

Scenario

A 70-year-old client presents to the PMHNP for therapy. She reports feeling lonely. She's divorced with an adult daughter who lives out of state. Her relationship with her daughter is strained. She calls her daughter frequently; however, her daughter rarely returns her calls. Since her retirement, she is less socially active. With the onset of the COVID-19 pandemic, she has been socially isolated and is experiencing increasing symptoms of depression and anxiety