

Shae

Shae is a 23-year-old African American non-binary queer-identifying individual who uses they/them pronouns and presents femme. They work as a line manager at a box production company and is married with a 3-year-old daughter. They have a diagnosis of Schizophrenia and experience voices telling them negative things about themselves and delusional thoughts that they might not actually exist. These thoughts are particularly distressing to Shae and you decide together to focus on them in therapy.

In social situations Shae is quiet and anxious and experiences thoughts that they might not actually exist and may in fact be invisible or just a figment of someone else's imagination. As a consequence, Shae has stopped attending social events and doesn't talk to anyone at work. Shae states that these thoughts started happening after they came back to work from parental leave and the birth of their daughter. This was also around the same time that Shae came out as non-binary to their boss and requested people use they/them pronouns.

Over a few sessions Shae tracks how often this thought happens (~5-12 times per day), how convincing the thought is (~50-70%) and how distressing the thought is (6-8/10 distressing). Shae noticed that these thoughts are more likely to happen on days when they have to run manager's meeting and on days when they need to leave work early to take care of their daughter.