

## Case Study – Client A

### Client Background

Woman, 38 years old, married with two children, ages 4 and 6.  
The client was diagnosed in 2010 with Paramyloidosis (Familial Amyloid Polyneuropathy) during her pregnancy with her first child.  
The diagnosis was relatively late, so she has a lot of symptoms. She is taking medication that is stabilizing her condition.  
She lost her mother to Paramyloidosis when she was 21 (her mother was 56)

The client and her husband are in the midst of a marital crisis, and they are experiencing financial difficulties.

She is starting a new job next month after 7 years without working and is feeling very anxious. She would like to balance her home, work, and health, and be less stressed.

The client wants emotional stability and to be able to organize her time and home so she can follow medical guidelines.

**VISION:**

(This is one word, it is the client's sense of being)

*Calm*

**FOR THE SAKE OF WHAT  
IS THIS YOUR VISION:**

(This needs to be about the client for themselves. If they speak of others than you keep working to get to their vision, which is only for self)

*Herself*

CLIENT STATES THEIR CHALLENGES, WISHES, OBJECTIVES, AND REASONS FOR COMING TO COACHING	WHAT THE CLIENT STATES IS GETTING IN THE WAY OF ACCOMPLISHING THESE THINGS	THEMES (What you are hearing as main concepts themes that are repeating)	HEALTH & MEDICAL COACHING SMART GOALS
<ul style="list-style-type: none"> <li>• Emotional stability</li> <li>• Balance at home work and health</li> <li>• Want to be less stressed</li> </ul>	<ul style="list-style-type: none"> <li>• Financial difficulties</li> <li>• Fighting over money</li> <li>• Overwhelmed</li> <li>• Exhausted so no energy to self care</li> <li>• No energy for lifestyle changes</li> <li>• Marital fighting</li> </ul>	<p>Need for curiosity around organization what works and doesn't work on how to become resourceful again</p> <p>Nervous system deregulation - mind body disconnect</p> <p>Anxiety to get back to work - limiting belief " it will be so hard go back to work after being off for 7 years"</p>	<p>Increasing the connection of mind and body awareness from 3 to 7 within 4 sessions</p> <p>Replacing the limiting belief of " it will be so hard go back to work after being off for 7 years" with an empowering belief that honours self within 5 sessions,</p> <p>Increase the value of self-compassion from 2 to 7 in order to protect time for self-care within 7 sessions</p>