

Clinical Case Study



Mental Health pathway - Olivia's experience

Issue

Olivia felt her struggles started 5 years ago when her parents separated, this was something Olivia felt guilty about. At the same time Olivia's Great Nan died and she began to worry about other family members dying.

Lockdown and having Covid twice led to Olivia feeling isolated and she found home learning stressful.

Our work

- We worked together on understanding what anxiety is and why we have it with a Fight, Flight, Freeze video and then using the Meercat, Elephant and Owl analogy for the different parts of the brain.
- We completed Hot Cross Bun formulations: Situation - Being in class. Thoughts - I can't do it, it's too hard. Feelings - Sad, down and upset. Physical - Butterflies. Behaviour - Sit in a ball, don't talk. You were able to see connections and identified a cycle of your own experiences and suggested you could try and change the way you think.
- Introduced Ants and Pets and looked at thought awareness, challenging and replacing with alternatives.
- We used the Take your Thought to Court format and managed to shift your belief that you were responsible for the war in Ukraine from 50% to 1%.

- We worked together on recognising the physical and psychological impact of anxiety and also what helps which includes breathing and grounding techniques.
- We finished each session with a meditation which helped Olivia to feel calm and this is another strategy she could use when feeling anxious.
- We explored the safety behaviours that Olivia used which is mainly avoidance.
- We looked at real and nearly real worries and how to tell them apart - 'what ifs'.

Healios impact

During the early sessions, Olivia developed a goal for therapy. This was what she specifically hoped she could achieve during the programme. Olivia's goal was to feel less self-conscious and more confident and this was to be measured by being more sociable with children in school and being more adventurous to go places, for example Go Ape. Her initial score was 5/10 where 10 is high and her most recent score was 8/10. Olivia reported feeling less anxious about attending school and experiencing enjoyment from activities with friends.

"Thank you for helping me have fun with my friends". Olivia