

## Story 3: Success Cases

### 1. Family Informational:

**Household Name:** H. S. M. H

**Address:** Gaza

**Household occupation:** Laborer.

**Family Economic Level:** below average.

**Family educational and cultural level:** Good.

**Number of Family members:** 9 (3 females and 4 males including parents).

**Family members ages:** Alla (24 years); Ayman (22 years); Wesam (10 years); Asmaa (19 years); Rami (15 years); Somaya (14 years); and Mohammad (11 years).

### 2. Main traumas that the family has experienced

A- The family's house was bombarded during the last war.

B- The whole area in which the house is located has been invaded and most of the houses in the area have been demolished.

C- The family has been seriously affected by the siege which worsened their economic situation.

D- Water shortage and power disconnection have increased the family poverty level.

### 3. Need for therapy and psychological support

The family was exposed to shocking experiences during the war which caused great anxiety for the father and his son Mohammad, who started suffering from insomnia, panic-attacks, and a deep feeling of isolation. All of this made the family in desperate need of therapeutic intervention.

### 4. Complaints as stated by Parents;

The mother said that the children frequently started getting frightened, especially Mohammad who could no longer sleep alone and he started to become scared of school. Her husband was always anxious and stressed and started smoking heavily and did not sleep much.

### 5. Complaint as stated by Mohammad (11 years)

"My brothers, sisters and I are always scared and I don't like school anymore because I am losing focus and I am always fearful and escape-minded."

## 6. Diagnosis

Father: General Anxiety Disorder.

Mohammad: Post Traumatic Stress Disorder(PTSD) and Generalized Anxiety Disorder

## 7. Therapeutic Intervention

The support team has visited the family on three field visits. The team introduced the center (PTC) and the services it had to offer and details of the family intervention program. The family has been assured that all information would be confidential. The team has collected a lot of data about the family's social and psychological situation. Based on that the following techniques have been used:

A-Family intervention.

B-Individual therapeutic intervention

C-Social intervention.

**Family Intervention:** A social and psychological program for family members in order to strengthen the family relations, strengthening the positive aspects of the family, and limiting the negative aspects

### Individual therapeutic interventions:

-*Father:* a Cognitive Behavioral Therapy program to help develop relaxation and coping strategies. It also improves the way he interacts with his family and community members.

-*Mohammad:* counseling and psychological support, play therapy, drawing therapy and developing confidence in social interaction. That is accomplished through visiting Mohammad's school teacher to support him on the school performance level.

## 8. Medication Therapy

*Father:* Lorazepam tab. 1mg. 1x2

*Mohammad:* Elatrolet Tab 10mg 1X1

*Lorazepam tab. 1mg. 1x2*

*Elatrolet Tab 10mg 1X1*

## 9. Feedback and Improvement

*Father:* Getting better sleep, less anxiety, and a better physical performance

*Mohammad:* Getting better school performance and better sleep.

## 10. Follow up Plan

Following up with the case for one session every two weeks according to a pre-determined plan with the family that takes place either in the house or in the center(PTC).

مشروع تعزيز صمود الأسرة الفلسطينية 2010-2012 Family Therapy Project



**A work team's photo during the school visit**

## Story 4: Success Cases

### 1. Family Information

**Household:** S. A.A.

**Address:** Deer Elbalah

**Household Occupation:** Employee

**Family economical level:** very good

**Family educational and cultural level in general:** very good

**Family members:** Five including parents (2 females, 1 male)

**Family members ages:** Ali(9 years), Sama (7 years), Walaa (5 years).

### 2. Main traumas that the family has experienced

A- The family's house is located closely to Gaza- Israel border and this area is highly confrontational in nature and therefore the house gets exposed almost daily to Israeli invasion and bombardment.

B- The children's uncle who lives in the same house has been killed in the last war in front of them; Sama particularly was very close to her uncle before his death.

C- As with any other Gazian family, this family has been affected by the siege and their economic situation has become much worse.

D- Water shortage and power disconnection has made the family's life unbearable.

### 3. Family's need for therapy and psychological support

As previously mentioned this family needs therapeutic and psychological intervention. All the children in the family started suffering from involuntary bed-wetting. Sama is suffering from blackouts as well as behaviour disorders and hyperactivity.

### 4. Complaints as stated by parents;

**Mother:** After the war, my son Ali started being very fearful and suffer from involuntary bed-wetting. Sama started falling into comas and she still becomes unconscious when she hears any shooting or believes there is another Israeli invasion. She was very badly affected after her uncle's death in the last war.

### 5. Complaint as stated by Sama (7 years)

I am always scared. I don't like to go to school and now I sleep next to my dad and mum because I am scared to sleep alone.

### 6. Diagnosis

*Sama:* Conversion Disorder.

*Ali:* Nocturnal Enuresis (bed-witting).

## **7. Therapeutic Intervention**

The team has arranged 3 field visits for the family and introduced the center (PTC) and its services including the Family Intervention Program and its goals. Confidentiality has been emphasized. The team has collected all the relevant data regarding the family circumstances and the surrounding environment. As a result, the following three techniques have been used: family intervention, individual intervention, and social intervention.

### **-Family Intervention**

Activities of Psycho-social support have been offered to all the family members, strengthening positive aspects of family relations and functioning as well as limiting the negative aspects.

### **-Individual therapy**

Activities in Behavior Therapy: play therapy and anxiety discharge therapy have been provided to Ali.

Activities in Counseling and Psycho-social support: play therapy and drawing therapy have been provided to Sama.

### **-Social Intervention:**

Social intervention has been done through visiting children in schools and meeting the school counselor and cooperating with him in order to offer support and assistance on the school performance level.

## **8-)Medication therapy management;**

No need for medication therapy management

## **9-)Feedback and improvement:**

Sama: improvement in her physical activities and a decrease in the frequency of getting in a coma.

Ali: less frequent involuntary bed-wetting.

## **10-)Follow Up Plan:**

Following up and visiting the family for one session biweekly according to the pre-determined schedule with the family that may occur in the house or in the center.