

NewAccess Client Case Study 2

Information provided by Lives Lived Well, Service Provider in the Darling Downs and West Moreton region of Queensland.

Client Background

A man in his 60's living alone in a private residence in a small rural community. Self-referred to the NewAccess program on a friend's recommendation.

Self-reported 'suffering from depression all his life and has previously seen Psychologists and Psychiatrists for counselling/therapy', but has not been provided any kind of practical resolve.

Problem Statement

"Having feelings of low motivation and loneliness which leads me to think that the effort to reward isn't worth it and because of this, mostly I don't get out to things I use to do. Which effects my overall wellbeing."

Identified Goals

- Socialising and making friends - would like to be able to do this most days.
- Find some activities, that he can be passionate about and get involved with. Aim to do this weekly and sustain it.

Services Utilised

- LiCBT – Behavioural Activation guided self-help workbook completed collaboratively over five sessions.
- Collaboration with client to identify goals and practical solutions he could undertake to bring about positive change and overcome feelings of low motivation and loneliness.

Client Outcomes

Client self-identified correlations between thoughts, emotions and behaviours and how positive or negative maintenance cycles transfer to all aspects of his life and overall wellbeing. Through the client's development of these insights he has been able to begin regularly participating in activities that promote his wellbeing and increase his social connectedness.

Client testimonial

"What I take away from this program is, seeing how the three circles (cognition, emotion & behaviour) can continue to go around in the same direction – either negatively or positively. So, if I am having hard time again, I will know how to get myself out of it."

NewAccess client

