

***NB! These are just examples. Not to be used for your CF submissions.***

**Topic: [Title of the Course]**

### **Case Study 1**

[Name of the client] is a XX-year-old single man and has been referred due to violent outbursts that have caused severe impairment in his job performance. [Name] was bullied when he was child because of a tic he had. He is the only child of the family and describes his father as a deeply religious policeman who becomes very irritated and violent with his mother, whom he describes as a passive person.

[Name] studied archaeology even though his father was against it, but he could not find a job as an archaeologist so he accepted a position as a policeman, a job his father arranged for him. "I don't like this job, but I have to be responsible for my family."

Last month [Name] had a court case against him because he struck a person in the police station, resulting in many problems at work. "I didn't mean to hit him. He provoked me and insulted me. I had to do it. If not, the Chimps [Community Police Officers] would think I'm weak." He thinks that this is the only way that his colleagues will respect him.

### **Case Study 2**

[Name of the client] is a XX-year-old single woman with dry, yellowish skin and brittle nails. She has been referred due to severe mood swings along with a fear of "losing my mind and losing control."

[Name] is very thin and her parents are concerned about her weight, but [Name] insists her weight loss is due to stress. When she was young, [Name]'s parents were very critical of her and overly controlling. They didn't allow her to go out of the house "to make sure I was never with anyone that would use me; my friends had to meet me at home." [Name] also describes her mother as compulsive, pushing her to clean her room in a specific way.

[Name] has lately become unemployed. "I'll never find a job. There are so many people looking for work and I'm no good." She avoids her friends because they pressure her to eat. "If they were really interested in me they wouldn't try to make me fat."

[Name]'s boyfriend is 26 years older than she is and is the only one that believes she is of normal weight and isn't thin. This results in [Name] only spending time with him and doing whatever he asks. He pressures her to move in with him, but she is afraid of her parents reaction to this even though they are always yelling at her. This has happened particularly frequently of late after finding laxatives and diuretics in her bag. "They don't respect me. They control even what's in my bag. I have no life. They used to love me when I was child, but after having boyfriends my parents hate me."

[Name] denies having health problems because of her diet or eating problems. "I've always been thin. It's my body type and I'm getting fatter every day." She also adds "I'm no good at anything. I'm lucky my boyfriend accepts me. I have to listen to him."