

## Story 8

Family Information	
Father's Name	M.S.G
Address	Gaza
Father's Profession	Labourer
Family's Educational and Cultural Level	Good
Family's Economical Level	Average
No. of Family Members	7 (4 Males & 3 Females)
Family Members Ages & Gender	Khaled (42), Rawya (41), Alaa (20), Ghadeer (19), Waseem (17), Hadeel (14), Mohanad (7)

### Major traumas experienced by the family

The family's house has been partially demolished and as a result fleeing the house

The state of horror and terror that the family experienced in the last Gaza war

The youngest child has experienced a sexual rape attempt at 2 years of age

### Family's need for therapeutic intervention and psychological support

The considerable stress that the family is experiencing in Elmeghraqa area because it is a confrontational and borderline area has caused a great state of horror for family members and the family is concerned that the youngest child would go through another sexual rape experience. Ghadeer has clearly been impacted psychologically after the last war on Gaza

### Complaint as stated by parents

Mother: My son Mohanad has been too scared to be alone in the house and he gets a nightmare and Ghadder also is the same

Complaint as stated by family members:

Ghadeer:

I have seen the flesh and blood of dead people in the first day of the war on my way back from school , since then I have become very scared and frightened and this scene does leave my memory.

Prognosis and getting to know the family

Ghadeer: PTSD

Mohanad: Nocturnal Enuresis

### Therapeutic and support intervention

The professional team has visited the house four field visit in which they introduced the center's services and the family intervention program and its purposes and team has reiterated the privacy of all data collected. The team has also collected all relevant data and based on that the following techniques have been used:

Family intervention

## جمعية فلسطين لرعاية ضحايا الصدمات النفسية

### Individual Intervention

#### Family Intervention:

Psychological and social support for all family members. Strengthening the interfamily relations in which the positive aspects are enhanced and negative ones are reduced and helping the family to overcome the obstacles encountered after the war

#### Individual Therapy

Ghadeer: Behavioral Cognitive Therapy, relaxation therapy, medication therapy

Mohanad: psychological and counseling support , play therapy and draw therapy

#### Medication Therapy

Ghadeer: Elatrol tab. 25mg. 1x2

### Follow Up Plan;

Following up and visiting the case once weekly according to worked-out schedule with the family on the family intervention and the individual therapy levels in the house or in the center as follow:

#### First Session 3 November 2010

Psychological and social support for all family members. Strengthening the inter-family relations in which the positive aspects are enhanced and negative ones are reduced that pause an obstacle before the social development and mental stability. The team has also provided the family with adaptability techniques to adjust with the psychological and mental and reiterated the leadership role of the father

#### Second session 10 November 2010

An individual therapy session with Ghadeer since she suffers from PTSD symptoms. The team has performed a CBT in order to change the negative concepts and also offered some relaxation exercises.

#### Third Session 17 November 2010 from

An individual therapeutics session with Mohanad in the center in which the team has met him in the play therapy room and the counselor has performed an anxiety release for him and provided directions for behavioral adjustment

#### Fourth Session 24 November 2010 from

## جمعية فلسطين لرعاية ضحايا الصدمات النفسية

A family intervention session for family members, the team has made a house visit in order to assess the social and psychological condition for family members and evaluating the improvement progress and presenting some gifts for the children for enhancing the positive behavior.

### Feedback and improvement

Mohanad: Improvement in his overall temper and his school performance and stopped wetting his bed  
Ghadeer: Became more physically and socially more active and her sleeping habits became much better without nightmares.