



# CASE STUDY

- **7 Year Old Male**
- **Referred by: Mum**
- **Reason for referral: To help with anger / emotional regulation and to explore feelings around Dad who is living abroad**

Initially a trusting and therapeutic relationship was developed to nurture the therapeutic process.

We reviewed different feelings and explored thoughts, behaviour and emotional triggers around them. Together we looked at the physiological effects of emotions particularly anger and included some psycho-education around how thoughts impact on emotions and in turn can influence behaviours. Strategies were introduced that the YP could use when he began to feel angry or emotional. This gave the YP a sense of self-awareness an understanding of his emotions and a sense of control. The YP enjoyed learning relaxation techniques to compose and organise his thoughts.

We used a variety of visual and kinaesthetic creative interventions developed around the YP interests, which included art, collages, clay and play, we also used visual imagery. This helped the YP talk about his Dad, who is living abroad, in a protective and holding environment, enabling him to explore and understand his feelings and anxieties relating to his Dad.

Together we worked on techniques to improve the YP self-esteem and introduce positive self-affirmation to promote a base of resilience to help the young person's well-being in the future.

**ROMs Data;** Child Outcome Rating Scale, Child outcome session Rating Scale and Parent Strength and Difficulties Questionnaire and parents follow up questionnaire. The Data evidenced an improvement in the YP emotional well-being

**CORS:** increase score from 26.7-36.8

**CSRS:** 39.0-37.9- 40.0

The YP felt happier and developed an understanding of his emotions around his Dad. He felt he had achieved his goal of being able to talk about his Dad and explore his feelings around his family. He said he had been getting on better with his brother.

He felt more aware and in control of his anger. His goal to be less angry had increased from 5/10-7/10

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

