

Names and ages:

Sara, 15 yo female

Marta, 42 yrs old, biological mother of Sara

Giovanni, 28 yrs old, older brother

Julia, 13 yrs old, younger sister.

Main reasons for involvement in mind/body group therapy:

Insomnia, anxiety, diffuse muscle tension in body especially neck and shoulders of mother (works on computer)

How long has condition lasted: about a year for Sara and her siblings; about 4-5 years for mother

Alleviating factors: trazodone for insomnia used to work for mother (medication) but it not longer works. Melatonin also used to work for both mother and Giovanni, but it does not work anymore.

Aggravating factors: caffeine, horror movies

Past Medical History:

Sara with asthma

Mother, Marta, with hypercholesterolemia, Type II Diabetes

Giovanni and Julia with no medical conditions reported.

Past Psychiatric History:

Sara with diagnoses of post traumatic stress disorder and social anxiety disorder; in therapy and sees a psychiatrist

Marta has PTSD and sees a therapist

Brother with anxiety disorder and sees a therapist.

Anxiety disorders on Sara's maternal family's side; maternal grandmother with anxiety

Deny family history of suicide and substance use.

Allergies: no known drug allergies in any member of group

Past Mind/Body therapies: Sara, Giovanni, and Marta have learned breath techniques in therapy. No exposure to asanas of yoga. Express interest in learning more about mind body techniques (all in the group).

Medications: mother takes medication atorvastatin, and metformin. Client takes sertraline for social anxiety disorder and PTSD.

PCP: All members of the group have a PCP and seen at Vallejo Family Health (Sutter Health). All family members have had a PCP appointment within the past year.

Social History: Giovanni lives at home with mother, is saving money to rent his own apartment. Works full time at grocery store. Sara is in school 10th grade. Has been missing school due to anxiety. Mother works as a receptionist and also misses work due to poor sleep and anxiety. Father lives with family; history of domestic violence that has stopped but father who was perpetrator still lives in the home. Family has had their home broken into as well. This was a traumatic experience for all members.