

CASE STUDY

Engaging fathers and their children

Case study – Gary

Gary is a 41-year-old father of Grace (12) and Tom (10). Gary has come to your service following an ultimatum from his wife, Sally. Sally is upset with Gary because he has been fired from his job at an accounting firm for arriving at work intoxicated. Gary thinks that Sally is being too hard on him, and that she is making too much of his alcohol use and his moodiness.

Sally has also told Gary that his moods are affecting his relationship with his kids. Grace and Tom are very important to Gary, but he has noticed a difference in them lately. Grace spends almost all her time in her room and Tom is never interested in doing anything with him anymore.

Gary feels like things are beginning to slip away from him, but he is ambivalent about talking to a professional. He worries that he will be judged harshly and that the professional will take Sally's side. Gary has never been one for talking about his feelings and really can't see how this engagement is going to help.

Access video:

<https://vimeo.com/440204564/8eb292c41f>