

## Case Study

### The perspective of a Space2Bheard Service User

#### Introducing Jean

Jean started her therapy journey via the Let's Talk NHS funded service, undertaking a series of sessions with a therapist over a six month period. Jean has a history of mental health struggles alongside a diagnosis of Chronic Fatigue Syndrome and was experiencing a particularly difficult episode of depression and low mood and felt in a very "stuck" place, unable to move forward and see purpose in her future. She also experienced some real discontent around important relationships in her life and was keen to gain a better understanding about this. The initial sessions with Let's Talk enabled Jean to make some recovery and progress, though the sessions had piqued her curiosity and she was keen to continue exploring and investing in her therapy journey. Jean is in receipt of low income and was eligible for Valued Minds so was able to embark on a long term therapeutic relationship with one of our clinicians.

#### Jeans Expecatations about Therapy v's the reality

"When I started therapy I wanted to be able to unravel the reasons why I couldn't move forward and why I struggle in relationships and I thought my therapist would be able to provide those answers and tell me what to do. Though as I have continued in my journey I have found that the work and change has to come from me and the therapy enables and supports me in being able to do this".

When asked how this has worked for her she said she "feels accepted, safe, valued and important and really listened to" and she can "see the areas of her life that she wants to change". This has been possible through "understanding my story and the impact that has on my life now, though it is important that people know therapy isn't about blaming parents"

#### What changes has Jean made as a direct response to her Therapy

Jean describes feeling able to "make good choices and not worry so much about doing the wrong thing" something that has previously held Jean back. She also feels much more confident in being heard and being able to be herself.

She understands that the way she feels is her responsibility and that she is empowered to take care of herself and make choices that are better for her.

Since starting therapy Jean has started voluntary work, joined the gym, undertaken two years of training and continues to plan for her future, figuring out what makes her happy and how she can find her place in the world.

In Jeans words "I know that my mental health and wellbeing is a work in progress but it feels much more manageable now and my learning continues"



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