AHMED (Depression)

Dr: Hello Ahmed, have a seat…

Dr: what brought you here today?

Ahmed: I am in a bad place right now…

Dr: what’s wrong?

Ahmed: I am feeling down lately…

Dr:

* Ask about work

Ahmed: work is stressful

* 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…

Dr:

* Tell him to do better

Ahmed: thanks for nothing!

* Ask him how long it has been going

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. (needs some editing)

Waleed (Phobia)

Dr: Hello Waleed, have a seat…

Dr: what brought you here today?

Waleed: I am in a bad place right now…

Dr: what’s wrong?

Waleed: I am suffering with a problem lately…

Dr:

* Ask him to tell you more
* Tell him so what…

Waleed: Even though I am a co-pilot, I still fear heights sometimes.

Dr:

* Ask him how he got certified
* Its ok we all fear something

Waleed: how can we solve it?

Dr:

* Deal with it

Waleed: thanks for nothing!

* It takes time but gradually we can help you cope with it

Waleed: thank you for you time I will come back again.

Rami (eating disorder)

Dr: Hello Rami, have a seat…

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

Rami: Since I got unemployed, I’ve been eating nonstop…  
  
Dr:

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

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