Vulnerability Factors/Early Experiences

Member of historically marginalized / discriminated groups (AA, LGBTQ+) = increased risk for MH challenges.

Core Beliefs

"I'm not a good parent" / "I'm not ready to be a parent" "I'm not capable / I won't succeed"

Precipitants

Returning from parental leave

Came out as non-binary

Triggers & Modifiers

Running management meeting – stressful tasks

Leaving work early to do childcare

The Problem

T: I don't exist / is invisible

F: distress, anxiety

B: social withdrawal, stopped talking at work / communicating

Maintenance

Not interacting with people

Thoughts: "If I am invisible, it's ok if I fail"

Treatment Targets

Symptom Tracking: what is the relationship between thoughts and their mood, and identifying any If... then statements that are activate.

Behavioral experiment: test belief that Shae is invisible by sending a picture to a friend in the moment.

Behavioral Experiment: approach social events rather than avoid & test if invisible > how does this change the belief?

Cognitive intervention: helpful/not helpful true/not true.

Maintenance

Thoughts related to being a parent: "I only exist as a parent" / "I no longer have my own identity"