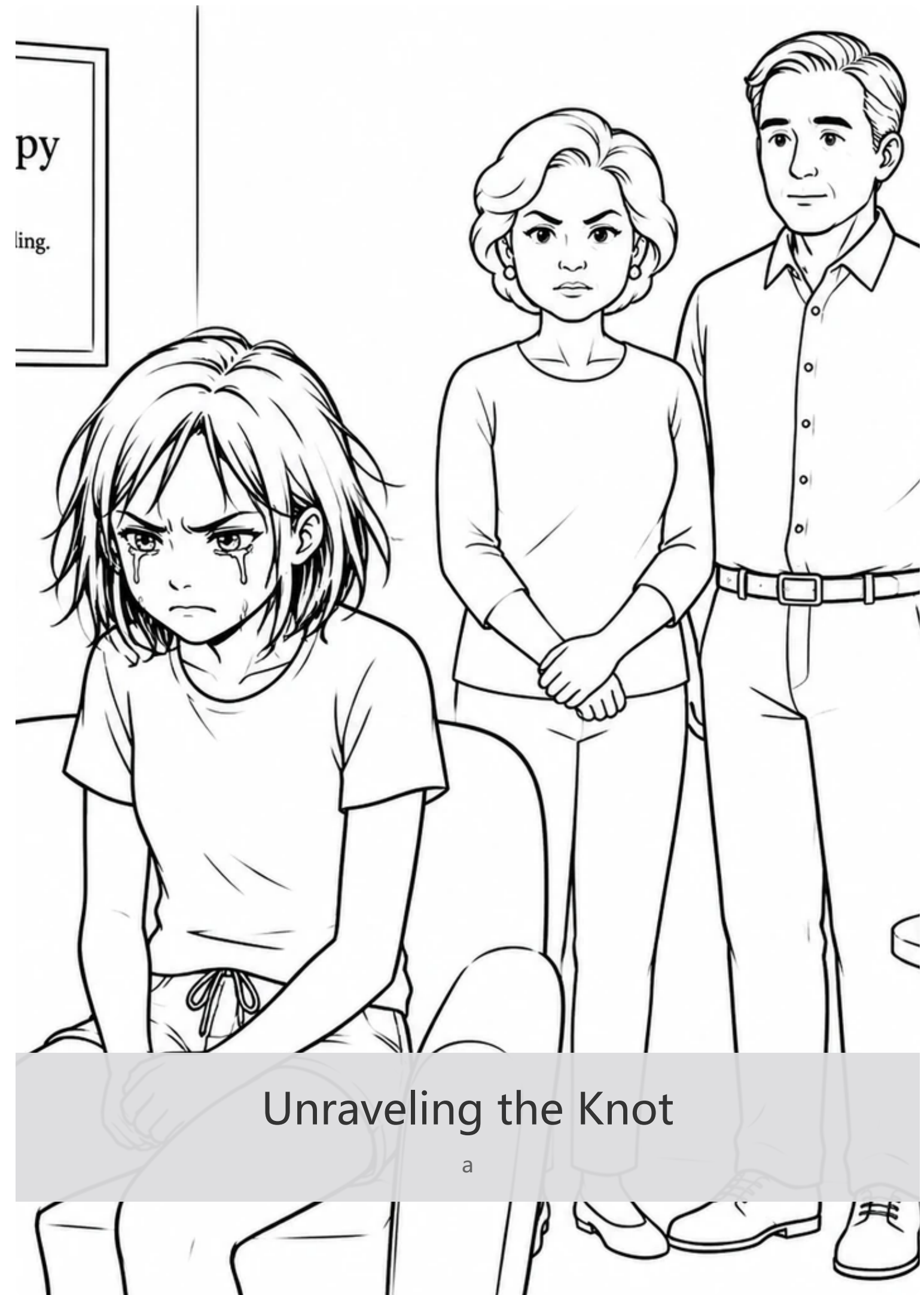
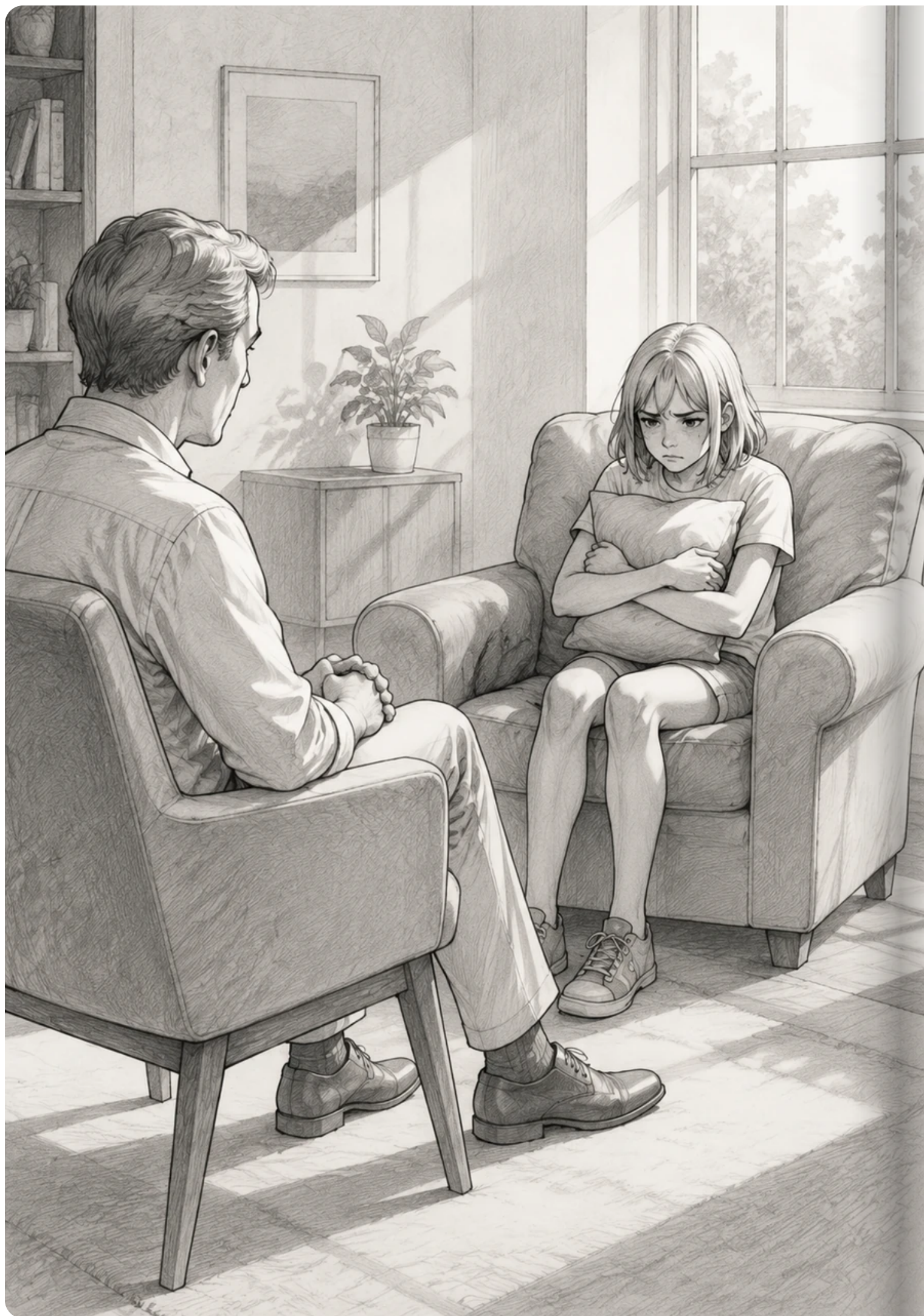


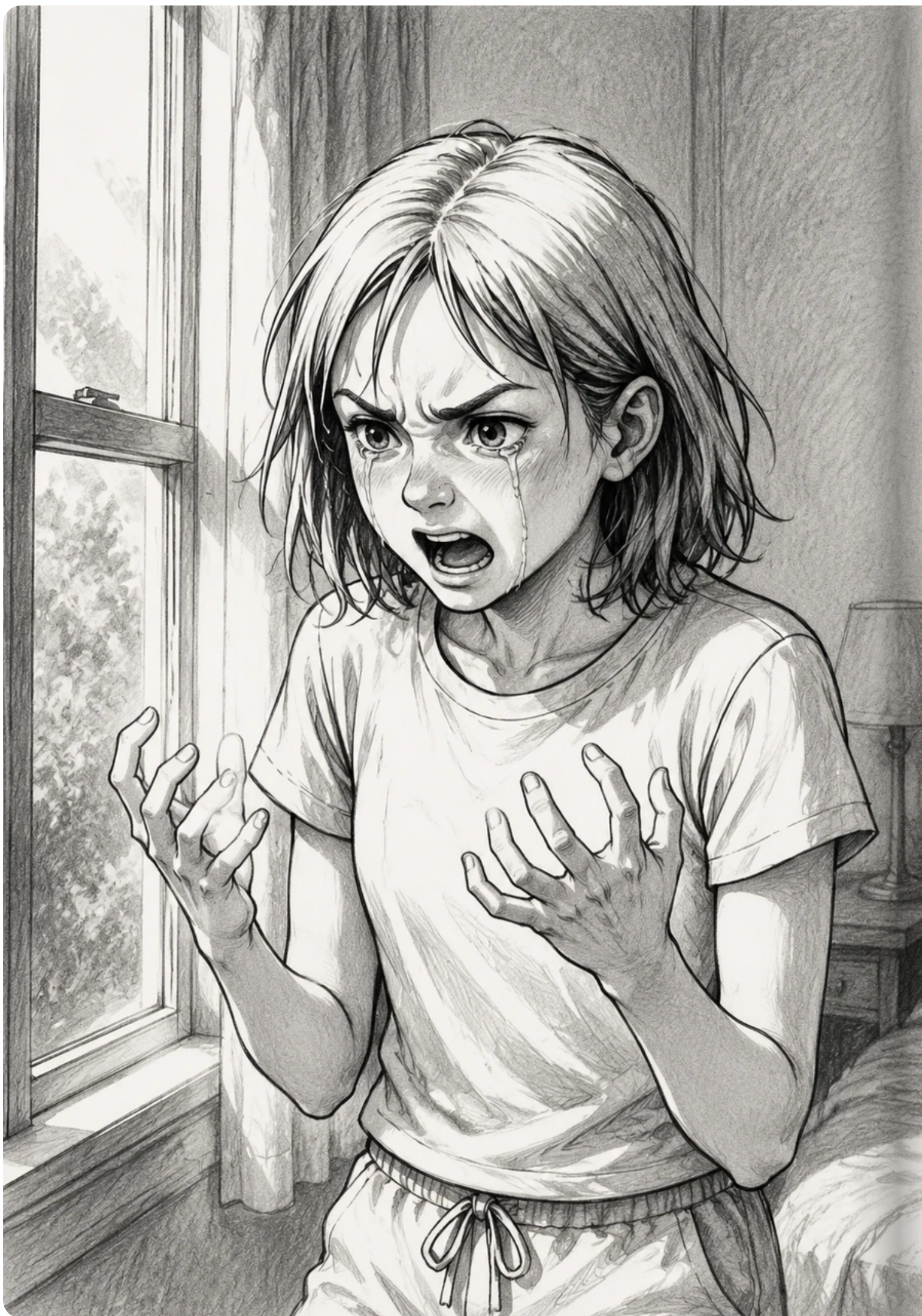


## Unraveling the Knot

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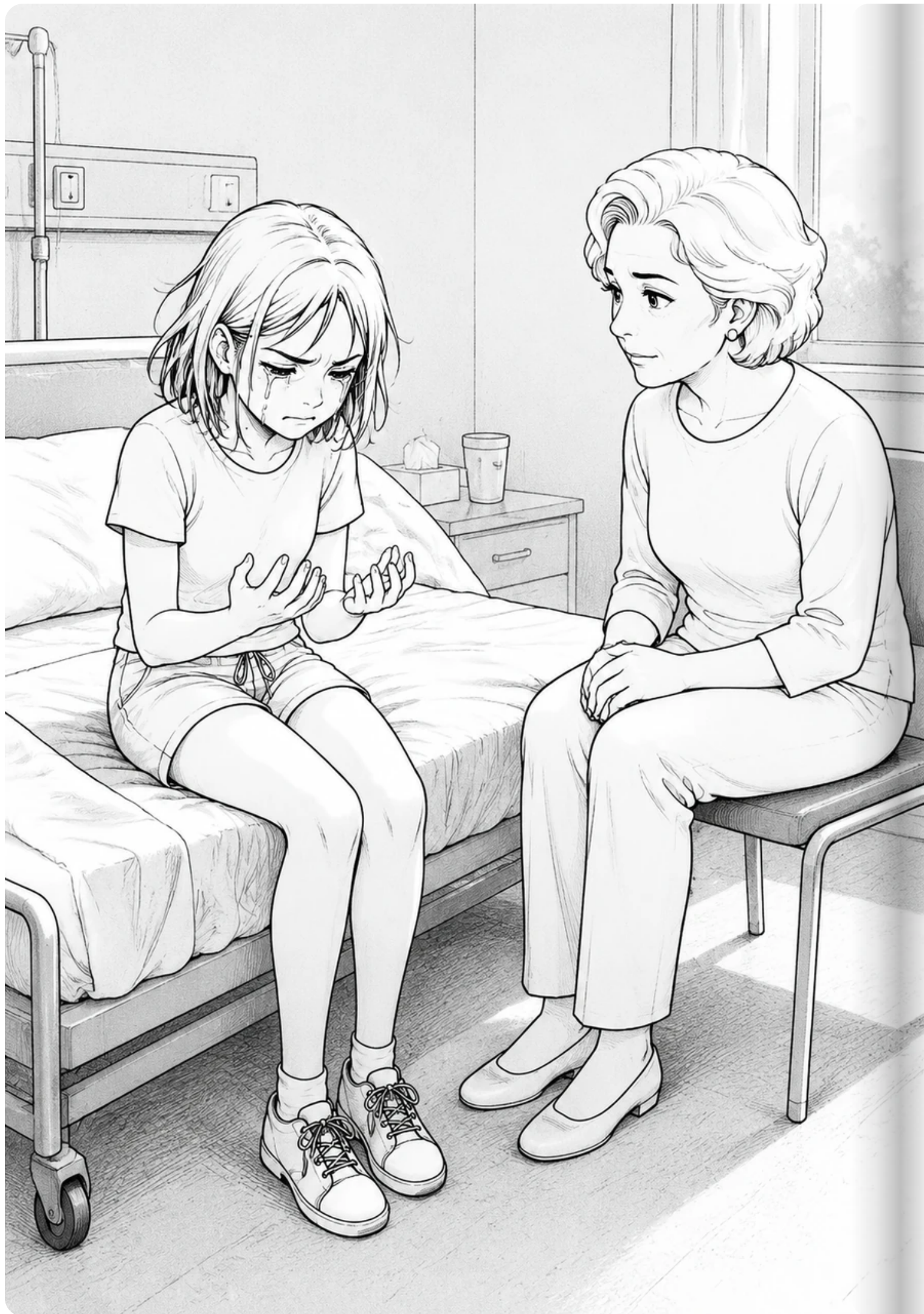


Dr. Evans sits in a quiet, sunlit office in the private adolescent psychiatric unit, waiting for his new client. A fourteen-year-old girl named Meghan slowly enters the room, slumping into a large armchair while clutching a worn pillow tightly against her chest.

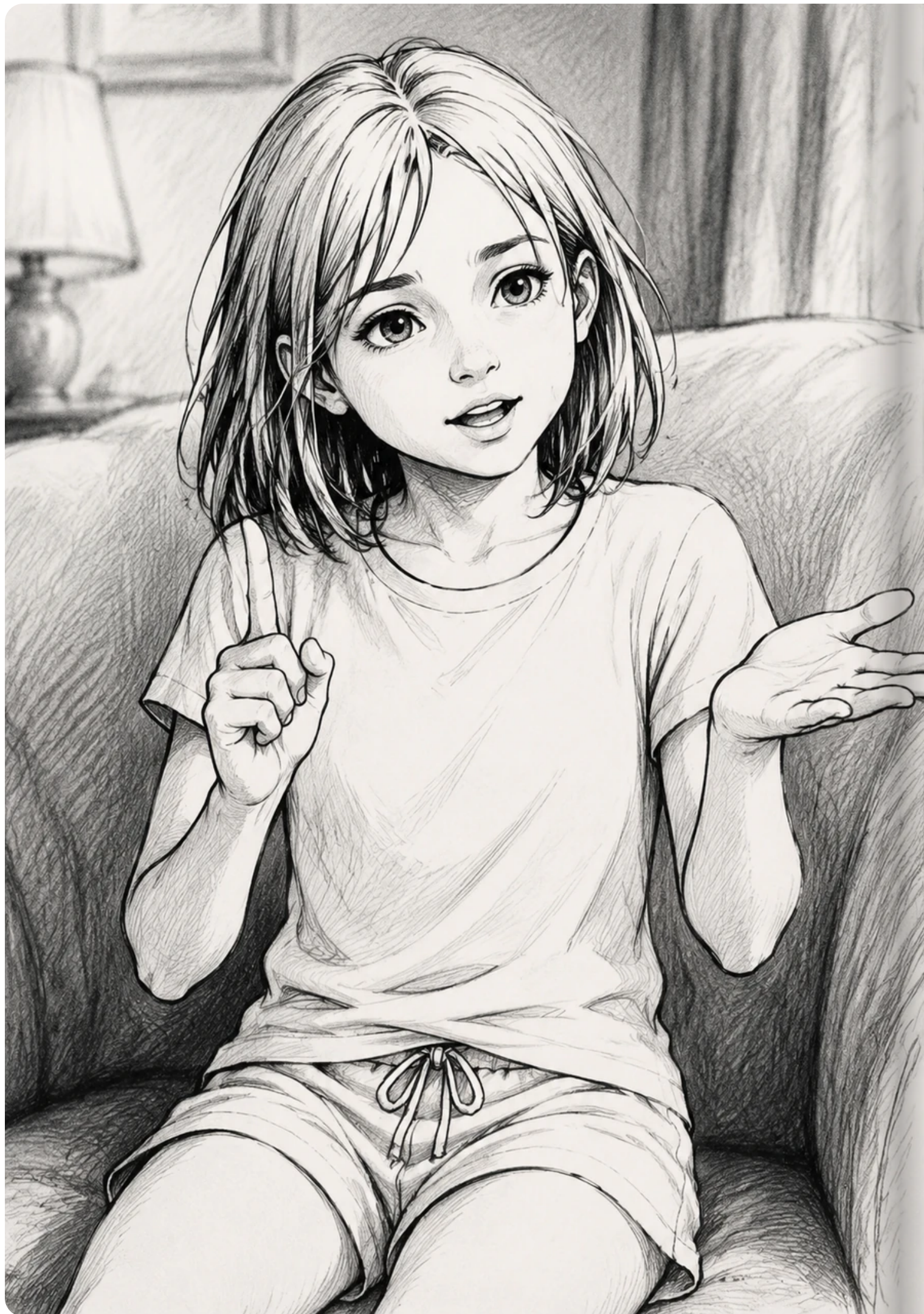


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Meghan stares out the window, her voice a mix of anger and exhaustion as she describes the explosive fight with her mother over her grades and her boyfriend. She gestures with her hands, detailing the impulsive moment she swallowed the pain-reliever tablets in her room before panic set in and she ran to tell her mother.



Dr. Evans listens patiently as Meghan shifts from anger to deep sorrow, crying quietly about how none of her classmates or her boyfriend have visited her during her thirty days in the hospital. She looks down at her hands, calling herself stupid and a reject, feeling entirely isolated from the world outside.

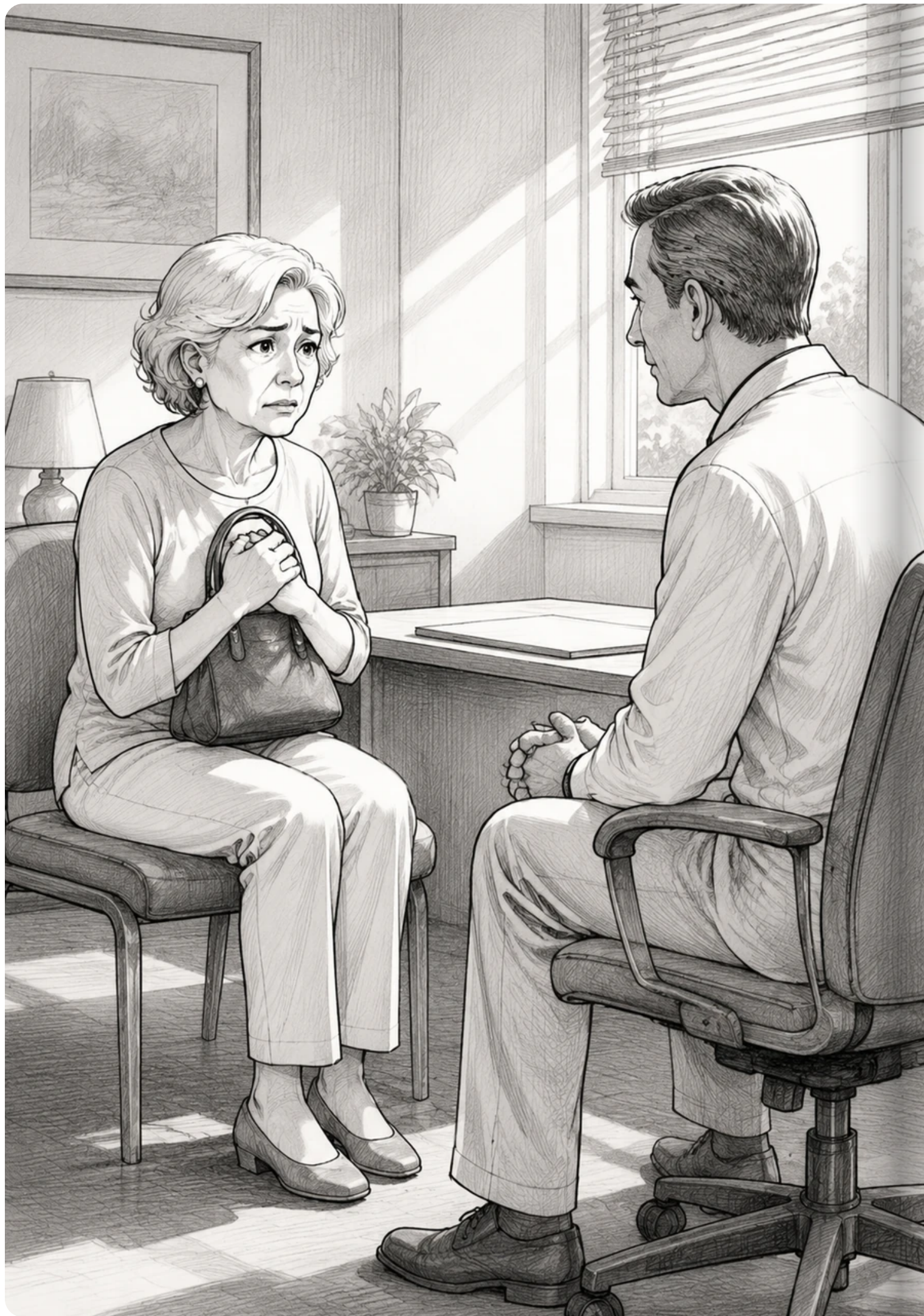


Meghan's expression softens slightly when she talks about her father, describing him as a great man who is simply too busy with his chemical engineering job to be home. She then mimics her mother's constant lecturing, complaining that her mother is always in her face, controlling every aspect of her life.



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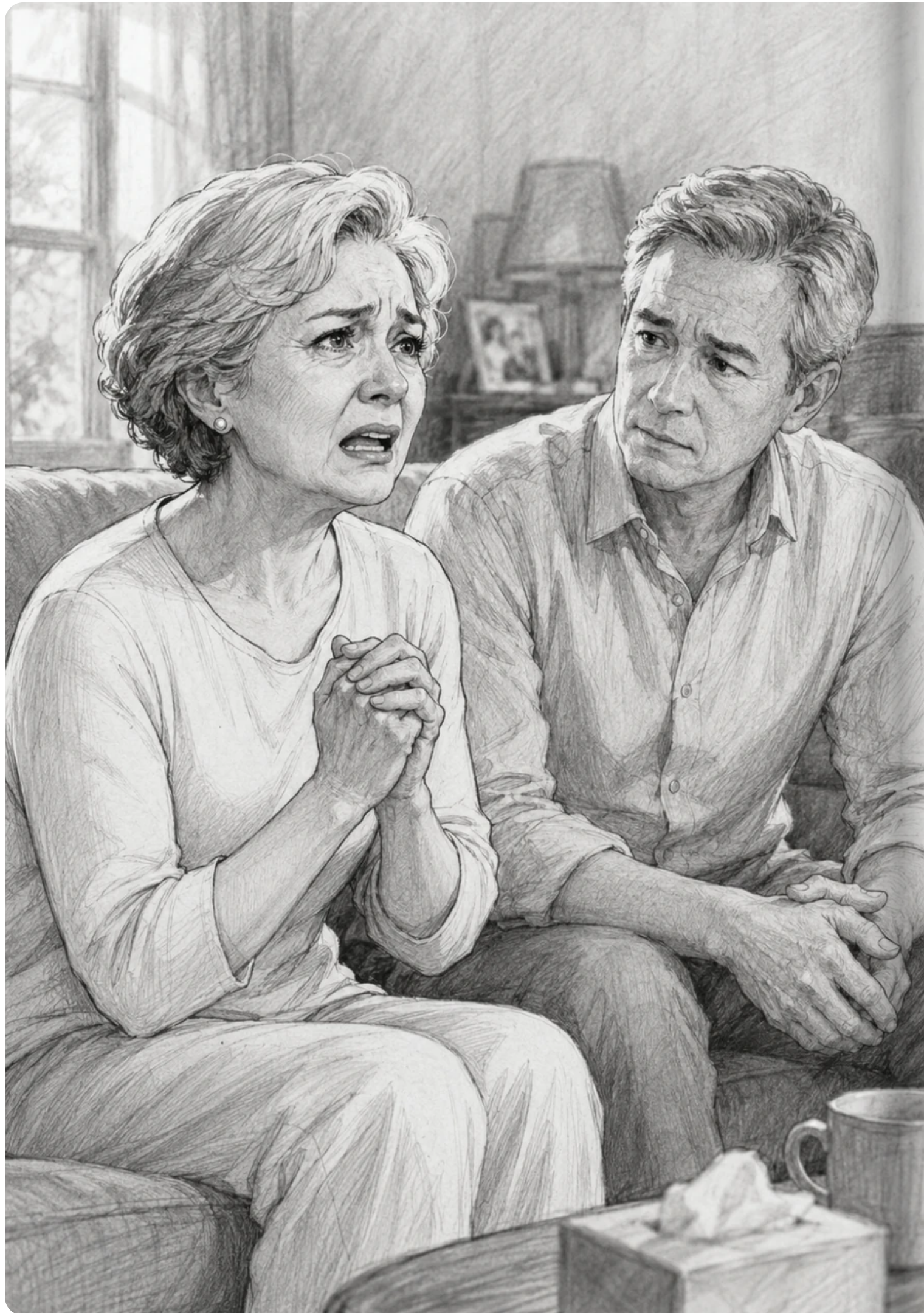
Meghan explains her lifelong struggle with school, recalling how she barely maintains a C average despite trying her absolute hardest. She admits she has given up on caring, which only fueled the daily, grueling two-hour screaming matches over homework with her mother.



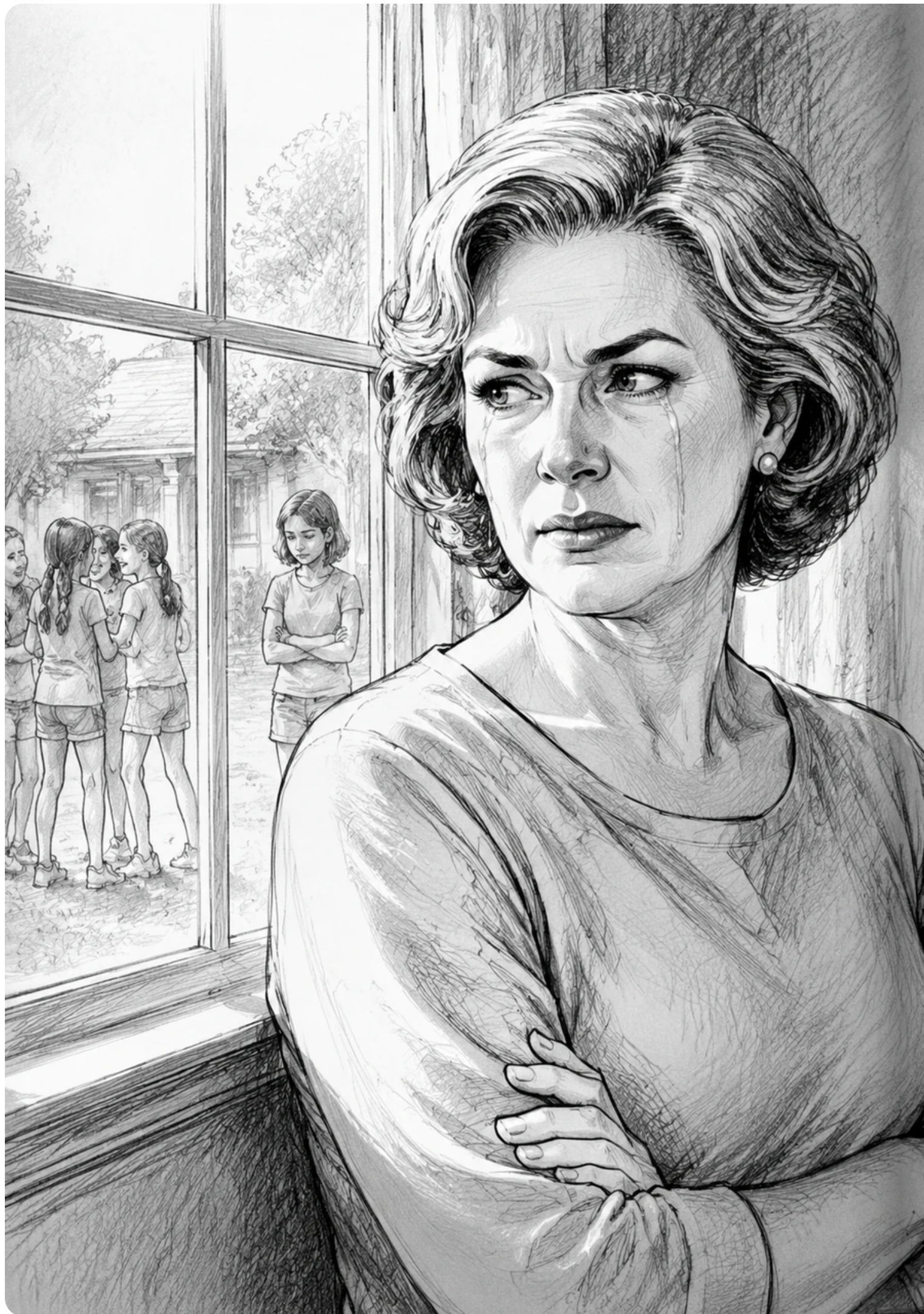
Later that afternoon, Dr. Evans meets with Meghan's adoptive mother, Mrs. B., who sits rigidly on the edge of her seat, nervously clutching her purse. Mrs. B. explains that she and her husband adopted Meghan at age two, eager to give her the loving, structured home they had always dreamed of.



Mrs. B. shares the sparse details of Meghan's infancy, explaining that her biological mother was a teenage drug user who frequently abandoned her with various acquaintances. She explains that after a long legal investigation, they were finally able to bring baby Meghan home, hoping love and stability would erase her chaotic start in life.



Mrs. B. describes how the trouble began in first grade, when teachers complained about Meghan's constant restlessness and incomplete schoolwork. She recalls her absolute horror when a school psychologist suggested a learning disability and medication, prompting Mrs. B. to reject the medical advice and redouble her parenting efforts instead.



Tears fill Mrs. B.'s eyes as she admits she could never fix Meghan's social struggles, watching other neighborhood children exclude her daughter. Her sorrow quickly turns to agitation as she questions if the suicide attempt was a manipulation to force acceptance of her controversial teenage boyfriend.



Dr. Evans sits quietly in his office after both sessions conclude, looking over his detailed clinical notes. He reflects on the complex web of early neglect, high maternal expectations, and academic struggle, preparing a treatment plan to help this fractured family begin to truly heal.