

## KAREN'S PRO BONO SUCCESS STORY

From late August until mid-October, Karen was a client of Mental Health America's pro bono counseling program. During her first session, Karen was in a crisis situation with an upcoming court hearing concerning a restraining order filed against her ex-boyfriend. Her anxiety level was quite high, accompanied by frequent tears. After being educated on ways to reduce anxiety, through controlled breathing and exercise, Karen appeared ready to face the court hearing the following day. After that first session and after a successful hearing in court, Karen was determined to make better choices in her life, including choices concerning romantic partners, as well as being able to relate to her formerly abusive father.

A combination of Choice Theory and Reality Therapy was utilized to help the client achieve her desired goals. Through a series of role play scenarios, she developed adequate coping skills and was able to see the reasons for previous negative choices she had made. After five sessions, Karen felt secure enough to discontinue counseling after demonstrating that she was making consistent and positive choices in daily life situations!