

## Appendix I:3

### Vignette three: Mary

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*Personal details have been altered to protect the client's anonymity*

Mary is 58, currently single, living alone on a lifestyle block on the outskirts of the city. She works in an administrative role for a university. She has previously been married.

Mary self referred on the recommendation of a work colleague. She described an escalation of symptoms of anxiety, which have worsened since returning from 5 weeks leave in Australia. At the time of her self-referral she was upset by the sudden break up of her son's short marriage. She felt responsible for his poor choices because of what she perceived as a difficult childhood resulting from her failed first marriage to his father. She described a raft of physiological symptoms consistent with anxiety and expressed the fear that the panic attacks, which she had previously experienced, would return. She reports worrying a lot and tending always to expect the worst. She hates to be alone and frequently seeks reassurance from her GP concerning a large number of physical symptoms, many of which she associates with the onset of cancer. She has few close relationships and believes that she does not fit in, worrying about what people think of her. she tries hard to please. She often takes on organisational responsibility.

She describes her symptoms as chronic and fluctuating

She has had a long period of supportive counselling and has attended one anxiety management group. Neither of these interventions has reduced symptoms significantly.

Mary describes her background as middle class. Her mother was a homemaker and her father a business man. The family was staunchly Roman Catholic. Mary attended convent schools frequently changing schools (nine in total). Her mother suffered from grand mal seizures. She has two sisters, Mary being the eldest. Her father made it clear to the girls that he would have preferred sons. She described her childhood as difficult. Her father was highly critical did not express affection. She was 14 when her mother had her first epileptic seizure and she remembers being blamed for this by her father.

She described several episodes where, because of her actions, she felt vulnerable to punishment. For example after eating a lolly before communion she thought, "I will go to hell when I die". As a child she suffered from chronic asthma. During childhood she was involved in several motor vehicle accidents. One of these resulted in a broken arm. Her parents sent her to school without consulting a doctor.

She finally left home prior to finishing school. She travelled to Australia, married after becoming pregnant and subsequently had three sons. Her husband was extremely jealous, physically abusive and apparently a womaniser. "He could kill me at any moment". He kept her isolated and frequently interrogated her about relationships he suspected she was having with other men. She eventually "escaped" returning to New Zealand where she managed to find work and raise her boys. She tried to do things differently from her parents and give her boys "everything", working three jobs and becoming very active in their school activities. She continues to feel solely responsible for the way in which their respective lives have turned out.

She currently feels lonely and regretful about the course her life has taken. She is very resentful of her parents. Mary was somewhat flustered during the first

interview. She was well groomed. She had made copious notes regarding her developmental history, giving a somewhat over elaborated account. She found it difficult to stick to current difficulties

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