

Name: LK
Gender: Male
Age: 18 years
Date: 06/08/2015

Family History: Parents deceased.
2 Siblings.
Good family contact.

Sensory functioning: Vision and hearing good

Motor skills: Gross and fine motor skills good

Communication: Fair vocabulary. Able to give a simple account of himself.

Diagnosis: DSM IV:

Axis I: Post Traumatic Stress Disorder
Axis II: Moderate Intellectual Disability (MA = 5 to 7 years)
Axis III: Defer
Axis IV: Psychosocial stressor – being teased in the community
Axis V: GAF score 41 – 50. Attends school training practical skills

Medication: None

Presenting problem:

Sexual abuse incident – Two males took him to a deserted spot and sexually abused him.
Features of PTSD. Hypervigilance. Avoidance (thoughts and feelings about incident). Bad dreams (nightmares). His sister reported that he has also touched younger boys and girls inappropriately in the community.

Explanation: People say or do things to you. Your brain makes you feel happy, sad, 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)

Instructions: Could follow easily. Completed the whole protocol.

Worst Recall

(1) Worse part of memory - When the men grabbed him and he could not run away

PAL score: Show both arms outstretched wide horizontally

Wait State

Freeze: (1) Everything stops. Show sign of his breathing stopping briefly

Preferred Circumstance

(1) Preferred memory: He moved the men aside.

Now

Now - Sitting on the chair in the office

Future Circumstance

(1). Future memory - Playing with his friends in the water at the beach.

Consolidation phase: Asking about how they travelled to the hospital

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

(1) Frozen memory PAL score: Slightly decrease (showing with hands)

Then explored the worse memory, preferred memory and the future memory as indicated above and repeated with the new information and some indirect suggestions for him to feel more empowered.

Worst Recall

(2) Worse part of memory - When the men took off his trousers and the one held him down and the other did it. Felt bad

PAL score: Show both arms outstretched wide horizontally

Wait State

Freeze: (2) Took some time. Then his breathing stopped briefly

Preferred Circumstance

(2) Preferred scenario - The men tried. He is fighting them off. He is also kicking them.

Now

(3) Now - He is sitting on the chair

Future Circumstance

(4) Preferred scenario - At the beach. He is talking with his friends and they are laughing.
Feels happy

PAL score: His hands now significantly close together. He looked confused and surprised.
Now said he feels better when he think of what the men did.

In the follow up session he reported that he continued to feel better. No bad dreams and things like that.

The inappropriate sexual behaviour where he was touching younger boys and girls was of concern.

Not sure how to use BWRT in this regard.

Used basic psycho sexual education instead to indicate him about the consequences of inappropriate sexual behaviour (legal, police, forensic route) and also the more constructive consequences of appropriate relationship with children in the community. Also included his sister in the feedback session,