



## A Divorced Mother Tries to Balance School and Childcare Responsibilities

Counseling session

Material Projectable

Chung counsels a divorced Jamaican woman who is the mother of two children and also a full-time graduate student. The client expresses anxiety about maintaining her own high standards of performance in school and concurrently fulfilling her responsibilities to her children. Chung explores with the client the reasons underlying her anxiety and failure to request the assistance she needs. Chung empathically challenges the client to examine her expectations of herself and her resistance to change

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