

Name: FS
Gender: Female
Age: 57 years
30/06/2015

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

Sensory functioning: Hearing good. Wears spectacles

Motor functioning: Mobile. Walks with the aid of a walking frame

Communication: Good use of language. Able to give a concrete but good account of herself

Diagnosis: DSM IV:

Axis I: Obsessive Compulsive Disorder

Axis II: Mild Intellectual Disability (MA = 7 to 10 years)

Axis III: Lactose intolerance (allergic to dairy products)

Axis IV: Psychosocial stressor ward placement – wants Group home placement

Axis V: GAF score 41 – 50. Works in Occupational Therapy department

Medication: None

Presenting problem:

Recent sexual abuse incident – Male resident sexually abused her on the premises.
Features of PTSD. Hypervigilance. Avoidance (thoughts and feelings and place where the incident happened). Bad dreams (nightmares)

Explanation: People say or do things to you. Your brain makes you feel sad, happy, afraid or angry. 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 whole protocol.

Worst Recall

- (1) Worse part of memory - When JP grabbed her by the hand forcefully. She felt afraid. He was hurting her.

PAL score: Show both arms outstretched wide horizontally

Wait State

Freeze: (1) Everything stops. Took some time to do this. Show breathing stopping briefly

Preferred Circumstance

- (1) Preferred memory – JP not grabbing her by the hand forcefully.

Now

Now - Sitting on the chair in my office

Future Circumstance

- (1). Future memory - JP was never near her. What he did it did not happen

Looped the above process about six times

Consolidation phase: Asked about what she did in the occupational therapy work area

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

- (1) Frozen memory PAL score: Slightly decreased (showing with hands) then spontaneously said the thing that is most upsetting is “where he forcefully pushed her down on the bench and pulled off her clothes and then did it.”
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Worst Recall

- (2) Worse part of memory: when he forcefully pushed her down on the bench and pulled off her clothes and did it.

PAL score: Show both arms outstretched wide horizontally

Wait State

Freeze: (2) Face showed – breathing in stopped briefly

Preferred Circumstance

- (2) Preferred memory - Screamed for help. Also kicked and hitting him (karate him) (after some indirect suggestions before we started the second time)

Now

Now. Sitting on the chair. Feeling calm

Future Circumstance

(2) Future memory - Staying in a Group home. Feel very happy to be there. Like to live outside in community

Run the loop for above process about six times

Consolidation phase: Asked about her plans for today after lunch

PAL score: Now said she feels better (both hands significantly closer together)

FS found experience – it is strange. She is used to talk therapy mode.
Found the freezing part difficult. Other parts easier.

Follow up session a week later – no symptoms as outlined before. Could walk past the place where it happened and not feel bad. Sleeping better – no nightmares.