Counselling Service Case Study – Resilient Families Service

**Case Study: Supporting a Parent with a 14-Year-Old Child**

***Names within the case study have been changed to protect confidentiality.***

Sarah, a mother of a 14-year-old boy named Jack, sought support through the RCT Resilience team, where they were offered counselling sessions. Jack had been struggling with generalised anxiety for the past year, often feeling overwhelmed in social situations and experiencing difficulty concentrating at school. In addition, Jack exhibited signs of attachment difficulties, particularly when separating from his parents, which contributed to challenges within the family system.

During the counselling process, Sarah expressed concerns about how to provide emotional support to Jack without reinforcing his anxiety. Together, we worked on psychoeducation to help Sarah understand the nature of anxiety and attachment patterns. We explored person-centred approaches to assist Sarah in fostering a more secure environment at home, focussing on building healthy routines and establishing clear but flexible boundaries. Sarah also developed communication strategies like reflective listening, which enabled her to manage and respond calmly to Jack’s emotional outbursts, which had been happening more frequently.

Through solution-focused interventions during the sessions, Sarah gained greater insight into Jack's emotional and behavioural responses. She practiced empathic listening and developed tools to encourage Jack’s sense of autonomy and emotional regulation. Over time, Sarah noticed that Jack became more comfortable with gradual changes in their routine and his anxiety symptoms began to reduce.

By the end of their therapeutic journey, Sarah felt more confident in her role as a parent and Jack demonstrated an improved ability to self-regulate and manage his emotions. The family dynamic shifted towards a more balanced, supportive interaction, resulting in a stronger emotional bond between Sarah and Jack.