



CASE STUDY

- **22 Year Old Male**
- **Referred by: Talent Match**
- **Reason for referral: Young person was not able to engage in education, employment or training**

Using psychodynamic counselling and some transactional analysis the young person explored the past trauma and how it was impacting on their present.

By accepting the past can't be changed the young person worked at changing the belief and power the trauma had over them.

The young person was able to see their future without the belief that they were in danger and therefore able to seek employment and engagement with others without the fear of risk.

Using **CORE 34** the young person moved from 52 to 27 at their last session.

"I just wanted to say a massive THANK YOU for the support you have given our young person he is feeling so positive and refreshed. He is visibly less anxious and his confidence has really turned around. He is now on a traineeship and doing really well. He has said that you were a massive help to him and you've helped him to really turn things around; he feels positive and that he has battled with a few of the demons which had followed him around for so long. He is looking forward to the future and what opportunities may come his way. So thank you so much for the work you have done with him, we both appreciate it."

Intensive Mentor-Wirral

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