

Lisa Case Study

Using Realism, Curiosity, and Skepticism

Your name is Lisa. You are 17 years old.

- You have just completed a home pregnancy test that confirms that you are pregnant.
- Your boyfriend broke up with you last weekend.
- Your mother is a single parent raising you and your two younger brothers.
- You will be graduating from high school in 6 months.
- You have been admitted to the state university with an athletic scholarship in soccer.
- You will be the first member of your family to go to college.
- You are very scared about losing your scholarship and disappointing your hard-working mother.

1. In your counseling with Lisa, be focused on staying “realistic” with her. That is, pay attention to the obvious. It involves using all of your senses and not relying on descriptions or definitions but what you can see, hear, and know for sure.

2. In your counseling with Lisa, be focused on staying “curious” with her. In order to provide Lisa correct information and help her in the present, what additional information would you like to know?

3. In your counseling with Lisa, be focused on staying “skeptical” with her. That is, take nothing for granted. What are some of the facts that you might want to verify before accurately advising Lisa?

Additional Information

Additional information Lisa imparts later in counseling:

- The ex-boyfriend is the only possibility for the father of the baby.
- They had proposed to be careful, as to not get pregnant, but in the heat of passion, they let their guard down, and now Lisa visits a health clinic, maybe a Title X clinic, to confirm her pregnancy.
- During her first visit, she gets a pregnancy test, along with tests for sexually transmitted diseases. Then she meets with the counselor/health educator who confirms that Lisa is pregnant.
- Lisa tells her counselor that she became pregnant by “accident.”