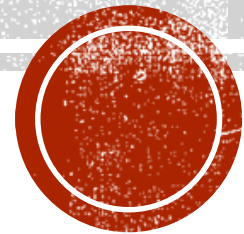


*Love Can Only Make
Things Work Out: CBT
And Interpersonal
Therapy Case Study*

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INTRODUCTION

- According to APA, **teens** feel (31%) depressed or sad (30 %) as a result of **stress**.
- More than one-third of **teens** reported feeling tired (36 %) and nearly one-quarter of **teens** (23%) reported skipping a meal due to **stress**. (APA, 2014).

However,

- Positive **parent-child relationships** are associated with higher levels of **adolescent** self-esteem, happiness, and life satisfaction, and lower levels of emotional and physical distress. (US, Dept of Health, 2019)
- “According to international survey, every fourth individual and one in 10 children is suffering from mental health issues,” (DAWN, 2018)



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CASE HISTORY AND PRESENTING PROBLEM

■ Demographics:

Age: 16 years

Gender: Female

Birth Order: 1st birth order

Grade: Matric

Residence: Karachi

Socioeconomic Status: Middle Class Family

■ Symptoms:

Pain in left side of body

Breathing issue

Concentration issues

■ Presenting Problem:

- *Stressed relationship with her father due to his first marriage.*

■ Summary of Clinical Interview:

- *In this regard, the subsequent case gives a framework of a 16year-old girl presenting with physiological complaints and having stressed relationship with her father.*



THE THERAPY PLAN

Cognitive Behavioral Therapy

- *Thought Diary*
- *Socratic Questioning*
- *Downward Arrow Technique*
- *Relaxation and Stress Reduction techniques (Deep Breathing Exercise, Muscle Relaxation and Imagery)*

Interpersonal therapy

- *Clarification*
- *Communication Analysis*
- *Supportive listening*
- *Role Playing*



RESULTS AND CONCLUSION

- *Through observation it was found that her symptoms were somatic, and she stresses excessively over things that were not in her grasp. Her internal dread was identified with lose control on her life. She was a smart young lady with high need of affection.*
- *At termination, the client was content that how things were working for her although she was uncertain for her future. **Thought diary and Supportive Listening** had done wonders with her. She was having less physiological complaints and had more grip on her life. She was trying to work out things with her father.*
- *Henceforth CBT and Interpersonal Therapy are effective approach to be used in interpersonal relationships.*

