

Michaëlle Andre

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Case Report #2

Clinician: Hi, my name is Michaelle and I have been working with Trisha for some time now in therapy. We've seen great progress but sometimes we like to include the family in treatment just as a way to help support Trisha at home in identifying some areas of concern, as well as create some strategies around care. Can you describe some specific symptoms that you've seen at home and her social life?

Family: She parties a lot and sleeps little. She has significant alcohol and drug use and has a history of depression...

Clinician: It sounds like it must be a lot for you guys and being here today can really help push her progress further. Sometimes the support given by family members motivate and encourage patients to achieve their treatment goals. Can you share how involved you are in helping her attend her sessions, take her medications as prescribed, and avoid alcohol? What are some of the ways you think we can elevate this type of support?

Clinician: These are some great ideas. Positive and motivating language is a healthy way to enforce positive behaviors at home. So her sister Sarah will give Trisha reminder calls to take her medication and mom will drive Trisha to her two weekly therapy sessions and group session when she feels discourage to drive alone. We also agree to limit the access to alcohol in the home and suggest activities like walking or exercise when she is feeling low.