



## CASE STUDY

- **25 Year Old Female**
- **Referred by: Liverpool Asperger's Team**
- **Reason for referral: Recent ADHD and Asperger's diagnosis, anger, impact of these on family and relationships. YP would like a safe place to explore these issues.**

YP attended YPAS counselling, and after an initial introduction to drop-in staff, she would attend there during times of crisis. Initial goals for therapy were to increase self-esteem, wanting to smile more, and to stop blaming herself and criticising herself for everything – to be kinder to herself. Also to learn to control anger and communicate more assertively. Young person explored impact of her diagnoses on herself and her family relationships. She explored how her emotions impacted on how she communicated with others, and how this might impact on their responses to her. Young person was referred to the Self Esteem and Wellbeing group, which she attended and completed. She returned for a further number of counselling sessions where she explored stress and the impact of this on her wellbeing.

**Goal Based Outcomes:** Self-esteem, confidence and wanting to smile more and not blaming herself for everything moved from 0/10 to 5/10 and controlling anger moved from 0/10 to 4/10.

**Core 34:** moved from 76 to 61

Young person was able to manage what was a difficult ending for her. We had built a good therapeutic relationship and was very sad about the ending, but she reports that she gained a lot from having a “safe” and “positive” ending. She reports that she has made many changes in her life and that things are much better for her.

During our work, she was diagnosed with Emotionally Unstable Personality Disorder, and is now on the waiting list to attend a structured therapeutic group for clients with PD diagnosis.

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