joanne has not participated in either since Anne’s death. Joanne reports that she now wakes up late, “putters around the house” and takes a nap in the afternoon. She is eating poorly, relying on take-out food and sweets for meals.

**Occupational History:**After a fulfilling full-time career with the county library, Joanne transitioned to part-time work at age 60 to travel more with Anne.

**Educational History:**Joanne earned a master’s degree in library science. She also took several continuing education courses in creative writing.

**Medical History:**Joanne is being treated for hypertension and diabetes. She is moderately overweight, but was generally fit up through her late 50s. Both pregnancies were normal and uncomplicated.

**Family History:**Joanne is the eldest of six siblings. Her father (deceased) was an officer in the military and the family moved frequently throughout her youth. Joanne is very close to her mother, who now lives in an assisted living home in a town several hours away. Joanne has good relationships with her siblings except for her youngest brother, Roger, who does not “accept her lifestyle.” She and Roger have not spoken for nearly 15 years.

**Alcohol/Substance Use:**Joanne reports drinking occasionally (3–4 times per month). She does not smoke or use recreational drugs. She has been prescribed Ambien by her physician to help her fall asleep and reports that she needs the Ambien “most nights.”