

April 2012

## CASE STUDY 2

We had this family referred to us via Rowcroft. The family consisted of Dad and a daughter, age 5. The wife/mum had died of cancer 2 years previously at Rowcroft and the family was struggling to cope with their loss and making the huge adjustment to their life without their wife/mum.

When dad contacted us he asked for support for himself and his little girl. He felt he was not coping with the expression of his daughter's grief, as she was experiencing disturbed sleep and concerns had been raised regarding her behaviour. Dad had been prescribed anti-depressants and was signed off work; dad described himself as "not really being here" with a marked loss of any emotions.

An initial telephone assessment took place between our Lead Therapist and the dad, this helps assess the needs of the family and where both dad and daughter are on their journey of grief. Two therapists from our team were allocated this family and began their work with an introductory visit.

Both dad and daughter engaged well with our therapists and were very open to working with our charity. Our two therapists worked with this family over a period of a few months, which included 3 home visits. Using various therapeutic tools including two therapeutic games, our therapists assessed this family's needs and how we could best support and work with them at the weekend.

The family was due to attend a weekend in January but Dad's Nan had a stroke so they were unable to attend. Our therapists visited them once more prior to the weekend in April that they attended. The family was still struggling and keen to engage with the weekend.

At the weekend, which is held over Saturday and Sunday from 10am-4pm each day, dad was able to seek the support he needed and he opened up and expressed a lot of his inner feelings regarding the death of his wife. He said that he could feel all his feelings coming back to the surface and he was glad to have this opportunity to work through them. The daughter engaged in the various activities that we did over the weekend, which included story telling, craft, drama and working with clay.

At the end of the weekend the family both felt "a lot lighter" and said they had both benefitted from the weekend. A final visit was arranged to visit the family in their home and they were invited to remain in touch with our charity and return for our social events, that we hold twice a year.

Francesca Raymont  
Lead Therapist  
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