

CASE REPORT

A NEWLY MARRIED COUPLE SEEKING MARITAL THERAPY

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INTRODUCTION: I conducted a mental Health Assessment and Marital therapy / Couple Therapy of a young newly married couple at my clinic. Husband (Mr. A) was 28 years old Computer Engineer and wife (Mrs. A) was 23 years old, graduate and a team leader in sports (Football). They were married 3 months ago and it was an arranged marriage. The Marital therapy was conducted in the presence of Mr. A, Mrs. A, and her parents, in four sessions, each lasting for two hours in the month of April 2015. They felt a need to see a Psychiatrist, since there were severe marital conflicts with unconsummated marriage which made the couple think whether they should go for a divorce. My assessment revealed no major treatable mental health problems in the couple. However there was marital disharmony and discord due to incompatibility of both of their personalities. I could not identify any Personality Disorder which would fall in the DSM V category of cluster A and B and C in the couple. There was no past psychiatric history in either of them. There was no significant past medical history or a family history of psychiatric illness. A thorough physical examination was done with no significant abnormal findings. Baseline blood investigations, such as random blood sugar, complete blood picture and TSH was done and was found to be normal.

Premorbid personality of Mr. A revealed obsessive compulsive personality traits (Rigid, meticulous, cannot tolerate delays or untidiness; sticks to timetables etc). He is a heterosexual and had one premarital sexual relationship two years ago. Premorbid personality of Mrs. A revealed problems with her conduct and behavior, such as stubbornness, temper tantrums, irresponsibility and premarital sexual attraction towards her other team girls. There is a history of complaints to her parents regarding her unacceptable behaviour and history of being suspended by her Academy Principal for her misbehavior with her female friends (Such as being physically close with other team girls, touching them on thighs/breasts and massaging them), while at hostel and during camps. Prior to marriage Mrs. A was never close or intimate physically, socially or emotionally with any of her male classmates, relatives or neighbors.

There is a history of Mrs. A leaving home several times without informing her husband about her whereabouts, not being interested in her marital life with her husband; having no sexual attraction, passion or sexual interest towards her husband; finding it difficult to mate with her husband and asking to give her some more time to be able to mate with her husband; giving much priority to her female friend than her husband; being disrespectful, defiant and disobedient towards her parents, in-laws and her husband. Mrs. A informed me that, she was not interested in marriage but her parents got her married forcefully against her wish to Mr. A.

Mr. A complained that Mrs. A, spends a lot of time on phone chatting/ phoning, her female friend 'XYZ' (ignoring and neglecting him) with whom she has a deep emotional involvement. A month later, Mrs. A accepted that 'XYZ' is her close friend, and was in a sexual relationship with her, playing the role of a 'top' (Male lesbian partner) and that her female friend 'XYZ' was playing the role of a 'bottom' (Female lesbian partner). Later her parents also informed that Mrs. A, was in two sexual relationships each lasting for 1.5 years and 2.5 years, with two female friends over last 4 years. Mrs. A was playing

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the role of a male partner in these lesbian relationships. They got this information from the two previous sexual partners of Mrs. A and also from three other close friends of Mrs. A.

Mr. A also informed that a week ago, his wife had left home without informing him and he came to know that she did not return to her parent's house. She took up a job in the same city and was living in a working women's hostel on temporary basis and was having the plans of going back to her previous female partner to live with her, when the time was right. She refused to have further Marital therapy sessions and was wanting a divorce from Mr. A.

Concluded that, as per her tendency of behavior theoretically she is very close to the lesbian existence, based on the following features:

- Mrs. A Accepting that she was in a homosexual relationship with her female friend 'XYZ' prior to her marriage with Mr. A.
- Not interested in a sexual relationship with her husband.
- Having no sexual attraction and passion towards her husband.
- Asking to give her some more time to be able to mate with her husband.
- Ignoring her husband and spending a lot of time chatting and calling her female friend ; longing for her female friend.
- As per the history given by her two previous sexual partners and other three friends.
- Blaming her parents for getting her married to Mr A forcibly, against her wish.
- Wanting a divorce with Mr. A and having intentions to go and live with her previous female partner, 'XYZ'.

Adjustment Disorder was ruled out since there were no associated comorbid psychiatric symptoms and there was a clear history of her past behaviour (sexual relationships with two females). A diagnosis of personality difficulties and problems with conduct, in a Lesbian wife became a distinct possibility. Accordingly, Mrs A and her parents were advised Self-help Therapy,¹ Counseling,² Psychodynamic Psychotherapy and Conversion Therapy / Reparative therapy,³ to help her to change her sexual preference and reorientation, which they refused. Therefore, Mr. A and his parents were counseled and referred to an advocate for advice regarding divorce or to nullify the marriage.

NOTE: Lesbianism is not a mental illness. But the sexual orientation of lesbians is towards women and not towards men. Or they may also have bisexual sexual orientation both towards men and women. They may also have comorbid mental illness like depressive illness or an associated personality disorder, conduct disorder or substance misuse (Drug addiction or alcoholism).

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"Faust's Vision" by Luis Ricardo Falero reflects 19th Century perceptions of Lesbians

DISCUSSION: Lesbianism is the sexual and romantic desire between females. There are far fewer historical mentions of lesbianism than male homosexuality, possibly due to many historical writings and records focusing primarily on men. An example of lesbianism being illegal comes from records of the late middle Ages (1300-1500). England has never had any laws outlawing lesbianism, and at times (particularly the 17th-19th centuries) lesbianism has even been accepted.

Laws against lesbianism were suggested but usually not created or enforced in early American history. Section_377_of_the_Indian_Penal_Code makes sex with persons of the same gender punishable by law. Helping people step out of homosexuality,⁴ healing homosexuality,³ by a comprehensive counseling ², with a psychoanalytic approach,⁵ to help lesbian women to change their sexual orientation has been attempted by several Psychologists, like Joseph Nicolosi.³



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