

Case Study: Mr T, age 36

Offence: Drugs

Mr T revealed how he desperately wanted to be a better person but had no confidence in himself to know how to go about this. We looked at what problem he had presently which he would be happy to work on as he learned new techniques in this hub. He wanted to re-establish good communication with his ex-partner in order to be able to communicate with his young child.

We used Generating Options worksheets, Cost Benefit Analysis, Consequential Thinking and Steps to a Goal and developed a potentially achievable plan to build trust and communication again with his ex-partner. Mr T was praised and encouraged in his obvious respect for his ex-partner and the care she gives their child.

We used this when picking the best option and when setting out steps to his goal of re-connecting with his child. Mr T not only achieved his goal before this hub was completed but eventually gained Parole and is now a family unit again with his once ex-partner and their child. He acknowledges the work in this hub for giving him the focus and the belief in himself to achieve all that he wanted.

