

2015 Peer Learning Session

Presenter: Ip Lee Lee

Client Biodata

D.O.B.: 17 Jun 1995 (20 years old)

D.O.E.: 4 Feb 2014

Vocation: Clerk

Education: GCE A Levels

Referral Date & Details

- Referred on 19/9/14 by Camp Medical Officer for agoraphobia/anxious personality
- Seen total of 9 sessions

Presenting Concerns

- Uncomfortable in crowded surroundings
- Intentionally missed trains to wait for a less crowded one
- Taking a bus is slightly more bearable than train
- Taking an aisle seat in a cinema & going toilet a few times
- Overly conscious of self in public places
- Perspire profusely in crowded places (wet clothes and smell)
- Urge to urinate when anxious
- Worried about attending lectures in lecture hall
- Worried about taking exams in exam hall

Counselling Goals

- “Solve it”
- Overcome his fears of taking a crowded train/bus
- Prepare himself for lecture and exam halls

Family

- Nuclear family consists of himself, parents and younger brother
- Father, 56 years old, businessman
- Mother, 55 years old, housewife
- Younger brother, 18 years old, student
- Lives in the same flat with parents and younger brother
- Insignificant childhood

History taking

Past incidents

- Sec 4, urge to urinate while taking A maths exam, teacher told him to wait. Wet his pants. Terribly embarrassed.
- Sec 3 or 4, had to tolerate for 15 mins before he could get to the toilet to urinate.
- JC1, had to tolerate in a train until he found a toilet.

Current difficulties

- Had to urinate a few times before he could fall asleep (reducing incidents)
- Difficulties getting on a crowded bus/train
- Worry about attending lectures and exams in big groups in the future

Past Coping

- Improve self-confidence by correcting teeth (braces) and improving complexion
- Wear dark coloured clothes, use a back pack to cover up, changed to dry clothes before entering train station, avoid eye contacts
- Avoid crowded trains/buses
- Distract self by listening to music
- Suck a sweet before entering train/bus
- Getting a memo from psychiatrist for special arrangement to take exams in a separate room

Case Formulation

- Unresolved memory of the self-wetting incident at Sec 4 (embarrassment)
- Incident of not able to urinate for a prolonged duration in a train (lack of control)

Intervention Plan

Preparation Phase

- Practical tips:
 - Wear dry fit or light cotton material, light coloured clothes
 - Sling his bag to one side
 - Use deodorant & anti-perspirant
 - Go toilet before trip
- CBT – thought diary
- Psycho-education on anxiety & AIP
- Pacing with client
- Relaxation techniques
 - Mindfulness
 - Deep breathing exercise
 - Safe/calm place

Intervention Plan

Assessment Phase

- Target selection: wetting himself at exam hall incident
- Image: arguing with teacher to go to toilet + wetting himself
- NC: I am useless. I am powerless. I am helpless. **I am not in control.**
- SUDs: 4.5
- B/S: lower body, urge to pee
- Emotions: Anger
- PC: I can learn to be in control.
- VoC: 4

Intervention Plan

Desensitisation Phase

- 6th -8th sessions
- PC: I can learn to control myself.
- Debrief on insights gained:
 - Classmates probably did not notice that I wet myself.
 - I am more concerned about my perspiration and smell, instead of the crowd
 - People are not really looking at me. It's just my imagination.

Outcome

- Complete treatment with SUDs 4.5→0 and VoC 4→7
- PC: I can learn to be in control
- Tested on his own:
 - Sat at the middle of a row in cinema and felt fine. No need to go toilet.
 - Took a bus ride for 15-mins in a crowded bus and felt fine.
 - Took crowded trains from Bishan to Ang Mo Kio in peak hours and found it tolerable

Outcome

- Future template:
- 9th session
- Image: Preparing to take exam in a exam hall by sitting at the last row corner seat
- NC: I cannot trust myself
- SUDs 8 → 3 (ecological reasons of not being complacent, be more realistic, keep me on my toes)
- Emotions: fear & worry → no discomfort at all
- PC: I can learn to trust myself
- VoC 5 → 7