



Kasia

15 y.o.

"I want to change something to feel better, but I don't know how."

About

Kasia has been regularly attending psychotherapy organized by a foundation called "Elephants on the Balcony" for some time. There she meets with experienced specialists who work with her to improve her mental state.

For Kasia, this is an extremely important place where she receives support and attentive care. She is full of hope and optimism that thanks to these meetings she will soon be able to change her life for the better.

Goals

- learn to deal with her emotions on your own
- have control over her emotions
- have a better relationship with colleagues, parents
- so that mental well-being does not interfere with daily life and relationships with peers

Frustrations

- "I don't know what's wrong with me, I feel bad and I'm afraid of it".
- "I don't know what to do to feel better"
- "I lack support when I suddenly feel bad"
- "Again I didn't do the assignment that the therapist gave me, and yet I care about therapy"
- "Homework assignments are difficult for me. I have no motivation and I keep forgetting them."