



Letter

1 message

Counsellor-Kevin <counsellor.kevin44@gmail.com>

Tue, 9 Jul 2024 at 09:00

To: Cat Azam <azam.analytics@gmail.com>

To whom it may concern,

I am Kevin Wilde, a licensed therapeutic counsellor/clinical hypnotherapist and registered member of the British Association of Counselling and Psychotherapy. MBACP Number: 394701.

I began working with Catherine remotely via the betterhelp therapy platform on 6th May 2024. Catherine's presenting issues being severe anxiety, low self-worth, and finding it extremely difficult to cope with the trauma of an incident with the Police in 2023.

Catherine is struggling significantly in forming supportive relationships due to her anxiety created by her life history and the effects of the traumatic events of 2023 with the Police, which has caused her severe trust issues, and distress that may be indication PTSD.

Catherine has completed both a GAD-7 and PHQ-9 to assess her levels of anxiety and depression. Both returned with results of severe. While not comprehensive these questionnaires are recognised by both the medical and mental health professions as being acknowledged indicators of the comorbidity aspects of individuals' current state.

Catherine has reported that she finds mobility a problem that confines her to bed 80% of each day. This impedes her self care and regularly finding the energy to feed herself once she has attended to her children is excessively difficult.

Further to this, Catherine does not have any official support with her disabled child, which compounds her sense of isolation and impacts on her ability to maintain any trust in the world around her.

Catherine has regularly broken down in tears during our sessions. Although we continue to address the root causes of her difficulties and the trauma of her experience with the Police, at this moment it is in my professional opinion that Catherine is in need of assistance in order to focus on her mental health recovery. Further pressure on my client, I feel, would be detrimental to her wellbeing.