

RACGP Webinar Case study: Billy

Billy is 41 years old, and lives with his wife, Raelene, a Sous Chef at a major inner-city restaurant, and daughter, Evie (11 years old). Billy worked in his own business as a carpenter and tradesman until he injured his back lifting heavy machinery 12 months ago. He has been unable to work since this accident and experiences chronic pain, with intermittent days of intense and debilitating pain. Since the accident Raelene has had to work long hours so they can keep up with the bills.

Billy's mother has passed away and his father lives nearby. They see each other once every few weeks. Billy has no siblings. Raelene's family lives interstate, and they see them every few years.

During previous sessions with Billy, the GP has become increasingly curious about the effects of his back pain on Evie. In this session the GP encourages Billy to consider Evie's perspective on their family adversity. As Billy is encouraged to think about Evie's experience, he starts to notice the significant changes in her life, and how these might be affecting her.

Billy discusses the times when he spends the day in his bedroom with his door closed. He says 'When the pain's bad I'm a grumpy bastard. I will admit that. I am not proud of it.'

The GP continues to ask Billy about what its like for Evie to live with this. The purpose of this is not to make Billy feel ashamed, but rather to have preventative conversations which attend to Evie's social and emotional wellbeing.

One of the consequences of Evie's restricted access to her parents has been her friendship with Candice, the fifteen-year-old sister of Evie's classmate. Billy discusses some of his concerns about this relationship and the potential that Evie is being introduced to teenage behaviours and activities before she is ready.

As Billy continues to discuss his situation from Evie's perspective, he is more able to make plans to improve her situation and his relationship with her.

Delivery partners:



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