

**Name of Organization:** CherringtonSawers

**Age/Gender of Client:** 12-years-old female

**Background:**

M, 12 year old girl, history of trauma.

Bright and social but struggles with emotional regulation and tends to present self in a false way. Struggles to socially engage beyond superficial and tends to seek out new people constantly to experience these easier interaction.

Struggles with expressions of emotion and prefers people “not to know her”

Has had years of CBT type therapy but is adept at telling therapist what they want to hear, is very good at deflecting and avoiding difficult topics for her.

**Presenting Problem:**

Hyper-vigilance and near constant high alert state, M was struggling with social demands of current Grade and as the situation was getting more difficult for her she was retreating more and more to a state of “false”. She was telling people what they wanted to hear to avoid engaging. She was struggling to regulate, going from extreme highs to lows quickly and not always in response to events.

**Goals:**

To help M regulate more effectively

To help calm fight, flight, freeze response that seemed to be M’s default state in any stress situation

To help social engagement with the hope of achieving more genuine interactions/social approaches.

**Previously**

M has participated in many years of counseling and therapy through various sources as a result of early childhood trauma. Is reluctant to participate in more therapy at this point in time but agreed to try SSP.

### **Comments on SSP programming:**

M enjoyed the entire program and from day 1 was calmer and slept extremely well the first night of programming.

Day 1 after listening she was quieter and less "chatty" but the conversations she had were appropriate without getting silly.

Day 2 – M was noticeably quieter but happy, she tended to have more conversations rather than long monologue stories that take up air space without giving too much actual information

Day 3- M was exhausted, came home early from school reporting stomach pains and slept all afternoon and evening – despite this she wanted to complete the music and mood and regulation level were good. Talking only when she had something to say. M reported 2 of her teachers pulled her aside today to ask "what was wrong?"

Day 4 – M did not want to go to school this morning as she had not completed an assignment, usually this would lead to a huge upset but she was able to rationalize just going and facing the consequences. M beginning to ask questions to clarify (which she rarely does) and is reaching out to touch briefly when she is communicating with someone (e.g. touching mom on shoulder) which she does not do. M singing more around the house and is more spontaneous in expressions of happiness and gratitude

Day 5 (and weekend following day 5)

M is very happy and relaxed, her whole face looks more relaxed, people who know her report "she just looks different". Her communications are more interactive and more able to account for the "other" person in the interaction. Her stories about events are more organized and less convoluted. She is seeking out help and clarification and asking for permission more easily. She reports "just feeling happy". Many more spontaneous hugs and much less quick to "react"

## **Comments and Conclusions:**

Overall the SSP has made some amazing changes to M's demeanor and level of regulation. She seems more "open" and willing to engage in a more genuine way.

She is less reactive and is accepting situations in a calmer way, she is less "high" and less "low". Her voice is more genuine and her use of fake voices is noticeably less at home. M is seeking out more social interactions rather than seeking someone out to talk at them. She is listening more and is clarifying, asking for permission and checking in more than previously. She is smiling more and expresses "I feel happy".

Family report everyone in the family feels more relaxed due to her calmer state. M reports wanting to do SSP again as she enjoyed the time so much. Future plan to use iLs program to maintain and continue to support regulation, M also uses Dreampad when she feels she may need help to sleep.