

ÁTJÁRÓK

2022-1-HU01-KA210-ADU-000083157

Bonus Pastor Alapítvány

Case: The boy "who was looking for something"

Short summary

The case study subject is a single young adult with a high school diploma living in the capital with a medical diagnosis of acute intoxication from a hallucinogenic psychoactive substance, a road traffic accident cut and anxiety,.

His labour market career was spectacular during the therapeutic process: he was unemployed at the beginning of the therapy. Previously he had worked as a salesman in a local supermarket and did not have a driving licence. During the therapy process, which lasted more than 1 year, he tried 2 jobs and obtained a driving licence.

He has good intellectual abilities and has hobbies besides substance abuse: painting, reading philosophical writings, composing music. He has above average resilience values.

Social situation: the breadwinner father has lost his ability to work and the family has consequently experienced financial difficulties. His mother divorced, then another marriage and the birth of a new brother brought changes.

Initially unmotivated, the subject came mainly under external pressure, but later this motivation became internal. A recurring motivator in our conversations was that the parent doesn't really understand ("can't keep up with the times"), has a lot of expectations of him.

He has been a moderate alcohol user since the age of 15, mostly at parties, regularly smoking as well.

He admitted having used marijuana on his 17th birthday, and later used ecstasy on 3 occasions. He had one LSD trip. He has no police record.

He also draws strength from his relationship with his brother and sister, as well as from his relationship with friends, music and reading.

Throughout the case management, I was motivated by the fact that he stayed in therapy for a long time, I felt that we had developed a good therapeutic relationship. There was also a conscious decision to round off the process. We concluded by saying that he could come back if he needed to. Reintegration into the workplace proved successful in this case.

We met 23 times during the casework, initially weekly, then fortnightly and once a month. Two of these were with the mother. The following topics were covered: family history assessment, family relationships (especially conflict resolution with the mother), goal setting (abstinence during therapy, finding life goals, self-awareness), job search, job retention, relationship issues, highlighting the importance of positive friendships.

The final session was a summary in retrospect of the journey we had made together and the results we have achieved. It was agreed that if a consultation or a series of consultations is deemed necessary, it will be repeated. He did this on one occasion when he wanted to help a friend who had a substance abuse problem.

A typical story about the client was that he expressed his mood, his current state, through his hairstyle, his dressing, his drawings, which he could communicate easily towards the end of the process.

After about half a year of working together, it was noticeable to me that he was coming out of shock, that he was starting to grow out of the crisis. As he was willing to look for a job and to fight not to give up easily when he first experienced difficulties, the recovery from depression and anxiety was also visible. To some extent, his relationship and communication with his mother had also been settled.

I consider his staying abstinent during our meetings as an achievement, also he became able to talk about the trauma he experienced (it took place only after half a year).

I also consider as a success the fact that he was looking for jobs and tried 2 jobs, also his perseverance and resilience increased, his relationship with his mother improved.

I find it a problem that although he had not used any substance in over a year of therapy, he has not even committed to complete abstinence either. He has maintained some friendships where he

may be at risk because of friends' substance use. He did not feel the need to join a support group, although the opportunity was offered to him.

From a **professional point of view**, I think it is likely that the trauma will come to the forefront of his life and he will need to process it. I would consider it important to further strengthen the positive interpersonal relationships that are involved in maintaining his current state.

If I had to rate his recovery process on a scale of 1-10 I would consider it to be between 6-7-8. He is facing life, work and relationship experiences for which he is mostly prepared according to his abilities and stage of life.

Târgu Mureș, 06.11.2023.