

CASE STUDY:Z

An example of “Marathonning” - Over a 10 month period

Total Cost: \$12,900 plus phone/car costs

PROCESS	TIME	COST	
<p>WEEK 1: Mother of Z phones (recommended by Dr Slack): Z, just out of hospital with a fractured skull -a troubled 19yr old daughter addicted to amphetamines.</p> <p>C = Psychotherapist/Recovery Facilitator</p> <p><i>C attends talks to Z in the garden, is convinced of potential to get well and develop her creative talent. Z agrees to a four year contract of weekly meeting with C, wants to quit. C gives mother B- Atts book and explains confidentiality.</i></p>	<p>1 x 2 hours Travel: 2x 30 minutes</p>	<p>2 x \$30 1 x \$30</p>	<p>\$ 60 \$ 30</p>
<p>WEEK 2: C meets Z at café setting & continues information gathering. Z living with boyfriend (a drug dealer’s paradise). C goes with Z’s personal life script. Z smoking and taking drugs. Mother ill with back problems. C takes Z to meet P: a mother who shares verbal and pictorial evidence of the trauma involved in being the mother of an addicted daughter (who had died from an overdose years ago).</p>	<p>1 x 2 hours Travel: 2x 45 minutes Hospitality</p>	<p>2 x \$30 1.5 x \$30 \$10</p>	<p>\$ 60 \$ 45 \$ 10</p>
<p>WEEK 3: Boyfriend in Rehab, Z at friends house. C assists with necessities of life: chemist, buying food, books. At major park: C building trust in surrogate parental role.</p>	<p>1 x 2 hours Travel: 2x 45 minutes Hospitality Life help</p>	<p>2 x \$30 1.5 x \$30 \$10</p>	<p>\$ 60 \$ 45 \$ 10</p>
<p>WEEKS 4& 5: Search for root of addiction – childhood issues, negative attention learned, unmet needs and wants. Lifescript, injunctions and root cause discovered – Hans Christian Andersen/Walt Disney theme. “Don’t Exist” – significant subconscious influence - ‘the way to earn love is to be close to death’ due to history of death of mourned sibling. Z needs to</p>	<p>2 x 2 hours Travel: 2x 90 minutes Hospitality x 2 Life help</p>	<p>2 x \$60 3 x \$30 \$20 \$50</p>	<p>\$ 120 \$ 90 \$ 20 \$ 50</p> <p>* Psychotherapist hourly charge = \$60 min which doubles the costs Psychotherapy training = discovery of root cause of addiction</p>

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<p><i>go to a place that is known, safe, near water(seen in parks with water settings).</i></p>												
<p>WEEK 6: <i>Boyfriend’s house sold, no money for her despite agreements. C assisted with basic needs/nourishment, chemist. Z using, smoking, Uni on the slide.</i></p>	<p><i>TUESDAY and THURSDAY: 2 x4 hours Travel 2 x 90 mins Hospitality Life help</i></p>	<table> <tr> <td><i>2 x 4 x \$30 *</i></td> <td><i>\$ 240</i></td> </tr> <tr> <td><i>1.5 x \$30 x 2</i></td> <td><i>\$ 90</i></td> </tr> <tr> <td><i>\$20</i></td> <td><i>\$ 20</i></td> </tr> <tr> <td><i>\$50</i></td> <td><i>\$ 50</i></td> </tr> </table>	<i>2 x 4 x \$30 *</i>	<i>\$ 240</i>	<i>1.5 x \$30 x 2</i>	<i>\$ 90</i>	<i>\$20</i>	<i>\$ 20</i>	<i>\$50</i>	<i>\$ 50</i>		
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<p>WEEK 7: <i>C continuing to assist with all basic needs, Z needs clothes.(winter time) \$200 donation made provision for Z to buy clothes - C takes Z to city shopping centre for this. Trust is building, C parent figure.</i></p>	<p><i>TUESDAY and THURSDAY: 2 x4 hours Travel x 2 Hospitality x2 Life help</i></p>	<table> <tr> <td><i>2 x 4 x \$30</i></td> <td><i>\$ 240</i></td> </tr> <tr> <td><i>1.5 x \$30 x 2</i></td> <td><i>\$ 90</i></td> </tr> <tr> <td><i>\$20</i></td> <td><i>\$ 20</i></td> </tr> <tr> <td><i>\$50</i></td> <td><i>\$ 50</i></td> </tr> </table>	<i>2 x 4 x \$30</i>	<i>\$ 240</i>	<i>1.5 x \$30 x 2</i>	<i>\$ 90</i>	<i>\$20</i>	<i>\$ 20</i>	<i>\$50</i>	<i>\$ 50</i>		
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<p>WEEK 8: <i>Z in tears, her current house not safe, 6 times refused entry at family home : Locks/phone numbers changed. Z no funds, no food, no phone, not meeting Uni requirements. C continues non-judgmental support. Z continues to meet contract agreement.</i></p>	<p><i>TUESDAY and THURSDAY: 2 x4 hours Travel x 2 Hospitality Life help</i></p>	<table> <tr> <td><i>2 x 4 x \$30</i></td> <td><i>\$ 240</i></td> </tr> <tr> <td><i>1.5 x \$30 x 2</i></td> <td><i>\$ 90</i></td> </tr> <tr> <td><i>\$20</i></td> <td><i>\$ 20</i></td> </tr> <tr> <td><i>\$50</i></td> <td><i>\$ 50</i></td> </tr> </table>	<i>2 x 4 x \$30</i>	<i>\$ 240</i>	<i>1.5 x \$30 x 2</i>	<i>\$ 90</i>	<i>\$20</i>	<i>\$ 20</i>	<i>\$50</i>	<i>\$ 50</i>		
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<p>MONTHS 3-6: <i>Z desperate, boyfriend relapsed, Z no home: friend takes her in. Z meeting C twice a week, assisting with life help, Centre Link appointments, food, medication, books. . Z has male trust issues and Z confides sexual abuse at age 15. Also began drinking alcohol at 7. C and Z meet in city shopping centre - 5 ‘help wanted’ ads. seen. Z applies for these jobs, and is successful, holds job – continuous employment for first time.</i></p>	<p><i>24 x 4 hours 24 travel time average 24 Hospitality average Life help x 12</i></p>	<table> <tr> <td><i>24 x 4 x \$30</i></td> <td><i>\$2880</i></td> </tr> <tr> <td><i>1.5 x \$30 x 24</i></td> <td><i>\$1080</i></td> </tr> <tr> <td><i>24 x \$10</i></td> <td><i>\$ 240</i></td> </tr> <tr> <td><i>12 x \$50</i></td> <td><i>\$ 600</i></td> </tr> <tr> <td><i>1 x \$100</i></td> <td><i>\$ 100</i></td> </tr> </table> <p><i>(plus donation \$100)</i></p>	<i>24 x 4 x \$30</i>	<i>\$2880</i>	<i>1.5 x \$30 x 24</i>	<i>\$1080</i>	<i>24 x \$10</i>	<i>\$ 240</i>	<i>12 x \$50</i>	<i>\$ 600</i>	<i>1 x \$100</i>	<i>\$ 100</i>
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<p>MONTHS 7-9: <i>Z confides the need for a place of her own: C and Z go house hunting; find a place: keep going back: no bond no place. C phones father overseas: father reluctantly sends bond money. Z blows the lot on drugs. Z sets herself the job of earning the money, gets a second job which utilises her creative talent and fulfils part of her dream and with higher wage provision. . Z and C again search for accommodation and with continued support and persistence, gets house. C meets with Uni lecturer and asks for leniency because of 'childhood problems'. Z cut some slack, Uni is turning around/ Z passes: just!. Boyfriend back in addiction. C supports Z in practicing her talent. Z enters a talent competition and progresses well C takes wife to performance on a Sunday.</i></p>	<p><i>24 x 4 hours 24 travel time average 24 Hospitality average Life help x 12</i></p>	<table> <tr> <td><i>24 x 4 x \$30</i></td> <td><i>\$2880</i></td> </tr> <tr> <td><i>1.5 x \$30 x 24</i></td> <td><i>\$1080</i></td> </tr> <tr> <td><i>24 x \$10</i></td> <td><i>\$ 240</i></td> </tr> <tr> <td><i>12 x \$50</i></td> <td><i>\$ 600</i></td> </tr> </table>	<i>24 x 4 x \$30</i>	<i>\$2880</i>	<i>1.5 x \$30 x 24</i>	<i>\$1080</i>	<i>24 x \$10</i>	<i>\$ 240</i>	<i>12 x \$50</i>	<i>\$ 600</i>
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<p>MONTH 10:<i>Boyfriend diagnosed as bi-polar, medicated. Z stops smoking. C and Z house hunting again. Z earning exceptionally good wage. Accepted in prestigious college after numerous attempts since leaving school – highly competitive entry - New house, no drugs, house clean, organised. Z facing world with certain confidence and drug and cigarette free. Re-building relationships with family. To continue with C as contracted on deeper issues until fully autonomous and able to take complete charge of her life.</i></p>	<p><i>8 x 4 hours 8 travel time average 8 Hospitality average</i></p>	<table> <tr> <td><i>8 x 4 x \$30</i></td> <td><i>\$ 960</i></td> </tr> <tr> <td><i>1.5 x \$30 x 8</i></td> <td><i>\$ 360</i></td> </tr> <tr> <td><i>8 x \$10</i></td> <td><i>\$ 80</i></td> </tr> </table> <p>REALISTIC VALUE @ \$60 PER HOUR FOR PSYCHOTHERAPY = \$25,800</p>	<i>8 x 4 x \$30</i>	<i>\$ 960</i>	<i>1.5 x \$30 x 8</i>	<i>\$ 360</i>	<i>8 x \$10</i>	<i>\$ 80</i>		
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<p>TOTAL COST (if there is such a measure)</p>	<p><i>350 hours</i></p>	<p>\$12,900* \$25,800</p>								