

Biopsychosocial

Emma is a 13-year-old gender fluid Caucasian. Emma attends Bellamy Middle school in Chicopee and is in 7th grade. Biologically Emma was born as a female and in most social places she identifies as female. However, in her social circle of friends she identifies as male (most of the time). She has reported to me that she feels more comfortable being referred to using “female” pronouns. Currently, Emma has a boyfriend, who is biologically a female but identifies and expresses as a male, who is one of the only individuals that she confides in.

Emma’s parents separated when Emma was nine years old (2012), just after her little brother was born. From 2012 to 2014 Emma did not see her father, then in 2014 she began living half of the week at her father’s house. Emma’s parents have shared custody of her and her little brother. From Saturday until Tuesday night Emma and her brother are with their father in Chicopee and from Tuesday night until Saturday Emma and her brother are with their mother in Westfield. Emma reported that both of her parents have significant others and within session Emma refers to them as step-parents. Emma reported that neither of her parents are married. In addition, Emma stated that she has one step brother who is two years old from her father and step mother. Due to the separation for two years Emma has major trust issues with her father and struggles with heightened anxiety and depressive feelings while she is at his house.

This particular individual was diagnosed with general anxiety, which started about two or three years ago (2014). Emma stated she started feeling "jittery" and nervous throughout the day. Emma’s father stated that she went to school in Westfield, MA (where her mother lives) until the end of 6th grade and then was transferred to Chicopee Schools. The father reported that the transfer happened due to bullying and one teacher giving her a hard time. At the start of therapy, Emma stated she felt anxious or nervous; racing thoughts, worries, feeling stressed, and had

panic attacks about five times per week. Also Emma has reported to me that she fears leaving her house and being in places with a lot of people. Lastly, Emma stated that she struggled with attention and focusing while in school.

Emma's father is also diagnosed with general anxiety and panic disorder. However, she has stated to me multiple times, "he does not understand what I am going through. I do not get why because he has the same thing, but when I begin to panic he yells at me and tells be to stop and relax." Emma has told me multiple times that the only person that understands her is her mother and while at her house she feels relaxed and happy.