

Mira

Read her once, then work her with Tool 1

Mira (34 y/o) came in eight months ago for what she described as a worsening of long-standing depression. She had been on antidepressants for years and felt they were no longer working.

Mira was placed with her adoptive family at under three months old, in a closed domestic adoption, same race, two parents. Adoption was mentioned at home rarely and never at length, and she learned early that it was not a subject that went anywhere. She asked once, in her teens, got a short answer, and did not ask again. She has filled in family medical history forms her whole adult life with most fields blank, and has never thought of it as more than an inconvenience. She has never checked what her records would allow her to access now. Her mother made a great deal of birthdays, and Mira has no memory of her own being difficult.

Her mother, who adopted her, was diagnosed with cancer six months before intake and is in active treatment. Her marriage has been strained for over a year. She has been weighing whether to have children, knowing she is at the upper end of what she feels comfortable with.

Mira mentioned being adopted in the first session. She also said she had never sought information about her biological family and did not intend to. She named adoption as background, not something she wanted to work on.

The first six months addressed the depression, the situational stressors, and her marriage, with some improvement. In the last few weeks something shifted. She is preoccupied with whether to have children and is more emotional in session. Last week she mentioned, in passing, that she had been thinking about her biological mother for the first time in years. She has not raised it since.

TRACK

Three things while you read

- ☐ What has her arrangement been absorbing without trouble?
- ☐ What is about to stop holding it in place?
- ☐ Which door just opened, and what did she do with it?

THEN

Tool 1, Steps 1 and 3

Map what has come up for Mira and give each its class. Then name what is predictable and coming for her in the next twelve months. Use the back of this sheet.

Working Mira

Tool 1, Steps 1 and 3, then the sentence you would say

STEP 1

Map the activations

Classes: **SM** symbolic marker (recurring, calendar-bound) **LT** life transition **RE** relational event **CR** consciousness-raising encounter **EH** embodied or health event

LIFE STAGE	WHAT HAPPENED	CLASS	WHO KNEW, AND WHAT SUPPORT EXISTED
Childhood			
Adolescence			
Early adulthood			
Partnership & family formation			
Midlife			
Now			

STEP 3

Look forward

What is predictable and coming for this client in the next twelve months?

PART E

The sentence you would say

The words you would use with this client, next session.