

## Martina Mamdouh



Martina is ten years old. She is in grade 5 in primary school. Martina enjoys participating in drawing and art classes at school and the tutoring center.

Martina has two older brothers. Her father is a casual worker, and her mother works as a laborer at an undergarment factory.

When she joined the program, Martina was anxious and hesitant with her peers and adults at the tutoring center. She was introverted and struggled academically. She had difficulty in all subjects and did not retain information.

At home, according to Martina, her mother treated her harshly and showed her limited physical affection, refraining from hugging or kissing her. In her mother's eyes, it is disgraceful for a mother to hug her daughter, especially since Martina is now at an age where she is no longer considered a child. That made Martina sad and felt unloved. Furthermore, her mother believed it was shameful for her daughter to talk to anyone.



The social worker observed Martina interacting with students and teachers before scheduling individual sessions. Gradually, Martina began to open up and express her fears and sources of anxiety. The social worker coached her and encouraged her to express her emotions openly. Their strong bond of trust made it possible for the social worker to hug Martina and show her love and support.

The social worker determined that Martina's mother needed to hear her daughter's fears and provide reassuring hugs. So, the social worker advised Martina's mother about the need for affirmation and affection for her children. The message was received positively. Additionally, Martina's mother attended a Mothers' Meeting that discussed the impact of psychological and physical abuse on children. As a result, she began to care for her daughter more, assisting her with her studies and encouraging her to build self-confidence.

Martina responded immediately to the counseling from the social worker and her mother's newfound affection and attention. Martina's self-confidence has grown; she has become social and interacts with her peers and teachers. Today, Martina works diligently in her studies and has improved her grades in both the school and the tutoring center.

Come to me, all weary and burdened, and I will give you rest.  
-Matthew 11:28

*"God ... does the healing and renovation every time, but it is often within the context of counseling that He does it. As Paul writes in 1 Corinthians 3:7, "So neither the one who plants nor the one who waters is anything, but only God, who makes things grow."*

*-Tacoma Christian Counseling  
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