**Leilanie B. Post to week 3 discussion 1**

Case #2

Growing up with strict parents is often hard on children. Sometimes parents put too much pressure on their child and their child feels they need to do things or act a certain way or go into a profession they do not like simply to make their parents happy and not disappoint them. Even as a young adult many children still feel these stressors when it comes to their parents. Some parents put lots of stress on their children to be something more then them or are simply living their dreams through their child. Either way this is not healthy for the children who endure these types of parents and their parenting skills. I can not personally relate to these types of parents, as my parents allowed me to be my own person, however, I have seen many cases where the parents put stress and anxiety among their children to grow up the way the parents see fit.

Chrissy is experience this even at 28 years of age. Chrissy is of Argentinean descent and the tradition within her culture is that the man goes out and makes a living for the family and the women stay at home and do wifely duties and raise children of her own. Chrissy has big plan to become an independent entrepreneur, as she wants to start a designer clothing line for pregnant women. However, she knows this goes against everything her family believes. This has bothered Chrissy so much that she often has had symptoms of depression and chronic passive suicidal ideation with a plan, but she had no intent to commit suicide.

When looking at her situation from a sociocultural perspective, I can see that her current behaviors of depression and passive suicidal ideation comes from the stress put on her by her Argentina parents and their cultural and way of life. They are making her feel like she must continue to be a “woman of their culture” and be a stay-at-home mom and raise the children. The fact that this causes Chrissy so much depression in her life that she wants to die but not commit suicide is something major that needs to be addressed promptly. At the tender age of 28 she should be planning out her life, not being depressed and wishing she could die simply because of her family.

I feel this is something very important that Chrissy needs to talk to her parents about. Engaging in a family therapy program would be beneficial to both Chrissy and her family. A family or group therapy could help Chrissy gain the courage to tell her family that she wants to be an independent woman and not be a stay-at-home mom for the rest of life. With Chrissy standing up to her parents and remaining strong, maybe this will help her parents understand her perspective and finally let her be her “own person”. I don’t think Chrissy will need any type of medication at this point, I feel her symptoms are based solely on her hiding her wants and needs from her family and feeling “trapped” within her own life.

PSY645 Fictional Sociocultural Case Studies: <https://ashford.instructure.com/courses/82266/files/15126549/download?wrap=1>