

Story 7

Family Information	
Father's Name	M.A.S
Address	Gaza
Father's Profession	Retail Sales
Family's Educational and Cultural Level	Average
Family's Economical Level	Below Average
Family Members	5 (4 Females & 1 Male)
Family Members Ages & Gender	Amanie (31), Tasneem (6), Rahma (3), Nesma(2)

Major traumas the family has experienced. -

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

The family lives in a borderline area characterized by frequent confrontation with the Israelis and is exposed daily to Israeli invasion and bombardment

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

Family's need for therapeutic intervention and psychological support. -

The considerable stress that the family is experiencing in Elmeghraqa area has sulted in the Israelis threatening them that their house would be demolished which makes the family condition very horrible and that necessitate a bad need for therapeutic intervention

Complaint as stated by parents

The mother says that since the last war and my husband has been very intolerant of all of us and my daughter Tasneem started wetting her bed and never listens to what I say beside being very stubborn and I can't stand any one of them

Complaint as stated by family members

Tasneem says that I get very scared especially at night and the daughter of their next door neighbor has fallen of the house window, and the entire life in the tower became very unsafe.

Generalized Anxiety Disorder :

Nocturnal Enuresis

Prognosis and getting to know the family -

Mother: Generalized Anxiety Disorder

Tasneem: Nocturnal Enuresis

Therapeutic and support intervention -

جمعية فلسطين لرعاية ضحايا الصدمات النفسية

The professional team has visited the house two 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
Individual Intervention
Social 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

Individual Therapy

Behavioral Cognitive Therapy, relaxation therapy, medication therapy

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

Social Intervention: the team has visited Tasneem in her school and met with the school counselor and both sides have cooperated in order to offer psychological support on the school level.

Medication Therapy

Father: Xanax tab. 0.5 mg 1\N

Follow Up Plan; -

Following up and visiting the case once weekly according to worked-out schedule with the family as follow:

First Session 1 November 2010

The centers services have been introduced including the family intervention and its purposes and all relevant information has been collected

Second session 8 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 distress faced in the day to day life.

Third Session 15 November 2010 from

An individual therapy session with the father (CBT) where the team has focused on changing the negative concepts relevant to the trauma and the team showed him how to do relaxation exercises.

Fourth Session 22 November 2010

CBT session and play therapy with Tasneem in the center during which the psychological counselor has performed an anxiety discharge session through play and draw and enhancing the positive behavior and reducing the negative ones.

Feedback and improvement

جمعية فلسطين لرعاية ضحايا الصدمات النفسية

Father: started sleeping better and became more tolerable and more physically active, family and social relation became much better

Tasneem: Bed-wetting has dramatically decreased to once a month after being done on a daily basis. Her performance at school became much better and her relations with her friend at school has also improved. Family became more coherent after the father condition has improved and also Tasneem, that all has positively impacted the whole family especially the mother and her role as a house wife