



CASE STUDY

- **15 Year Old Female**
- **Referred by: Safeguarding Services and Mum**
- **Reason for referral: Complex home life, come out to mum as gay, from a Muslim family this has caused a lot of family conflict. YP had expressed suicidal thoughts and was self harming.**

Young person was a 15 year old female, referred both through safeguarding services and through mum. Complex home life due to fact that she had come out to mum as gay, but as she was from a Muslim family this had caused a lot of family conflict. Young person had expressed suicidal thoughts and was self-harming.

Counselling sessions took place over the next 10 months with some breaks for GCSE exams and for summer hols. At the beginning of the therapeutic work she completed a full RCAD , which showed a high score for social anxiety of 25, and a high score for depression of 14. During the course of the therapeutic relationship these scores decreased down to 5 for social anxiety and 3 for depression.

During the course of the Therapeutic relationship we also set some **Goal-based outcomes**:

To try and feel a bit more relaxed and less anxious

To be healthier emotionally and be more positive.

These were set at 6 and 5, they then moved to 7 and 6, and in the final session were 9/10 and 10. This shows an increase of 3 /4 and 5 which is statistically significant.

My client also completed a CHI experience of service questionnaire. This again showed very positive evaluations and a comment that said:

'I felt comfortable enough to talk about anything.'

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