



# Regaining inner strength

Program: FFT-CW®



## The Family Profile

Monica\*, an Aboriginal woman, took part in the FFT-CW® program because of a history of domestic violence, trauma and mental health concerns. Monica has two small children who were 15 months old and four weeks old when they entered the program. Monica also had trauma from her childhood and had been coming out of a violent relationship with the children's father, which led to an apprehended violence order (AVO) against him.



Monica was dealing with mental and emotional abuse and control from her ex-partner. Her mental health was poor and she was feeling overwhelmed as a single parent. This led to Monica requesting for the AVO be amended so the father could move in with the family. When therapy began Monica's older son was very attached to her, fearful of other adults and scared of loud noises. This arose from the trauma of witnessing violence towards his mother. Disconnection from her Aboriginal culture also had a significant impact on Monica and her family. Her mother was a child from the Stolen Generations, raised by a non-Aboriginal family. This resulted in intergenerational trauma and a loss of connection to family and culture. Monica felt spiritually lost.



## The Result

As Monica developed trust with her FFT-CW® therapist, she gained the confidence and strength to decide that amending the AVO was not the right decision for her or her children. With the support of her therapist, Monica decided to end the long-term relationship with her ex-partner and left the town she was living in to ensure the wellbeing of her children.

Monica has now secured stable housing and has joined a mother's group to increase her social connections. Monica's mental health has significantly improved and she is now emotionally available for both of her children.

***"I am regaining my inner strength and becoming the person I used to be, the real me." – Monica, during a therapy session***

Monica has seen a big change in her older son and she now feels closer to him than ever before. Monica was initially against daycare as she struggled trusting anyone with her children. However she has now enrolled her younger son into daycare, which has helped his development and social skills. With the support of her therapist, Monica learned how to manage her older son's behavior without becoming overwhelmed and he has now become a happier child. In addition, his highly attached and fearful behavior are no longer present and he has confidence around new people.

Monica's happiness and decreased anxiety have also had a significant and positive impact on both of her children. The therapist also worked to manage her negative thought patterns. Most importantly, Monica has achieved increased self-esteem, rediscovery of her inner strength, and she feels empowered again. Monica is hopeful that the services supporting her ex-partner will improve his relationship with his children. She is now exploring a positive reconnection to her culture and is excited for her future.