

Case 1 -Collectivism

Juan is a 24 y/o old Latinx man who lives with his mother. Although his mother described him as always “socially awkward”, he was not diagnosed with schizophrenia until approximately 6-months ago, after he was fired from his first job at a marketing firm, because he was becoming increasingly paranoid about other workers stealing his marketing ideas and his possessions and talking behind his back. His hygiene had also slipped to the point that the other workers began complaining about his body odor. At home, his mother states that he rarely showers or changes his clothes and that he has become increasingly socially withdrawn as of late and more irritable than usual. His speech is often tangential and circumstantial, and he expresses unusual concerns about things such as neighbors peering at him through the windows.

Thoughts about this case? Anything you will want to especially explore in this module?

Case 2 - Psychoeducation

Mr. Williams, a 45y/o Black man with a history of schizophrenia, presented in therapy with his wife and their 19 y/o daughter, Imogen. Mr. Williams came in at his wife's request, because she noted he was sleeping less and talking to himself more than usual. Mr. Williams explains he has been more anxious about the police in his neighborhood. This coincided with a shooting approximately one month ago, when a close acquaintance was shot and killed by the police near his home. Mr. Williams says he believes the police have bugged his house, and he feels energized to solve the issue by installing a new security system and filling in all the gaps in his house so no radio waves can get through. His family reports he has also been talking more to his grandmother, who died a decade prior. He hears her voice more frequently when he is distressed, and he likes hearing from her. His daughter, a community college student who stated at the intake meeting, "I adore my father but lately I am afraid of him and for him. If things don't get better soon, I am moving in with my boyfriend."

Thoughts about this case? Anything you will want to especially explore in this module?

Case 3 -Spirituality

Noor is a 55 y/o, married Sunni Muslim Pakistani woman on disability, diagnosed with schizophrenia. Outside of three relapses triggered by big life changes, Noor mostly struggles with negative symptoms (e.g., asociality, low motivation). Noor scheduled a mental health appointment because she has been struggling to get out of bed. She explains, “What is keeping me in bed is a jinn holding me down. It stops me from doing my prayers and makes me lazy. I should do my wudhu and pray, but once I get out of practice, I feel guilty and avoid it.” Her husband is becoming increasingly annoyed with her because she no longer helps around the house with the cooking and cleaning and does not seem interested in communicating with their adult children when they call on the phone and visit.

Thoughts about this case? Anything you will want to especially explore in this module?

Case 4- Communication Training

Doug is a 60 y/o White retired male veteran, diagnosed with schizophrenia, who lives with his long-term girlfriend (Margaret). Over the past year, he has struggled to keep up with his chores and relies on his girlfriend to make most of his meals. This has led to fights that escalate into his girlfriend threatening to leave him due to his “laziness, lack of caring, and craziness.” Doug feels like a burden on his girlfriend and is also afraid to tell others in his life how much he struggles with his mental health. “I always prided myself, especially with my veteran’s group, that I was dependable and logical. If I admit to them that I have heard voices and had to go to the hospital, I would have to admit I am a screwed-up person.”

Thoughts about this case? Anything you will want to especially explore in this module?

Case 5 – Problem-Solving

- Maria is 36 y/o old Sephardic Jewish woman. She moved to the US 7 years ago from Spain to be with her then girlfriend (now wife) Seo-Jun, age 44 year, whom she met when Seo-Jun, a 44 y/o Catholic, Korean American, was studying Spanish in Madrid. Maria's first psychotic break with schizophrenia occurred at age 20 but she had been well managed on medication until 2 years ago, when Seo-Jun says she began arguing with imaginary neighbors in the yard, expressing fears about people poisoning her food at work (day care provider), and hiding things, such as Seo-Jun's bible in erratic places.

Thoughts about this case? Anything you will want to especially explore in this module?