HANDOUT 18.4 PUTTING IT ALL TOGETHER ACTIVITY

Case Study 1:

Sanna comes to the center and says that she needs to speak with someone. As you work with her she shares that she always gets worried right before her husband comes home. She looks around the house to make sure everything is clean and tidy. She does this again and again because she knows that the slightest thing will make him angry and he will shout at her, calling her names. Yesterday, their son was playing outside and ripped his pants. When Sanna’s husband found out, he yelled at her in front of their son, telling her she is not a good mother and she is lazy. Sanna has heard her husband complain to his friends that she cooks badly and she spends too much money. Sanna had a small business in the market selling vegetables, but now she spends all of her time making sure that her house is neat; she has no time for the market and no longer has the money she needs for food. Even her family members tell her she needs to be a good wife and be patient. Sanna tells you she is very sad and has wished that she could take a deep sleep and never wake up.

Case Study 2:

Maryam and her husband, Ahmad, have three children and Maryam works at a cafe. Maryam works from early morning until the evening; she is tired when she gets home but she has to prepare the family’s food and wash the clothes. Ahmad takes the money that Maryam earns and spends it on alcohol. He often does not come home until very late and he is almost always drunk. He beats Maryam in front of the children and makes her sleep on the floor if his food is cold. He yells loudly so the neighbors know he is in charge of his house. Maryam is afraid of Ahmad and embarrassed that her neighbors hear him yell at her. The neighbors keep quiet even though they see Maryam’s bruises.