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| **Rebecca’s Story** |
| **Background:**Rebecca is 44-year-old women who had an alcohol dependency issue which led to two charges of child neglect due to her leaving her daughter unaccompanied twice whilst intoxicated. Rebecca’s daughter was on a CHIN Plan. Rebecca was housed and working self employed as a cleaner and was studying in counselling. Attended the local substance misuse agency to complete her Alcohol treatment order. Rebecca had a history of domestic violent relationships. Rebecca could be very defensive and aggressive when anxious at the beginning of the relationship.  |
| **What did you do with the client / what goals were set?** * Ensured the multi-professional team worked effectively together
* Helped her own and process the impact her behaviour had on her daughter.
* Helped her regulate and express her emotions and enhanced her ability to listen and share a conversation.
* Helped her be more transparent in her conversation.
* Explained the sanctions with her DBS in relation to work and educated her on why it was illegal for her to train as a counsellor. Encouraged her to find out with the help of probation when this would be possible.
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| **What was the outcome?*** Rebecca has a better understanding of the impact her behaviour had on her daughter therefore social services had more confidence in her ability as a parent. Rebecca was able to process some of the guilt and shame around this and feel she could begin again. Importantly hold on to the real positives in her parenting.
* Rebecca was calmer within herself and more able to hold a two-way conversation and feel supported and not attacked by professionals.
* Rebecca understood why she could not continue the counselling course and had more realistic plans for her education and career.
* Rebecca remained sober and committed to it.
* Rebecca remained safe from domestic violence.
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| **How Pecan made a difference?**1:1 support to make goals and plans around issuesEncouragementBeliefTrauma and gender informed practiceThe joint appointments with probation really helpedListened Prepared to have difficult conversations so issues were addressed and moved on from |
| **Feedback / memorable quote from client:***”Thank you it’s not always been easy but it has helped”*  |