



JOHN'S STORY

John, a 56-year-old man was referred to you by his GP for low mood and anger management. John works as a forklift driver in a factory but is at risk of losing his job due to multiple negative interactions with management including yelling at his manager, repeatedly being late to work and recently punching a hole in a wall due to frustration. John claims he would never hurt anybody but acknowledges that sometimes he finds it hard to control his anger.

John has been attending appointments with you for approximately one month and presents as sad and isolated. You are a middle career female mental health clinician working in private practice. You think you have developed a good rapport with John although you are concerned that conversations appear quite superficial. You notice that John seems comfortable discussing daily life events (e.g., negative interactions at work) but tends to shut down when prompted to talk about his thoughts, emotions or beliefs.

John is overweight, his clothes are sometimes unkempt, he occasionally presents unsteady on his feet and he is often late to appointments but apologetic regarding his tardiness. He describes himself as being a bit of a loner but has a network of 'mates' that he sees at the pub. He visits the pub most nights. While he doesn't believe his drinking is currently problematic he is reluctant to share details of how much alcohol he consumes. He reports poor sleep, stating that he finds it easy to get to sleep but often wakes multiple times throughout the night and never feels rested. He was previously married and has two adult children but only hears from his children on special occasions by phone.

John has not described his childhood in great depth and avoids answering specific questions regarding his relationship with his mother or father. He states that he does not remember his parents at all. John occasionally refers to "kids like us" or "poor kids" in discussions about his life



Case Study continued

and has mentioned a number of siblings. He does not keep in contact with any of his siblings but describes the relationships as amicable.

You have noticed John has significantly negative belief systems regarding authority. He has a strong dislike of the police although he reports not having a criminal history. Most of John's negative interactions at work seem to occur when management try to add things to his daily schedule or change things at the last minute. He appears to be distrusting of men in authority and has commented that he resents having to "work for the man" for the rest of his life.

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