

Utt. #	C or P	Content of Utterance	Code
1	P	Hi Emmy, I'm Denise. I'm one of the advocates here at the center.	
2	C	Hi.	
3	P	How are you today?	
4	C	I'm fine. Little strange ... feeling strange for this, but okay.	
5	P	Yeah, it's something really different for you.	
6	C	Uh huh. I've never done this before.	
7	P	Well, why don't you tell me a little bit about what brings you here today.	
8	C	I'm not even sure. I um ... heard about this place and that you work with women that are having trouble with a relationship or are confused, and so I thought I would give you guys a call.	
9	P	Uh hmm.	
10	C	And so thank you so much for taking the time to see me.	
11	P	Yeah. So you've heard a little bit about the program here. Would it help if I explained a little bit about what my role might be today?	
12	C	Yeah. Yeah, because I don't know what to do.	
13	P	Yeah. What I want to reassure you of is that I'm not here to try to tell you anything that you might need to do or try and give you advice or information at all. I'm here to help you in whatever way is useful to you to sort of sort out what is going on and what, if anything, you'd like to do differently. So this is really up to you what you would like to explore today. How does that sound?	
14	C	That sounds really hard, because I'm not sure I'm very good at sorting things out myself.	
15	P	Yeah. Yeah. So right now you're feeling a little overwhelmed with everything that's going on, and you're not even sure where to start.	
16	C	Yeah, that's a good way to put it. I'm kind of confused about what to do next. I have a little baby at home, so I don't ... I can't think anyway most of the time.	
17	P	Yeah. So now any kind of decisions you try to make affect both you and the baby.	
18	C	Uh huh. And my boyfriend, if affects him. That's why I guess I'm here, is to talk about him and me and the baby and how we work together.	
19	P	Yeah. Well if you are interested or willing, why don't you tell me a little bit about your story.	
20	C	Um, I don't know where to start. He and I have been together for about a year, and I got pregnant right away. We've just had this baby a little while ago. Before that I was working and ... He and I, we're on and off here and there. We get in fights, and he disappears for a while then comes back. That's kind of what the year has looked like. I just been getting more and more confused on what to do. Recently, he did something really ... that didn't even look like him, he looked like a different person, and it freaked me out. It freaked the baby out, and quite honestly it freaked him out too. He said he didn't know what happened. He said he felt out of control.	
21	P	So in the history of the relationship over this year, it's kind of been in and out in a way, and there have been some incidents where you've had some arguments and then you separated for a while and gotten back together. It does sound like something pretty significant happened that sort of freaked everybody out.	
22	C	Uh huh.	

23	P	All of you; the baby and you and him ... and was kind of scary.
24	C	Yeah, he came home and a friend had come over, a man friend, he doesn't like me to have man friends. He came over to help me with my resume, because I'm starting to think about going back to work, and he had a weird look in his eye. So, I kind of sped up and kind of let my friend leave, but as soon as, right after he left he just kind of got this dark scary look and he pushed my onto the ground. And it was just different than anything that has ever happened to me or to us together. He just got this weird ... kind of like he was possessed or something. He said that he would never do that again. He such a really good daddy, and he helps us out a lot ...
25	P	So in a way, it doesn't, it didn't really make sense to you or to him, because on the one hand he is really good with you and with your child, but on the other hand it was just like what is this, something really different.
26	C	Uh huh, yeah. He really helps us out, and I didn't know what to do with that. So that's why I guess that feeling that I have had has prompted me to call somebody to figure out what to do.
27	P	Well, what are your thoughts right now about some of the options out there for you to do, if anything? What are you thinking about?
28	C	I haven't talked to anybody for a year really.
29	P	You've gotten pretty isolated.
30	C	Yeah. Yeah, I haven't ... my parents live pretty far away. And I guess ... my boyfriend is kind of ... I guess the word is jealous. He just really cares about us. So, I haven't had a chance to really talk to people about what some ideas would be. What could I do? I used to work, and I was kind of looking forward to working again. He's sort of made it clear that I don't need to work, because he's going to take care of us. He brings home diapers and gives us some money when he's around, and so ... we really don't need it most of the time.
31	P	Uh huh. So you had been thinking about maybe going back to work and doing some of that on your own, and yet he doesn't really, he's expressing that he'd like to be able to take care of you. And when he's there, he does take care of you.
32	C	Yeah, yeah. He does take care of us. He is a ... he makes sure that I have enough money for basic needs in the house, and he pays the rent. But, you know when he is gone and I run out of money, it just that's when I think I just wish I could do a little bit by myself. I'm just not sure how to go about doing that.
33	P	Yeah, because that leaves you in a real bind when you're there, and you don't have what you need.
34	C	Uh huh. And I don't know who to talk to about that. I try to call him sometimes and make up and say sorry for the fight we had. Sometimes that works and sometimes it doesn't.
35	P	Yeah. So you kind of find yourself, when you are in that bind, trying to find ways of getting what you need. Yeah.
36	C	Yeah. Yeah. So I don't know how to do this. I don't know what to do next. I'm not very good at it.
37	P	Well, I just want to say that we can go over some things that are potential to talk about, to really focus on that might help you. I just want to let you know I really appreciate how hard this is to be able to talk about it, and it's not an easy situation and you're definitely not alone. I really appreciate your willingness to talk about it.

38	C	Thanks, it's really hard to.	
39	P	Yeah. There are lots of different things we can talk about that are, that many women in very similar situations find themselves, and things that we can talk about and focus our conversation on that might help you just sort of sort out or figure out what, if anything, you want to do differently or how or what your next step might be.	
40	C	Okay.	
41	P	Some of those that we work with are like talking about the relationship. You've mentioned a few things about your relationship and how it kind of goes in and out, and it can be really good and then he can be gone for a while. Just sort of sorting some of that out and where you are with that. We can certainly talk about resources, about resources in the community that may be there for you or in terms of your own understanding, or if you are need of additional help. We can talk about those.	
42	C	Oh.	
43	P	We can talk about safety planning. I mean one of the important things is to try and help you find a way to make sure you feel good about keeping yourself and your baby safe. We can talk about that. We can talk about finances. You mentioned that you were thinking about going back to work, but you are relying on him right now. We can certainly explore that a bit more. Taking care of yourself, which ...	
44	C	Yeah right! [chuckle]	
45	P	Yeah. For many, many new moms that is hard under any circumstances to find a way to take care of themselves and keep themselves healthy. So that is certainly something we can talk about. And also just the whole issue of taking care of your child and your mothering, your parenting, how you might focus on that in this situation.	
46	C	Uh huh.	
47	P	There might be something else that you feel is really important to deal with right up front, uh just to start with. What do you think?	
48	C	Well, it's funny as you are showing me this that all I have been doing is focusing on the baby and being a good mom, and yet I'm also trying to think about getting a job, and I don't know how those two fit together. Even as I say that out loud, I'm not even talking about taking care of him, which is weird that I'm not even... When I look at this, these circles I'm looking at mothering and children and finances and that seems to be important, yet I spend so much time thinking about him all the time ... and right now I'm not.	
49	P	Uh huh. So you spend a lot of time already thinking about your relationship and really struggling with what it means and where it is. Now you're kind of thinking maybe I ought to think about some other things and see where I might go with those.	
50	C	These things; a job and learning how to be a better mother, be a ... might help the relationship, so that might be ...	
51	P	So it might be a way, focusing on yourself, get a job or look at the possibility of doing that, at the same time trying to incorporate taking care of your child. Those things might help you; free you up then to figure out what to do about the relationship.	

52	C	What to do about the relationship, yeah, what to do about the relationship. I'm not sure what to do with the relationship.	
53	P	Yeah. You know you're the only one that really will know about that, about dealing with the relationship, about when the time is right for any decision you make, one way or the other.	
54	C	I don't even know what to think about that. I don't know how to ... I don't feel like I've been making any decisions.	
55	P	Yeah. Well it sounds like you would like to think about making some decisions in other areas. When you think about... Is that right? Would you like to focus on just the possibility of getting a job? Is that something you would like to talk about?	
56	C	Yeah, and how to balance that with being a mom at the same time, because that sounds really hard!	
57	P	Uh huh. Well, you mentioned earlier that you had kind of been thinking about going back to work after the baby was born. What thoughts do you have about how you might go about balancing that and thinking about, thinking about that? What have you thought about?	
58	C	Well, I guess I think initially I would need his help more. He would need to help take care of the baby. He doesn't do that now, and it'd be kind of scary and I don't know what that would look like. So I would have to find some other help to get to be able to go to work, even just part-time, so I would have to find some childcare or something.	
59	P	Yeah. So you might have to explore some other options for the childcare and other ways of taking care of the baby so that you would feel okay about going back to work.	
60	C	Yeah, somebody I trusted. I'd have to figure out just the timing of that and a job that fit a schedule where I could still breast-feed and help her with her naps and make sure that I'm there for bedtime, all those important times. But make enough money to make sure it was worthwhile...	
61	P	To do it.	
62	C	Yeah. To be out and working and paying somebody. God, it sounds like a lot.	
63	P	It really does sound though like you're really deeply committed to taking care of your child and providing the kind of structure and things, the basic needs and really taking care of your child at the same time.	
64	C	Uh huh. It's very important to me. I didn't think I was ... I wanted to have children ... and then we did. So I would like him to be a daddy in that... Wow! I just realized I was thinking about him not being around to be the daddy, and I'm not really sure what to do with that. But the baby is the most important thing right now.	
65	P	Uh huh.	
66	C	I didn't realize that I spend so much time thinking about him all the time, and when's he getting back and does he love us. And why the heck did he do that weird thing? Why does he care about these other things he cares about?	
67	P	Being jealous and not wanting you to have friends.	
68	C	Uh huh. Why does he, and it has nothing to do with what I'm thinking about right now, which is the baby...	
69	P	But you've mentioned that a couple times now that it sort of surprises you the way you are thinking about and the way you are approaching it. You're	

		recognizing or seeing that you have spent a lot of time agonizing over, over the relationship and why things are happening in the relationship or what it really means. You've spent a lot of time there, and that kind of surprises you that you might be thinking about it differently.	
70	C	Hmm, agonizing. I guess that's what I've been doing. I feel like I've just hoping and wishing, and it seems like all my focus is always ... so when the baby is crying I'm worrying about him. So when the baby is crying it is a dist... it's hard, but if ... just now talking about, letting go of worrying about it feels kind of freeing. That I could actually think about why the baby is crying as opposed to why is he not returning my calls or why did he give that look when I talked about getting a job and things like that. It's not ... so huh. Interesting.	
71	P	So you're realizing too how much it really takes to focus on the baby and to be able to do it, and it's like I ... it's hard to do both.	
72	C	Uh huh.	
73	P	It's hard to really think about doing both.	
74	C	I need his help with that.	
75	P	Yeah.	
76	C	I don't need to be worrying about him too. I don't understand what safety planning means.	
77	P	Well, one of the things we look at is trying to help people in a situation similar to you where there might be some fear about something that could/might happen. I know you said he indicated that he wouldn't do it again, but sometimes it really helps people to feel, to have some plans in place for what to do if anything came up and how to get you and your baby safe, if that is what needs to happen.	
78	C	So, if he kind of got that weird look in his eye again, which actually I've seen before, but he just never really did anything like this before...	
79	P	It just went farther this time.	
80	C	Yeah. Um, okay, so if I recognized or saw that look ... what to do?	
81	P	Yeah. Yep, and sometimes that ties in with you know there might be places you can go to get safe, there might be steps that you can take to really keep yourself safe or make sure the baby is safe or people to call. Just things that you can do based on what your life is like and what resources you have available to you. Is that something you're interested in really exploring?	
82	C	Sounds kind of freaky to think I would have to keep myself safe from somebody who says he loves me and loves the baby. Sounds a little strange.	
83	P	In some ways, it just seems like it shouldn't have to be that way.	
84	C	No. It shouldn't have to be that way. But it ... I didn't expect him to do what he did either, so um, that kind of came out of nowhere.	
85	P	Really took you by surprise. It's something that you're just trying to figure out where, how does it fit...	
86	C	Yeah	
87	P	... and what does it mean, and what do I do with it. How do I respond to this?	
88	C	Yeah. It doesn't seem real. So I guess thinking about ... thinking about that ahead of time kind of makes sense.	
89	P	Yeah. Well, let me see if I got it all, and then we can make some decisions about where to move from here or how to take the next step with that. I want to make sure I understand a little bit about your situation. First of all, this is the first time	

		you have come in. This is the first time that you've had something that really happened. This incident that happened where he pushed you really prompted you to take some steps, because it scared you. And you are wanting to protect yourself and your baby, you really want to protect your baby. You have this relationship that's been kind of off and on, but he's been very supportive and helpful in terms of giving you, taking care of the basic needs and the baby's basic needs and wants to take care of you.	
90	C	Uh huh	
91	P	And there are times when it's really good. And there have been times when you have been less sure, and this incident has also kind of made you think about that.	
92	C	Uh huh	
93	P	Some of the ways you've been thinking about or are thinking about it now kind of surprises you, but you're looking at thinking about the possibility of maybe working it out to back to work a little bit so that you can have more financial independence, if you will, and be able to take care of yourself for those times that you need to.	
94	C	Uh huh	
95	P	And you're starting to toy with the idea of, that it might be useful to have a really good plan to keep yourself safe. Did I kind of get it all?	
96	C	That, yeah, that kind of captures it all. Yes, yeah, I don't know. I don't know where to start. Um, but I guess that's why I'm talking to you.	
97	P	Yeah. So maybe we can take that next step when we get together again, and we can do that. We just take the next step and start doing some planning in both of those areas; for keeping yourself safe and looking at the possibilities. Because there are options and resources out there, should you choose to make the decision to go back to work.	
98	C	Uh huh.	
99	P	There are some options for you.	
100	C	So there's someone that can help me work on my resume or something like that?	
101	P	Yeah. There are a number of options for a variety of things, and we can have some discussions about that.	
102	C	Okay	
103	P	How does that sound?	
104	C	That sounds good.	
105	P	Well, I really appreciate again you coming in today, and we will follow up with this conversation. And you will have hopefully to give you what you need to make any decisions that you need, and they are your decisions about what, if anything, you want to change and what your next step is.	
106	C	Thank you. I think I'll go get my baby from child care. And should we make another appointment or something?	
107	P	Yes, we'll make another appointment when we go out front.	
108	C	Thank you.	