



# CASE STUDY

- **Referred by: Child's GP**
- **Reason for referral: Been assessed by GP as having conduct disorder, child was referred by his GP due to difficulties in controlling his anger.**

Child came to this country from war torn country and had experienced scenes of war. Child had been assessed as having conduct disorder child was referred by his GP due to difficulties in controlling his anger; mum and school were experiencing difficulty with child due to the intense levels and duration of temper tantrums, screaming and aggression in both the family home and school setting. Child was also experiencing nightmares intermittently; these nightmares contain mum and child being killed. When experiencing agitated states child struggles to eat. Mum found child's behaviour difficult to cope with.

Mum completed parent /carer SDQ questionnaire on assessment that showed child to be in clinical range for conduct disorder with a score of 6 and behavioural difficulty (cd) questionnaire parent carer version which gave a score of 12

The incredible Years programme is a designed to help parent child relationships, and reduce problem behaviours in children. This is achieved by teaching parents specific skills to deal with problem behaviours and to promote and support the parent child relationship by the use of child directed play and praise to support positive interaction between parent and child.

Parent completed 10 incredible years home coaching intervention and created a smart goal to work on during this time being

### Outcome Based Goals:

For child to come and talk to mum in a calm manner start score -6.

By the end of the programme mum had reached a score of 9 on her goal.

Behavioural difficulty cd score had decreased to 4

Mum stated on the experience of service questionnaire on question what was really good about your care:

*"being given many tools to understand and deal with child and encouragement i received from the practitioner"*

On considering the incredible years final evaluation questionnaire - Mum felt that her relationship with her child had greatly improved.

Childs behaviour had improved. Mum reported that she was greatly satisfied with her child's social, emotional and academic development progress.

Mum found that practicing the skills along with weekly hand outs and talking with practitioner extremely useful and specific parenting techniques taught on the programme as extremely useful. This parent felt that the skills she had learned had helped her to gain a place on a child development course at her local college.

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

