

**Case #1**

Brianna is a 20 year old woman who gave birth to a baby girl ten weeks ago. She has a 2 ½ year old son who she describes as “hyper” and “a trouble maker”. She says that this baby is “quiet so far” and “sleeps pretty good”. Brianna returned to work at 6 weeks postpartum and states that she feels tired all the time and hates dropping her baby off at childcare because she doesn’t feel comfortable with the place she is leaving her. When you enter the home, the blinds are mostly closed and the TV is on. As you ask Brianna about her history with depression or anxiety, she tells you that she has been depressed on and off “pretty much her whole life” and that she did feel depressed during pregnancy but did not seek treatment because she did not want to take medication.