

Carla

- CM is a 17 y/o Latina referred to your clinic for treatment of “depression” by her pediatrician. She has had no prior psychiatric treatment. 6 month h/o insomnia, nightmares, irritability, sadness, poor appetite, poor concentration, and hopelessness. “Always tired and out of it” and has recurrent suicidal thoughts. She was raped in her room 7 months previously. She now always feels “nervous” there and is afraid to sleep for fear “it might happen again.” She made 4 suicide attempts in the past by Tylenol over-dose.
- CM wants to get married to her 19 y/o boyfriend who is a migrant worker. The pt’s mother is adamantly opposed to this and wants CM “to go to college and be educated so you can have a better life”. CM is upset by this “you are just embarrassed to have me marry a Mexican because you think you are better than him because you were born here!”
- CM’s parents separated 3 years previously after Mom found out that Dad had a different wife and several children in Mexico. Mom was born in San Diego but Dad was born in Mexico and is a migrant worker. Mother is a teacher’s aide at a kindergarten. She was treated with Zoloft for depression in the past. She feels that the medication helped her.
- CM identifies herself as “Mexican” though she was born in the US and has never lived in Mexico. She resents her Mom “because she always thinks she is better because she is an American and she can’t speak Spanish, whatever, she is Mexican too!”
- CM wants to marry her BF and be “a good wife, I want to cook and clean and do everything so that he loves me!” The pt’s Mom is very upset about this because she says the pt “will just end up on welfare with no health insurance and no money and a bunch of kids.”

Cultural Highlights

- Ethnic identity
- Acceptance of medication
- Acculturation
- Migrant boyfriend/ migrant father
- Early marriage
- Future life goals
- Education

Cultural Assessment/ Formulation

- Cultural identity
- Cultural explanation of illness
- Cultural factors related to Psychosocial environment/levels function
- Cultural elements of the relationship between individual/ clinician
- Overall cultural assessment for diagnosis and care