

Case of Li

Li, a 17-year-old Chinese woman with asthma and allergies, sought services from a local rehabilitation counselor to acquire training as a computer programmer at a local junior college. She currently lives with her extended family, which includes her parents who came to the United States from Hong Kong 15 years ago, her paternal grandparents who were brought to the United States by her parents 5 years ago, and two younger sisters. Li and her two younger sisters were brought to the United States 10 years ago by her parents. The family owns a Chinese takeout restaurant where Li has worked full time for 5 years. Li tells the rehabilitation counselor that working in the restaurant has become difficult for her due to her medical conditions. Her father has been very critical of her during the last few years because she has not been very helpful in the restaurant.

After assessing Li's aptitudes, the rehabilitation counselor advised Li to apply for admission to a computer science bachelor's degree program at a university 100 miles from her family's home. He also encouraged Li to acquire assertiveness training in order to confront her father in regard to his frequent criticism of her and to assert her independence about leaving home to go to college. The rehabilitation counselor saw Li's employment as a computer software specialist, as well as living independently in her own apartment, as optimal rehabilitation service outcome goals. He felt that continuing to both live at home with her family and work in the family restaurant would aggravate her asthma and allergies.

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