

Parenting

Therapeutic Services

Session Log Sheet

Client's name: Axel Rudakubana

Therapist's/Counsellor's name: Claudia Alderley

Date	Session number	Details
30.5.19	1A (new)	Assessment completed. Anxious — people swallowing.
27.6.19	2	Look at those things which make him most anxious. Groups of people. Swallowing/saliva. Public speaking Eating in school canteen. Ladder of anxiety.
11.7.19	3	Eating in public / assemblies. Practice circle breathing and muscle relaxation.
25.7.19	4	Breathing going well. Mindfulness (5 senses) during eating in public as a distraction. Raising anxious feelings. See in 2 weeks.
8.8.19	5	Thought record. Raising emotions during eating in public. Unhelpful thoughts then to helpful thoughts + re-raising.
5.9.19	6 —	appointment cancelled due to hospital appointment. To be rearranged.
12.9.19	6	Feels anxiety around eating reduced.

30 Oct 19 ⑦ Review with dad.

Difficulties at school.

Decide to continue until come up on the waiting list

18 Oct 19 - phone call to say commission on hold until Axel comes up on the CCG waiting list.

15 Oct 19 - spoken with dad. Axel taken knife in to school, told child line, resulted in permanent exclusion.

Have transferred Axel to the SAS project.

SAS

17 Oct 19 ① Axel now part of the SAS project.

Anxiety - angry.

Taking knife in to school.

31 Oct 19 ② Catch up with dad.

Consent to speak with school + Early Intervention team.
Starting at Acorn school.

14 Nov 19 ③ School not as bad as he thought.
Looking at responsibility.

21 Nov 19 - SW and school have made contact re TAF meeting. Unable to speak as yet.

21 Nov 19 DNA.

5 Dec 19 ④ Difficulties at new school.
Comments taken out of context

12 Dec 19 Late cancellation

7 Jan ⑤ Further incident returning to school with hockey stick and assaulted pupil. Police involvement, potential charge.
Look at thoughts of injustice.

14 Jan ⑥ Look at feeling heard linked in injustice.
Permission given to speak with S.W. to explore avenues to get A's voice heard. Will also invite MUM in to session.

Parenting 2000

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Date	Session number	Details
16.1.20	—	Spoken with family worker but since A was in custody and a mental health assessment was completed his case has been escalated as a child protection referral. Soc worker is now Anna Jameson. Based in Skelmersdale. DPA anna.jameson@lancashire.gov.uk. Will email.
21.1.20	7	Going to police station after session. Hinking mum - not listening, favouring brother to brother's DPA and feeling angry when things are unfair.
28.1.20	8	What I would like Range to know though he doesn't want it shared.
6.2.20	9	Mum came to +re session. Used "what I would like mum to know" in court in 2 weeks.
13.2.20	10	Not sure what to be scared about. Court appearance next week. Relationship with Mum and dad.
27.2.20	11	Received 10mth community order. Reports feeling less angry, able to deal with irritation from dad. See in 6 wks. Dad attending Youth Connect tonight.
16.4.20	12	Happy at home. No obvious worries. Had little to talk about as booked in for 4 weeks time.

12.05.20 13 Building up tolerance to uncomfortable feelings. Go out for walks more regularly. Will note feelings 10 + notable events ready for next week.

19.05.20. Forgot to rate feelings on walks.

14 Set up a new plan. To rate feelings before, during + after daily walks.

See in two weeks.

2.6.20 DNA.

15
18.6.20 Since the last session now CAMHS involvement.

16 But Axel won't engage.

Taught his Dad, anchoring technique as Axel won't come to session.

EHC Plan in progress.

24.06.20 DNA.

Final session.

Feedback from session
Axel's dad, report feelings more
with intention from now
on in a way
feedback from session
Axel's dad, report feelings more
with intention from now
on in a way