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Situation:

CSW met with Mr. Liza at her hose to address the skills to help for depression symptom. MS Liza was well dressed.

Intervention: CSW brainstormed with Mr. Liza on how much his housing situation was causing his depression.

CSW encouraged Mr. Liza to read books that can motivate him and help manage his feelings of depression so he can gain more mental stability and focus on his housing. CSW oriented Mr. Liza on his finances and prompted him to save so he can achieve his goal of obtaining a house.

CSW prompted Mr. Liza to identify the range of income he is comfortable putting aside for his rent and how he will manage other expenses with his family and thereby reduce his symptoms of depression. CSW coached Mr. Liza to keep close contact with his family members to reduce his loneliness and alleviate his symptoms of depression. CSW educated Mr. Liza to understand that getting a house comes with a lot of responsibilities. CSW reminded Mr. Liza on how responsible he will have to be when it comes to owning a house.

CSW told Mr. Liza that, to reduce his symptoms, he should always reflect on the outcome before deciding related to housing. CSW practiced deep breathing with Mr. Liza to help reduce his depressed situation. CSW guided Mr. Liza on breathing in and out to avoid rushing and slow down. CSW led Mr. Liza on an imagery meditation to picture his life in 6 months in his own house, having all the lovely things that he longed for to better his life.

Response

Mr. Liza appears to be very engaging during this session. Mr. Liza said that the thought of him not having his own place has been so overwhelming for him. He expressed that he recently shows a lack of interest in many activities he previously enjoyed like read books and keep close contact with his family members to reduce his loneliness and alleviate his symptoms of depression. He shared the need to focus on those positive moments when life was treating him fairly. Mr. Liza said all he wants is a place of his own and will do everything possible this time around to keep it.

Plan: Another session was schedule.