



FutureSelves

Case Management Case Study

Sickness Beneficiary with Prison Record

Background

Paul's background details are:

- 23 years old
- Sickness beneficiary, stemming from motorbike accident
- Methadone program
- Two prison terms for violence related offence
- No educational qualifications
- Work record consists of casual labouring

The free text section of the software

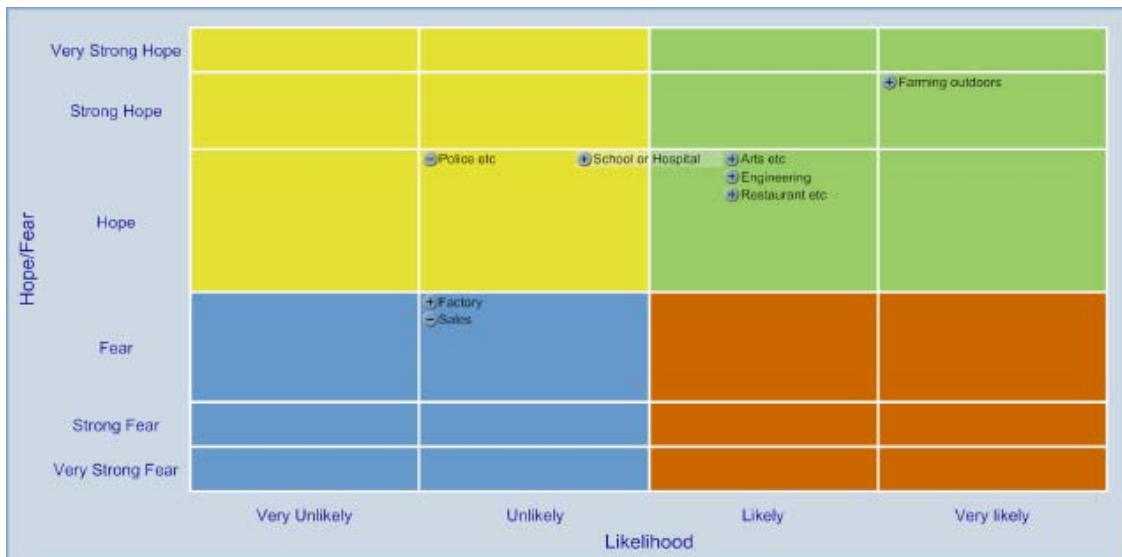
Skills and Interests

There are strong job relevant skills and interest in developing them further. They were rated as having already been developed to some degree, and included drawing, painting, creative work and developing more knowledge and qualifications. Discussion centred on these opportunities (hopes rated as highly likely to succeed) and turned quickly to strategies around furthering them.



Career Options

The career options section revealed themes around working outdoors, engineering and farming. Discussion found a strong interest and enjoyment in fixing things, working with his hands and computers - describing himself as a "jack of all trades and master of none". He also mentioned related fears of selling and working as a labourer (due to his previous occupation), and operating vehicles (related to his motorbike accident). He described such work as boring and insecure - he felt he was often badly treated, and his decisions had been criticised. As driving is an important part of employability, a plan to desensitise him to this source of fear was developed.



In the discussion that followed some of these fears revolved around fear of another debilitating accident, and a desire to not return to casual labouring. The fear of returning to casual labouring was explored at length because of its potential as an avoidance goal to encourage progress in his painting and decorating course. The fear of responsibility was identified as a confidence problem. More detailed work addressed this through cognitive behavioural methods.

Personal Values and Beliefs



The values section showed strong themes around being open minded, confident, happy and well regarded. There were also a number of fears centered on lacking confidence, being alone, being a failure and not being very bright. In the discussion it became apparent that the apparent similarity between these hopes and fears reflected strong uncertainty about his sense of worth and ability. Risks around motivation and self-belief that needed to be managed were discussed.

Summary and Conclusion

Paul's responses to the FutureSelves tool revealed a great deal of highly personalised and job relevant information - only some of which is discussed here. He also engaged with the tool - because it provided a means to develop, by raising self-awareness and developing plans. Since going through FutureSelves, Paul is successfully enrolled in an IT course where he can apply his artistic skills and his interest in working out how things work. He is doing well.