

Name: JV
Gender: Male
Age: 47 years
Date: 18/06/2015

Family History: Parents deceased. Mother 3 months ago – attended funeral
3 Siblings. Intermitted contact.

Sensory functioning: Good

Motor functioning: Good

Communication: Able to give simple concrete account of himself. Adequate for practical situations.

Diagnosis: DSM IV:

Axis I: Bipolar Mood Disorder

Axis II: Moderate Intellectual Disability

Axis III: Hypertension

Axis IV: Psychosocial stressor limited family contact

Axis V: Works in Occupational Therapy department

Medication:

Lithium Carbonate 500 mg bd

Epilum 800 mg bd

Chlorpromazine 150 mg tds

Sodium Valporate

Self-care: independent but requires some supervision.

Presenting problem:

Ward staff reported he is very unhappy, because his sister is not keeping to her promise to visit him at the hospital. He attempted to abscond a few times from the hospital.

Explanation: People say or do things to you. Your brain makes you feel sad, happy, angry or afraid. We will talk about the things that happened to you and your brain will change the bad feelings to good feelings. (Used pictures)

Protocol: difficult initially. JV constantly opened his eyes and wanted to talk about his family. This interrupted the process. Repeated instructions and reassured him we will talk about his family afterwards

Problem: "My sister she said she will come on Sunday, but she did not come."

Worst Recall

Worse recall: Never see his sister and brother again. (Family abandoning him)
PAL score: Both arms outstretched widely to sides

Wait State

Freeze: Feel like crying. Everything stops. He here alone.

Preferred Circumstance

Preferred memory: Family visiting. Bringing him nice things to eat.

Now

Now. Sitting on the chair. Hear birds singing outside

Future Circumstance

Future circumstance: Is at home with his family. Out for the weekend. He feels happy.

Looped the above about six times

Consolidation: Talking about what he had for breakfast

Checked the worse memory, preferred memory and future memory as indicated above

Frozen memory PAL score: Said feels better. Both arms / hands significantly closer afterwards.

Follow up session nursing staff reported he is more at ease. Not attempted to abscond during the week. Social worker has also contacted his family, regarding the importance of family contact for the patients.