

NewAccess Client Case Study 4

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

Background

Client is a 58 year-old married woman who thinks anxiety started when her home of 35 years was sold earlier in the year. The Doctor diagnosed her with anxiety and she sought therapeutic counselling from a psychologist. The client did not find this support helpful and stopped going.

Main problem identified

Client described main problem as: *'I feel nervous and anxious every morning before my husband goes to work, and when he leaves. I don't like being at home by myself, so I turn on the radio or the TV to distract me from being alone. I feel confused about what is happening, and it is affecting my memory.'*

Identified Goals

- Stay at home by herself without feeling anxious or nervous and not use the TV or radio as a distraction.
- Walk as long as she wanted, by herself, without feeling nervous or anxious.

Services Utilised

- Attended 6 Li-CBT sessions.
- Collaboratively completed the Behavioural Activation workbook.
- Discussed progress each week and talked about difficulties and successes.

Client Outcomes

- Identified patterns of behaviour in her weekly routine and connected these with how she avoids some of the activities due to her problem
- Client acknowledged when she is busy and has routine, she feels better
- Client found a new way to manage anxiety in a large, social group
- Client completed activities from BA booklet each week
- Client rediscovered her interest in reading.

Client testimonial

"Keeping routine has been very valuable."

'I am feeling more optimistic, hopeful about getting back to way I was.'
'Everything about the program was helpful. I understand things better now.'

NewAccess client

