**Acceptance and Commitment Therapy**

Student’s Name

Institution Affiliation

Instructor’s Name

Course Title

Submission Date

Case Report

Therapist: Good afternoon Sonya, I am Miss Kendy. Welcome and feel free to say anything we discuss will be confidential. What brings you here today?

Client: Thank you, I am experiencing intense stomach pains, I have lost appetite for food and I have lost much weight of late.

Therapist: When did this problem start?

Client: I have been feeling stomach pains since I was five years old but they have intensified since I joined college.

Therapist: What can you make of that?

Client: I have always wanted to lift my family out of poverty by aiming at succeeding in class, but my performances haven’t been that satisfactory. Even though I receive education grants, I still take on jobs to help me survive and this takes most of my time.

Therapist: What kind of relationship do you have with your family?

Client: I have not been close with my family members. I grew up with my grandmother who has since became sickly. My parents are not in the country, and we talk once in a while, but none of them supports my quest for education.

Therapist: Does that make you feel lonely and craving for attention?

Client: It does. And it gets me thinking a lot about my life. I wish to change that and have them closer to me.

Therapist: For now, I want you to think about all the positive things about your family, your objectives and yourself. We can pick it from there next week same day same time.

Client: Okay, thank you, see you next week.

**Treatment Goals**

To develop her self-confidence and esteem

To draw motivation from her problems and shortcomings

To accept her environment to avoid disappointments

**Treatment Interventions**

The best intervention for Sonya would be motivation and assurance to cement her awareness of her situation and generate positive behavior that would improve her mental, psychological and physical health.

Sonya will have to understand that academic and individual success comes from a balanced life, where one has to put the right efforts into the right areas, including social life and individual free time for recreation.