AHMED (Depression) age:27

Dr: Hello Ahmed, have a seat…

Dr: what brought you here today?

Ahmed: I am feeling down lately…

Dr:

* Ask about work

Ahmed: work is stressful whatever I do is not enough

* Tell him to come back when he feels better…

Ahmed: very funny doc, but it is serious…

Ahmed: I don’t feel appreciate at work, as if I’m nothing…

Ahmed: sometimes you must show work more than do work, people get credits for that…

Dr.

* Tell him that this job is not for him…
* Tell him to have balance between doing work and showcasing work.

Ahmed: I tired to make it work but couldn’t…

Dr:

* Tell him to try harder next time

Ahmed: thanks for nothing!

* Ask him what when wrong

Ahmed: since I was supposed to be promoted but didn’t!!!

Dr: life is not all about promotions and work, you should feel better that you are helping the society in some way.

Rami (eating disorder) age:38

Dr: Hello Rami, please have a seat…

Dr: how is life going?   
  
Rami: life is alright my wife is having a baby soon.  
  
Dr: Congrats, what brought you here today?

Rami: ughh.. how can I say it, Since I got unemployed, I’ve been eating nonstop…  
and my wife isn’t helping...  
  
Dr:

* Tell him since when did the problem started exactly
* Tell him Just stop eating already

Rami: hmmmm, it started when I got fired 4 months ago…

Dr:

* Tell him maybe because you never stopped eating…

Rami: ughhh doc that’s why I’ve come to you…

* Ask him if he has tired looking for another job

Rami: it isn’t as easy as it sounds

Rami: maybe I wasn’t good enough and don’t have the skills for another one.

Dr:

* Tell him to focus on improving a skill or distracting yourself by something

Rami: yes, you might be right I like food makes since to start making them.

* Stop complaining and whining, get yourself together.

Rami: isn’t that your job… to listen!!!

Rami: I think I figured what to do next, thank you for your time.  
  
Dr: Don’t let yourself down and try to bring the better version inside you for the newborn.