**Case Study 4. (246 words)**

**Families First – Counselling Service (ADFERIAD)**

A client was referred due to low mood and anxiety. On exploring further, it was established that the client felt a loss of identity after having a baby. Their partner worked away a lot, meaning that a lot of the caring responsibility fell to her. She enjoyed being a parent, but also felt guilty about wanting time to herself, therefore, she was very reluctant to ask for help. A lot of the thoughts she experienced were around being selfish, and that they had to just get on with things. We collaboratively worked on reframing these thoughts, working on the alternative concept of how having time to herself and finding things she enjoyed again, would benefit both herself and her child, and that asking for help was not weak. This was also a notion that she had felt through childhood, so, although a different situation, there were similar thought patterns, which the client had not previously linked. We explored what the client missed doing, and how doing these things again would potentially lead the client to gain a sense of herself. The client knew she had a good support network, and knew that if she did ask for help, she would get it. The client started taking small, tentative steps, but was able to realise how this made such a difference, and with the right tools, she was then able to start finding a good life balance.