

F2F case study

Age: 15

Ethnicity: British

Gender: Female

Location: Wakefield

Background

Sarah* was referred to practitioner from school due to her anxieties of being around a number of people or a multitude walking to and from school, also in the corridors and breaking down crying in class. Sarah would then be escorted out of class and this made her anxieties worse along with her not knowing why this was happening.

Risk and needs assessment was carried out and the Practitioner had assessed it at green (low) as no recent risk was identified. However the Counsellor did identify Sarah's grades would be impacted if she did not get the support of her practitioner.

Intervention

Sarah accessed support from Kooth face to face service, which enabled her to work through her issues in a safe confidential space. Using the goal within Egan's model allowed the Practitioner to help Sarah to manage her problem and then become self-sufficient to help herself in her daily life to manage her anxiety in school. Another method used was psychoeducation on anxiety, it was shared and explained during the session as it was worked through what were Sarah's triggers for her anxiety.

Impact and Outcome:

The methods allowed Sarah to gain an understanding and she became aware of her trigger which was relating to the Covid-19 lockdown and the fear of coming back out into the crowds, going to and from school and having to be around other pupils.

However, with Sarah being aware of her triggers, this gave her the confidence to undertake the stabilising exercises which included meditation and breathing. Sarah achieved her goals of being able to attend class at the same time as other pupils and to stay in class for the full lesson. Teachers gave Sarah positive feedback at the end of lessons to say they were impressed by her progress of coming to class on time and remaining in the lesson.

Conclusion

Sarah progressed on to attending school at the same time as other young people and was ok about walking in the corridor to commute to different lessons. This was a very positive ending to Sarah's sessions as she was no longer needing Kooth support. Also Sarah has caught up with her course work and is not worried about her grades anymore.

Feedback: Also school link was pleased about the progress Sarah has made.

*** Sarah is a pseudonym**