

G.B (48-year-old woman)

A 48-year-old female project participant came to the Centre for psychotherapy and education, complaining of experiencing symptoms of depression. The project participant has been divorced for 10 years, lives with her 13-years old son and with her old and sick parents. The project participant is employed, and she is providing financial support to all members of the family.

The project participant complained she has been suffering from insomnia, regular headaches, concentration problems, feelings of hopelessness and sadness, and inability to control negative thoughts. An additional problem is the disturbed relationship between the project participant and her son who started to have bad school grades and behavioural problems.

The project participant went through 14 sessions of cognitive-behavioural psychotherapy (CBT). The CBT treatment included:

- Psychological Assessment;
- Psycho-Education;
- Behavioural Activation;
- Cognitive Restructuring;
- Problem Solving;
- Relaxation Training.

The project participant received advice on how to modify her son's behaviour. In addition, the project participant's son was included in WoH's Support in Learning Programme.

After the treatment, the project participant has shown improvement in many areas such as better time management, better cooperation with her son, and increase in successful conflict resolutions with son. CBT interventions have raised her mood. Targeted work on managing automatic negative thoughts and rigid rules has changed the way the project participant experiences past situations. As a result, she has begun to feel less helpless and incompetent.