Case study

Mother reported that (J) was exhibiting signs of trauma, and was referred to our service by RFS

(J) aged 15 was experiencing “flashbacks” having difficulties with social interaction, experiencing anxiety, was lacking in self-confidence, she also reported having low self -esteem.

Many of the difficulties (J) was experiencing were in response to a specific incident, involving her dad, which took place in the local community

(J) wanted to feel safe in her local environment, manage her anxieties and increase her self-confidence, all of which she hoped would be beneficial to her future wellbeing.

Work was undertaken with (J) on developing a safety plan, which helped her identify safe people and places, within her local community, who she could go to if she felt at risk or was experiencing anxiety.

A self-care plan was put together, in addition to a self-esteem journal, both of which helped her recognise her daily achievements, and which is something she can continue using when support has ended.

(J) is now more confident and able to set herself small achievable goals and has begun to feel more confident in the community and has less worries around seeing Dad.

She feels confident that she will be able to implement her safety plan should she need to and has also developed it to include new ideas around her thoughts and feelings as she goes further from home. She has successfully attended hair appointments independently and other activities, a little further from home. She takes time now for self-care without experiencing feelings of guilt and celebrates achievements, however small they may be, within her self-reflection time.

(J) feels she has grown in confidence, has been able to broaden her circle of friends and feels more confident.

She feels more assertive, feels more positive about her future and continues to set achievable goals in both her academic and social life.