Case A : Rosanna

Rosanna is a 45 year old woman living in Brussels since three years, but coming from an Eastern European country. She is divorced, with an 8 year old daughter—the father still lives in Eastern Europe. She speaks several Slavic languages and English, but none of the Belgian national languages. She has a master degree in marketing and she has taught at the university in her home country. She is presently working on a PhD in Brussels. Although she has previously held important managerial functions in International Corporation, she is presently unemployed. She is living with her boyfriend who is working as a consultant at an international and teaches at the university. She has left her home country and prestigious job there in order to follow her boyfriend, in the context of what she is depicting as a passionate, romantic love relationship. However, she is reporting that her relationship with him is now problematic. In particular, they disagree about the education of her daughter and she feels her daughter is victimized by her boyfriend.

At the first session, Rosanna explicitly stated that her aims in psychotherapy were to reduce her especially toward her boyfriend.

She is reporting an almost permanent state of worry and rumination about her future, her writing block for her PhD, the education of her daughter, the relationship with her boyfriend, etc. This causes her sleep problems and bodily symptoms she is attributing to stress (such as headache). She presently has a very low self-esteem, because of her writing block, the failure of her love relationship, the impression of not being a good enough mother, her financial dependency, and the fact she has presently no job.

While she is reporting having had a vivid social life in her home country, she is presently socially isolated, missing a social network.

In order to cope, she is doing sport (running and aerobic), yoga and meditation.

She is judging herself harshly, attributing her situation to a lack of courage and will, and to poor judgment.