



Situation at Assessment



Colin* is an experienced and conscientious teacher who was on sick leave from work with intense stress and worry from

the “relentless pressure” of his role which often involved him working late into the evenings and weekends leaving very little opportunity for him to prioritise his own health and wellbeing.

*Pseudonym

Summary of Intervention from Condition Management Programme (CMP):

CBT therapist offered 1-1 CBT sessions to help Colin understand and manage his anxiety and stress. In the CBT assessment a list of problems were drawn up, his goals were identified, and a workplan to address these was co-produced.

The Occupational Therapist provided 1-1 sessions where Colin identified goals of exploring strategies to improve assertiveness and problem solving skills. Colin was also supported to create a personal wellbeing plan, reminding him of the toolkit of strategies for self-management he had been able to learn and utilise whilst participating in CMP.

Progress

- Colin fully engaged in all sessions and all homework tasks; he had no DNAs or cancellations.
- Colin reported improvements to his mood quite quickly through the behavioural activation (BA) and other CBT strategies he was learning.
- During the Occupational Therapy sessions, Colin was able to build on and practice his assertiveness skills and reported that the problem solving tools and templates introduced to him would be invaluable in the future.
- Colin agreed a return-to-work date with his manager but he was also interested in self-employment opportunities including setting up his own business supporting and tutoring young people. In this way, he would have more flexibility about work and more motivation to keep building on momentum gained whilst prioritising his health and wellbeing in a way that he had not been able to do before.
- Colin plans to continue practicing the techniques and strategies “which have helped me rebuild my life”. He also plans to continue working in areas he is passionate about, which can also make a difference in the lives of young people.

“CMP was a God-send to be honest - to talk to people who understood the problems I was having, and could advise me on ways to stop the negative spiral I was on. I don’t know what I would have done without you; I was heading nowhere. At the start, I didn’t think I was in control of anything. Things were out of control – almost like putting out fires every day. The stress of everyday was brutal, it really was.

The CMP programme has given me techniques and strategies to manage how I feel and deal with stressful situations. It is life changing and I can’t thank you all enough. I am going back to work, but I am also going ahead to set up tutoring business. I am now living a healthier life, and a happier life, and I am more in control since I started the CMP programme. I have the insights and the techniques now to manage how I feel. And realising that better quality meals means more regular meals, alongside getting out for walks and hobbies and following my own dreams. I just can’t thank you all enough. CMP was definitely a God-send.

Colin