



# CASE STUDY

- **10 Year Old Female**
- **Referred by: Mum**
- **Reason for referral: High levels of generalised and separation anxiety**

YPAS provided a safe, confidential and trusting environment for the YP to explore their thoughts, concerns and issues, which they were finding difficult and making them feel unhappy. The anxiety was affecting their everyday life in many ways. They found it difficult to be separated from Mum and Dad, getting upset if they left the house. Also it was having an impact on their concentration at school, as the YP would worry as to the safety of each parent and what they were doing. The YP was missing out on fun activities including sleep overs with friends, attending parties or other events. Every evening the YP person would cry for reasons they did not know or understand. The main goal for the YP was to 'Stop getting upset at night time.'

Mum was concerned for the YP mental wellbeing, as there is a history of mental health issues in the family. Mum also wanted to see her eldest daughter happy.

YP's worries and fears were explored using art and crafts. Triggers were discovered that ignited the fears. Using the Cognitive Behavioural Therapy approach YPAS addressed the thoughts behind the fears and how these thoughts impacted on their feelings, emotions and consequently their behaviour. How a worry grows and how we then feed the worry was explored. We incorporated Psycho-education in a very visual way to help the YP understand how her worries and fears linked to physiological effect, emotions and behaviours. Detective thinking was used to evidence the worries and thought records to balance the automatic negative thought patterns.

We divided up the worries and put them into boxes as to who has the responsibility for that particular worry and explored and

rated the worry on the worry scale and considered solutions.

We used cognitive restructuring techniques and positive self-affirmation to incorporate positive thoughts about situations and their ability to cope in certain situations. Combing this with relaxation techniques gave the YP the confidence to cope with different and challenging events.

YP produced expressional and emotive art and craft work that helped them in understanding, explaining, discovering and perceiving their issues. Art and craft was also used to build their self-belief and self-concept to enable them to have the confidence to 'boss back their worries and confront challenging situations.

**The outcome** for the YP is that they now go to friends for sleepovers which means the YP has gained a larger social group of friends, they went on a school trip with a plan in place in case they became tearful or anxious, but the YP only needed to use one action in the plan once. The YP performed on stage in Blackpool in a dance competition. The YP completed their goal of not getting upset at night. The YP said they had learnt how to 'boss Back their worries and not let them stop her from doing things which made her happy.

Child Outcome Rating Scale:

Date	01/07/2016	30/09/2016	14/10/2016	28/10/2016	01/12/2016	12/01/2017
Score	24.2	30.8	35.4	37.7	39.0	39.3
	Probably	Probably	Unlikely	Unlikely	Unlikely	Unlikely

*"YPAS has really helped me and I would recommend it to anyone"*



Young Person's Advisory Service, 36 Bolton Street, Liverpool, L3 5LX

T 0151 707 1025 F 0151 707 1252 E support@ypas W www.ypas.org.uk