**Lisa: Case Study**

Lisa is a 16-year-old girl referred to you by her school guidance counselor. Lisa is described as a very bright girl who does well in school but who always has been worried about her looks. The guidance counselor made the referral because Lisa’s teacher reported that Lisa appears withdrawn and not herself lately. Lisa weighs herself daily and records every shift in her weight. She also seems extremely conscious of the food she is eating. Regardless of how many of her family and friends tell her she looks great, Lisa still believes that she needs to lose weight.

Lisa’s mom Laura calls to make the appointment for therapy. Laura was very pleased about the referral to therapy because she has felt for some time that there have been problems building with Lisa. Laura explains that she is very concerned about Lisa, who used to be a very sweet and cooperative girl and now she is extremely defiant at home. It can be a struggle to get her to join the family for meals as well as a struggle getting her to do any of her assigned chores. Laura also feels that Lisa walks around with a bad attitude toward the family all the time. Lisa used to be involved in playing team basketball but recently decided to quit the team. You also learn that Laura and her husband Tom both work full-time jobs that are stressful. Tom is an executive at a local advertising firm, and Laura works full time selling real estate. The family income has been greatly reduced recently due to the downturn in the real estate market.

Tom thinks that Laura is overreacting and that Lisa is a normal 14-year-old girl. He believes she is going through adolescence, which he understands as a difficult time for kids, and he thinks that Laura needs to accept that Lisa is growing up. Lisa has a younger brother who is 14 years old and who is considered the clown of the family.

Lisa at times is open to attending counseling and, at others, she wonders how it can be helpful. Scheduling the first appointment was challenging, mostly because Laura and Tom have very challenging work schedules. During a conference call with you regarding scheduling the first appointment, an argument broke out between Laura and Tom about how busy they both are and why the scheduling of the first appointment was so difficult. Tom appeared frustrated that they would now have the added stress of a weekly therapy appointment to fit into their lives. He wondered if he needed to attend the sessions. Laura complained about how they are living their lives, and Tom was frustrated that Laura was making a big deal out of things. They finally scheduled the appointment with you after 20 minutes on the telephone.